

Transcript – Ron Williams and Dr. Christine Sauer

Hi, it's Dr. Christine Sauer here with Ron Williams on Healthy Alternatives, your Quality of Life. Welcome! Today, I'm very fascinated to have one of the country's leading experts in exercise physiology, diet and nutrition and fat loss on my show, oh, I need that.

His unique approach, your education and inspiring philosophy combines being healthy physically, mentally, emotionally and spiritually. Awesome. Welcome to the show, Ron. Thank you so much. Glad to be here with you.

Same here. Now, tell me a little bit about how the heck did you get into fitness and all-around wellness?

Well, actually, fitness has been a part of my life since I can remember. Since I was, I remember running track in seventh, sixth and seventh grade and playing football as a youngster. So it's really been a part of my life for, you know, like I said, far as I can remember.

Wow. Where did you grow up? I grew up in Indianapolis, Indiana. And how about the conditions when you were growing up? Well, the conditions I grew up in were very humble. They were quite impoverished, I would say, and I grew up in the ghetto.

And what comes with the ghetto is a mentality. It was the black ghetto. So is a mentality that comes along with it that. If you ever to get out of it, you have to leave the mentality behind.

What is the mentality you are talking about that: "I can do it"? Well, this mentality is a very impoverished mentality, it's instant gratification, everything looks bleak and dim, it's a negative mentality and it's a vicious cycle. It goes from one generation to the next, and it has many cultural arrows that that shoot into it.

For one, I'll just give you an example, like where I grew up from, where I grew up, that it was the mother would get on welfare and then they would there would be a trend and then the next generation would do the same thing.

The next generation would do the same thing. You would have a bunch of kids and single parent homes. There was a lot of gang violence, a lot of shootings, so many different things like that. And the thing about it is it's a culture within a culture, and it's hard to get out because you don't know what you



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don't know and what you do know is what you're used to. And so it makes it hard to actually move away from there. Wow, I really like the way you're stating that without any accusations, just as a fact, because when I see people, whatever color their skin may be, many of them are the same box, sometimes self-inflicted, where they can't get out of their own box.

Absolutely, yes. As a cultural phenomenon, that's awesome. I mean, looking back, it is awesome that you got out of it. Yes. And one thing which you mentioned about this box, see this box.

In order to get out of the box, you have to be. I had to hate the condition I was in enough to be willing to step outside of this box, because I was stepping into the unknown. And you're afraid of what you don't know, even though you know your circumstance is painful.

At least you can navigate it. You're used to it, and you know how to control it. But when you step outside, you just don't know what's out there. So I had to get sick and tired of this box enough that I'd rather die than stay here.

Wow. So how bad was it, really? What was the worst of it? Well, you know, I didn't, to be honest with you, I really didn't know how bad it was until I got out. I just knew I didn't like life the way it was.

You know, I was raised as a three years old. I was dropped off and given away as a baby to a babysitter and I was molested as a child. I was beaten as a child, but I didn't know other kids didn't experience this either because it was my life.

It was all I knew and I knew that the, you know, the pain was so great, you know, crying for my mother, wanting my mother to be there. And after being molested, remembering being in the bathtub, scrubbing my skin with the scrub, brush with bleach in the water, trying to get the dirt off.

And I just couldn't get the dirt off, you know? And just being in that environment, always fighting, always, you know? And I was depressed for 28 years in my life and I didn't know I was depressed because it was so common that it became my norm.

So what was the first step? To make you get outside to actually get the decision going, I'll actually do the thing that you were so afraid of. For one thing, one thing is I had a repetitive dream from a child otherwise because I was suicidal as a kid.



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I remember trying to commit suicide at the age of 13. I was suicidal as a kid, but the only thing that really kept me alive is I had a recurring dream that I would do something great, and it was a thing that I believe kept me alive.

And at 28 years old, I had a supernatural encounter with God, and that's the only thing that changed my life. It helped me to think different, and it made me realize that if I didn't change my life, I mean, if I didn't change my mind, I could never change my life.

