



## Empowering You Organically - Season 9 – Episode 68

**Title:** Professional Athlete Shares Secrets for Optimal Health

**Hosts:** Jonathan Hunsaker

**Guest:** Frank and Lauren Zummo

**Description:** Most of us enjoy a good drumbeat, but did you ever stop to think about the athleticism required to bring us the beat? The pounding beat takes a toll on the joints and ligaments. Inflammation is a drummer's nemesis. Tune in today as Frank and Lauren Zummo share the routines that keep Frank in top athletic shape whether at home and on tour with his band, Sum41.

## FEATURED PRODUCT



The ultimate support for healthy inflammation levels.  
Pure, powerful, organic fermented turmeric.  
Fermentation maximizes your body's intake of nutrients.  
Also provides you fermented vitamin D3!  
Supports healthy inflammation levels

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About Frank Zummo

Frank Zummo is an American musician, songwriter, and record producer, best known as the drummer for Sum 41 and Street Drum Corps.

## About Lauren Zummo

Lauren is Director of Client & Talent at Pathfinders Health Search. Executive search consultant and talent scout specializing in the placement of perioperative leadership.

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## What Started Frank's Natural Health Journey?

I was having lots of inflammation issues, just from the amount of shows, and just being a drummer. It just takes a toll playing so hard. And it was just bad, like literally it was scary bad with just my shoulders, how bad they were inflamed, and my forearms getting inflamed, and that's when my wife actually found you guys, and that started this journey, about, yeah, three years ago.

**J: Lauren, you're the one that found us initially, right?**

L: Right.

**J: Why were you looking for organic solutions as opposed to prescription meds? Or did you guys try prescription meds?**

L: First of all, organic, to me, it's just an absolute no-brainer. But on the other side of it, as far as like prescription, I think it started because like I became allergic to penicillin when I was in high school. And then, when I was in college, I got a flu shot and broke out in hives. So, I think I've just always had these sensitivities, and it's driven me to look for other solutions.

**J: We sent you a bunch of our different products. And what has that done for you now, Frank? I mean has that made a big difference? Did you feel a difference when you started taking any of the supplements?**

F: I told her what was going on, and she had been following a lot of the work that you were doing with The Truth About Cancer. And through that rabbit hole, she found turmeric.

L: I had an email that said—like addressing inflammation. And I'm like "Okay, there might be something to this. Let's look into this."

F: I tried it on the break, and then I went on a nine-week tour, which is the longest tour I've ever done in my life, a consecutive tour, being out for nine weeks and Europe, playing two hours a night, playing the crazy music that we play. And I didn't have one issue. I didn't have to call in a sports therapist on that tour.

## Frank's Regimen

- First thing I do when I wake up in the morning is, I think there's six bottles of stuff I take with you guys to start my day.
  - 7M+ to keep my wellness on the road
  - Probiotixx, because I'm eating all different random stuff every day in all these different countries I'm in, with different catering backstage.
  - I will do a bone broth smoothie with your guys' products and load it with everything I possibly can, with the collagens and all that.

- But the turmeric pills, I just started taking the Ageless Brain that you guys came out with, OrganiZymes.

### J: What's other stuff that you're doing?

F: Constant training.

- When I'm off tour, I have a boxing coach, I'm boxing weekly.
- I go to the gym.
- I run constantly. Just cardio, cardio, cardio.
- I trained for a month with Laird Hamilton and Gabby Reece.
  - Laird changed the game with healthy amazing coffees. I use his coffee and creamers. I'll even put those in my smoothies sometimes, too, which is great.
  - Activate, which is like cayenne and lemon, and all this stuff, to kind of jump start your day. So, I'll take that with all your guys' vitamins and all his like coconut waters to just stay hydrated, which is really important with just how I'm doing it.
- I do ice. When I'm with them training, I do full ice bath stuff. On tour, I obviously can't travel with that, so I have a Home Depot paint bucket. And for like four minutes before the show and after the show, I do from the tips of my fingers to like as far as I can get in ice, to reduce inflammation and help with that.
- I do a bunch of cardio and light workout stuff backstage.
- I just do a ton and ton of stretching. I have the rollers to lay on to work out any knots or any issues I have.
- I actually have a warmup kit in the dressing room as well, that I'll get on for 45 minutes to an hour because I can't come on stage stiff.
- The only other products that I'll use throughout the day is Primal Kitchen. They're like bars, they're protein bars and stuff like that.
- And just eating as cleanly as I can from what we have.

J: Lauren, let me ask you, because Frank's on tour a lot, so you're home with two little ones all the time.

What do you do? What's your routine? Do you have any things that keep you going throughout the day?

- L: Organixx Bone Broth Protein powder in a smoothie every morning.
- I'm not getting enough sleep. That's like my big, big thing that I really need to work on.
- I started using the Turmeric 3D, and also feeling like getting that vitamin D.

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### [Deeper Dive Resources](#)

Sum 41

<http://www.sum41.com/bio>

### [Street Drum Corps](#)

<https://www.streetdrumcorps.com/>

### [Organixx Clean Sourced Collagens](#)

<https://shop.organixx.com/a/secure/checkout/QDxYPYGKBx7qmdyvdmGm?ch-tn-box=third-box&gl=5d88ec8202e26bb740380841>

### Organixx Turmeric 3D

<https://organixx.com/turmeric-3d/?gl=5d88e26002e26b602138083f>

### Organixx 7M+

<https://shop.organixx.com/products/7m-plus?gl=5d88ddd702e26b7c21380836>

### Organixx Ageless Brain

<https://shop.organixx.com/a/secure/checkout/yw8SsN7z1H4V5xoBworV?ch-tn-box=third-box&gl=5d88ec3402e26be73d380842>

### Organixx Bone Broth Protein

<https://shop.organixx.com/collections/all-products/products/organic-bone-broth-protein?gl=5d88ec6a02e26b5943380839>

### Organixx OrganiZymes

<https://organixx.com/organizymes/?gl=5d88e20702e26bb82d380838>

### Organixx Multi-Vita-Maxx

<https://organixx.com/liquid-multi-vita-maxx/?gl=5d88e13502e26bb82d380837>

### Organixx ProBiotixx

<https://organixx.com/probiotixx/?gl=5d88e22a02e26b922c380838>

### Organixx Restore Vitamin C Serum

<https://organixx.com/skin-restore?gl=5db097ce02e26bf576c26cd0>

### Organixx Renew Eye Cream

<https://organixx.com/skin-renew/?gl=5de7dd8802e26b3166323750>

### Laird Superfood Coffee

<https://lairdsuperfood.com/pages/coffee>

### Laird Superfood Creamers

<https://lairdsuperfood.com/pages/laird-superfood-creamers>

### ACTIVATE Daily Jumpstart

<https://lairdsuperfood.com/products/activate-daily-jumpstart>

### INSTAFUEL

<https://lairdsuperfood.com/pages/instafuel>

### XPT - Laird Hamilton and Gabby Reece

<https://www.xptlife.com/>

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