I had to change my thought process of who I thought I was, because as a man thinketh, so is he. And I thought all of the things that those people told me, You're dumb, you're stupid, you're an idiot.

My circumstances said that I was unworthy of any more than I was getting. So I expected nothing, and that's what I got. What happened then? Then I had an encounter with God where he actually spoke to me for the first time and told me that I was fighting against an enemy that I couldn't defeat.

And that enemy was a spirit, so I needed the spirit in order to overcome it. And that spirit was the Holy Spirit. And I asked him to give it to me. And from that moment forward, I began to read the scriptures and begin to believe the scriptures.

But what I believe with the scripture says, they say I'm the head and not the tail, the above only not to believe I can do all things because it strengthens me. I start to believe in this stuff. And when I started believing different, I started seeing different.

When I started seeing different. I started acting different. That is great. So what happened then to act a different what did you do differently? Well, everything was different. I realized that this growth that I was, that I was getting that I could no longer live where I was living because it kept pulling me into areas and

pulling me back into things that I used to think about and I used to do. So I really believe I'm a firm believer that you become a product of your environment. So I had to get out of that environment, as you talked about, get out of that box and move somewhere else outside of that environment so that

I could experience different, a different culture and a different way of life. So what I ended up doing is leaving Indianapolis, Indiana, and I moved to Salt Lake City, Utah, men. The environment is so different here and I've been here ever since.



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I've been here, probably a little over probably 30 years. Wow. Why Salt Lake City? I have no idea I came here once and I did a workshop, I did a workshop, and that workshop was a bodybuilding workshop and I began to look around.

I saw how clean it was here. I saw the mountains. It looked like another planet, really. And I went back to Indiana and thought there was any place in the world I would want to live. It would be a tropical island.

But I ended up moving back to Utah. Wow. Yeah. So what did you do then in Utah? In Utah, you know, I don't know if you knew this, but I am a 21 time world champion. I won the Mr Universe seven times and Mr World seven times and the Mr. Olympia seven times.

I'm so right now, I'm also a life coach because everything that I've learned through the years, I'm so passionate about being free from where I was at. I want to help other people get free. There are a lot of people that I identify with especially, and it seems like a lot of them are women because of the

being molested as a child that, you know, it says that one out of every three women are raped or molested, you know? And one out of every four men are. But men don't like to talk about it. They feel demeaned, either.

They really sometimes it takes years and years to come out or even remember what happened. Yes, that is strange. You said that because there are some years of my life that I completely forgot. I mean, I can't remember when I was four, five and six, but I remember when I was three.

It is amazing. And they say when that happens, there's a traumatic something traumatic must have happened and your brain shut it off for survival purposes. Yeah, and put it away. So because it's all around us. Yeah, wow. I must have seen you in a picture because when I was still living in Germany in the nineties and early

eighties, my ex husband, he was a bodybuilder and Taek-won-do guy, and he loved those magazines. Mr. Olympia Jo Weider, Gold's Gym. I'm pretty sure a picture of you was in there. Absolute, you know what? Back in that in the time when you were in Germany, I was in Germany.

I competed in Germany. That's why I actually started my career. I won 13 titles in Germany. Wow, good for you. You must have had one definition. Well, you know what, what most people didn't understand is that I really didn't enjoy winning.



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Yeah, I didn't enjoy winning, but I hated losing. I hated losing more than I enjoyed winning because losing said that everybody was right. If I took second place, that meant I was second rate. Wow. You know, so I had to win.

It was my life. It was my family when they would applaud and they would say, Oh, you did such a great job. That was the world accepting me. But if they gave me second place, I felt like they made me, you know, second best second rate person.

I didn't know the difference between them. Did you ever end up second or third place? Very, very, very seldom. Very seldom. But but there was a few times I did end up second place, sometimes even third place. That was very, very rare because I trained differently than everybody else trained.

You know, it was my life. It was a sport to most people, but for me, it was life or death. Yeah, yeah. So how did you feel when you ended up in third place? Just curious that it really made you feel bad.

Bad is is an understatement. I guess so. Yeah, yeah. Yeah. Well, but you are now in the International Natural Bodybuilding Association's Hall of Fame. Yes. Yes. Now, and I hear you have a big family, tell us about it.

Well, I have a huge family because and some people think, Oh, that is so great, but it wasn't so great in the beginning because here I was. You know, one thing about the black ghetto is that because there's not a lot of financial, why, just say it's really impoverished, and because of that, oftentimes the entertainment was the

sexual relationship between the male and female. And so there was a lot of entertainment going on. I ended up with six kids and 22 grandkids. My wife and I have four kids with her four kids. I have six.

She has four. But my six kids ended up with giving me 22 grandkids among the six. So but that that becomes a form of entertainment, it's not sacred. It's not something that is special. And I had to learn about that after I left the ghetto that this was not meant for entertainment.

Yeah. Not just though. Now question for you. You must have gone to so many really tough times even after you left the door. Tell us about just one episode. Well, I remember leaving, I quit my job. I knew I had to leave, but I didn't know that if you quit your job, you couldn't get unemployment, quit.



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My job moved to Salt Lake City and I started personal training in Utah. And one of the tough times that I had was finding clients. You know, I had to learn how to talk to people. one thing I didn't understand was growing up.

Communication is a skill that you learn in your home by talking to your siblings, talking to your parents. I never really had a good source or foundation of knowing how to communicate. Most people would call me shy because I didn't communicate well.

I didn't know how to. I wasn't talked to wasn't trained that way. And so I had to learn how to communicate. I remember having a client that at the end of the month when he was supposed to pay me - I had bills to pay, he says to me, I don't I don't have any money, but I have a VCR

and a TV that I can give you. And I thought, I can't pay my bills with the VCR and a TV. So it was really tough in the beginning getting a reputable clientele. And after a while, you know, being here, learning how to communicate, learning how to deal with different people.

I began to develop a clientele where I didn't even advertise. I would send people to other people because I had so many clients. What is your preferred method of helping your clients change? Preferred method? one of the things that I'm really good at and that is analyzing people that met my life, you know, I had to

know what you meant when you said, Hey, Ron, I love you. What does that mean? I'm going to take advantage of you. You know, exactly what do you mean when you say, you love me? So I'm really good at judging character analyzing people.

And one of the things I do, I listen to what they say and I find out what their goals are. Then I back into it and we begin to troubleshoot. That's one of the things I think God gave me as a gift is to troubleshoot, to find out the root of the problem.

Never, ever deal with the symptoms, but go to the root, kill the root. And the problem diminishes sort of like a dandelion. If you cut the dandelion down, it comes back. You go to the root of it, kill the root.

The flower goes away. So my goal is to get to the root the source. I always say this, Doctor... And that is, if someone can trigger you, there is a gun somewhere in the vicinity and all you need is a bullet to get an explosion.

And so if you have if you can't find out the if you can't find out the root of the problem, then let's go to the trigger. Because if we can find the trigger, we can, we can troubleshoot and find the root.



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But that is a great analogy. Thank you for that. So much. So what do you do now? How do you work with your clients? What's your favorite way to do that? Well, one is like, I just came back from Georgia, where I started with a new client.

She's a pastor and pastor of a church, and she's struggling with being overweight, and she struggled with it her whole life. I go back and I look at the pictures of when she was a child. I find out her relationship with her father, her relationship with their mother, her relationship with her siblings to see if there's any

sibling rivalry. Find out if there are any cortisol releases because cortisol creates excess body fat. And I want to find out if there are any cortisol releases and if we can get rid of the cortisol release. Sometimes that the only thing they can do to get rid of that cortisol release is to forgive whoever the perpetrator was

that caused that situation. And many times they don't want to do that. They don't want to forget. They feel like I have a right not to forgive, not realizing that's destroying something inside of them and that's perpetuating the problem.

So we get rid of those, those common things. I look at the diet and nutrition, see if they have anything that's creating this extra body fat like a xeno estrogen or estrogen mimics what type of water they're drinking.

I found there are more than 75 reasons why people carry excess body fat, so we have to figure out which ones belong to you. And if we can reverse those reasons, why are you carrying the body fat? Then the body fat has no right to live.

There I am. When and when I teach on that, I teach one of the things I tell them. It's like having a squatter in your house in order to get that squatter out. There's some legal things that you have to go through to get that squatter out.

You can even just go to the police and say, Hey, this squatters living in my house, can you tell them to leave? There are some legal things that you have to do. If body fat is there, it is like a squatter.

It is an unwanted entity that's living in your house, your body, and you don't want it there. Are you just going to let it live there or you're going to evict it? Well, there's some legal things that you can do to make that body fat leave and not come back, but we've got to find out why it's

there and then we've got to implement the means of getting rid of. You have to file an eviction notice to your body fat. Oh my God that's better -what a good thing to say I love the way you



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teach and I understand as a body builder, especially as a champion bodybuilder, you know all about body fat, because before a competition, you have to reduce it to the minimum possible. That's right. But what I didn't understand is that I used to think I was so wrong and so naive for so many years. I thought people that carried body fat were lazy.

They weren't disciplined and they just didn't want to get rid of it. But what I realized is that the people that carry the extra body fat they are the only reason that a lot of these programs stand existence. They are disciplined.

They are. They do have a lot of willpower. That's why they keep doing these programs. The problem is they're not they don't have the solution that they need in order to get rid of the body fat and then keep it away.

They have to have the right mindset is so important, changing the way you feel about the body fat, changing the way you feel about food. Food is not an enemy, it's a friend, but it's how you eat it and how you eat the right combinations to work for you.

Employing the right energy systems so that you can get rid of that body fat. And so I had to see it altogether different so that I could help those people that I love so much. Well, that's awesome, because I don't know if you've seen old pictures of me at some point was 315 lbs myself.

Really? Yeah. I actually had gastric bypass surgery myself. Wow. And so I know how it feels to be judged that way, and I know how it feels to go to a restaurant and not fit in the chair because the armrests are too close.

Oh wow. How embarrassing. Yeah. In an airplane, the worst thing in my life that happened. We flew in an airplane. I was big. My husband wasn't small, but I had to ask for a seatbelt extension, so I asked the stewardess for a seatbelt extension.

And that woman, I won't call her names, but I did in my mind. then. She hollered through the hallway, The woman needs a seatbelt extension. Oh my, I wanted to land right away. How insensitive? Yeah. Wow. But I have what you call the 100 pound club, where we have at least 15 or 20 people that that's lost

over 100 lbs, some of them 180 pounds. I mean, it is really amazing. We were facing how long did they keep it off? That's the thing. Well, one girl. Well, they that's that's the key. They keep it off because one of the things we train is as we're going through the process of losing the body fat, there's a mindset



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and a mentality. When you start off, it's a program. It's Ron Williams program and it turns into your lifestyle. See, a program can be propelled by willpower. But then we've got to change from willpower to lifestyle. Then we've got to go from a lifestyle for a lifetime, and that all changes in your head.

You have to change your thought process. Wow, Ron, you are such an inspiration. So if somebody listens to that and they said, Oh my God, Ron, I have to contact him, what's the best way to contact you? I know I have the links- there will be the links under the video and on the podcasting side, what's the best way?

Well, one is just our Facebook, our email address, our website, which is Iron Chest Master, excuse me, IronChestMaster.com, IronChestMaster.com. We also developed exercise equipment to create exercise equipment, which is really amazing. Or they can go to support support@IronChestMaster.com

would be awesome. OK, I encourage everybody to do that. Thank you so much. Ron and I were looking forward to talking to you again. Well, thank you so much and I'm really inspired by your story. I'm actually going to go back and listen to it again.

Thank you. That's so kind of you.