



**Transcript of the Joe Rogan Experience
with Joe Rogan, co-host Brian Redban
and
Guest Dave Asprey,
The Bulletproof Executive**

JRE #274

Recorded: Monday, October 15, 2012

© The Bulletproof Executive 2012



Warning and Disclaimer

The statements in this report have not been evaluated by the FDA (U.S. Food & Drug Administration).

Information provided here and products sold on bulletproofexec.com and/or upgradedself.com and/or betterbabybook.com are not intended to diagnose, treat, cure, or prevent any disease.

The information provided by these sites and/or by this report is not a substitute for a face-to-face consultation with your physician, and should not be construed as medical advice of any sort. It is a list of resources for further self-research and work with your physician.

We certify that at least one statement on the above-mentioned web sites and/or in this report is wrong. By using any of this information, or reading it, you are accepting responsibility for your own health and health decisions and expressly release The Bulletproof Executive and its employees, partners, and vendors from from any and all liability whatsoever, including that arising from negligence.

Do not run with scissors. Hot drinks may be hot and burn you.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

If you do not agree to the above conditions, please do not read further, delete this document.

Joe Rogan: Oh, you got a fake meow now? You son of a bitch. It's supposed to be Meow. Meow by the way is welded into the desk, of the new studio desk. The foot, the legs of the desk. I had it made. Constructed by an artist. Our friend Eric, he did a sick job on it. And one of the things he did, just on his own, is write the word "Meow" on the side. Because this silly bitch [Redban] says, "meow" at the beginning of every [podcast](#). You got to appreciate the little things in life, ladies and gentlemen. And Brian brings the bizarre little things. It's the extra flavor; it's the salt on the meat. You know what I'm saying, son?

We will be in Minneapolis this weekend. I think there's a couple of tickets left. But it was basically almost sold out. And that is at the Pantages Theater. It will be Joey "Motherfuckin' Coco" Diaz, Brian Redban, and Doug Benson is also going to stop in and do a set.

[Panther growl sound effect plays] That shit be crazy, yo.

Redban: That's an awesome show.

JR: Yeah, we're going to have some fun. Minneapolis is awesome, and it hasn't frozen over yet. So we're going to get to them right before shit freezes. Get in, get out [makes popping sound], boom! We also have show this Wednesday night at the Icehouse. A 10 PM show, we're going to do these on a regular basis. I'm not doing it next week because I'm going hunting, like a man. Brian Callen, Steve Renella and I are going to go deer hunting. I'm going to earn my meat bitches. Or not, I'll become a vegan. Freak-out and start crying like a bitch. It's very possible I might cry like a bitch.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

BR: Are you going to do any psychedelics, while you're out there?

JR: Shhh. The world is listening

BR: Oh, yeah.

JR: Jesus son! Jesus! But this Wednesday night it will be Greg Fitzsimmons, Ian Edwards--- I think, no, Doug Benson can't do it.

BR: I saw both those guys at the LA Podfest. Greg was hilarious.

JR: Greg is always hilarious. He's a great comic. Greg and I have been friends for fuckin' 23 years. That's when we started doing stand-up together. He's old school, dude.

BR: Funny as fuck, though. He slayed that audience.

JR: Yeah. He's a fucking professional. I think Duncan [Trussel] is doing it too. Ok so, "Hey, everybody!" So this Wednesday night at the Icehouse it's Ian Edwards, fucking hilarious dude, Duncan Trussel, of course hilarious, Brian Redban, you know him, you love him...

BR: Shit, Brian Redban who?

JR: ...Greg "Motherfuckin'" Fitzsimmons. So we're going to have a good time. That's 10 o'clock, it's \$15 bucks, and we do them on a regular basis here. We were asked recently to start doing every Wednesday. So as much as that as I can. Sometimes I'm going to be on the road. But when I'm in town we're going to try and do it. And [it's] just a cool place for all our friends to go and do stand-up. And the guys that you'll see are all going to be really funny guys.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

Because we don't hang out with any scrubs. Yo, you know what I'm saying?

Oh, the Higher Primate t-shirts are in, too. I finally got all of that taken care of. Look, I'm a fucking terrible business man ladies and gentlemen.

BR: Pfff, tell me about it.

JR: But I got some dope t-shirts for sale.

BR: I was supposed to do my taxes today. Whoops.

JR: Well you're a terrible business person too.

BR: I'm horrible. I was like, I'll just take the...you get, like, fined or something right? It's not like you go to prison immediately, right?

JR: No, I think you get to pay it. But you get fined.

BR: Ok. I'll just do that.

JR: You know, the type of brain that's like really organized. That's not the type of brain that does a silly podcast. It's a totally different type of brain. I'm convinced of that. You know, I fight with my illogical tendencies, and my procrastination and impulsiveness. But I think that's the only way comedians brains work. I think it's a constant struggle to try and mend it with society, with that whacked out noodle on your head. Brian Redban...

Anyway, [Higher-Primate.com](#). That's the t-shirt company. It's all like monkeys and mushrooms and shit. And there's a really cool Joey Diaz shirt.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

BR: And they're very soft shirts.

JR: Yeah.

BR: They're very high quality shirts. They're not regular, like fuckin' normal quality shirts.

JR: No, it's like the highest quality we could get. We could really high quality, soft t-shirts. So it's like a fashion t-shirt. You know, that was the options. The options were spend a lot of money on like, really expensive t-shirts, or sell cheap ones. But I think they come out cool this way. They're expensive, they're not cheap. But they're really well made. So, that's what it is.

[Onnit.com](#) is our other sponsor. If you go to Onnit[.com], and use the **codename "Rogan"** you will save 10% off all these supplements. The explanations for all these supplements are also at Onnit. I do a terrible job explaining these things, perhaps Dave Asprey could help us because he is far smarter than I with these things. I don't really know what's going on, I just know when I use it, it's awesome. There's a bunch of studies that say the stuff inside of it is awesome. [Alpha Brain](#) is my favorite supplement, period. It's the one thing I make sure I don't go anywhere without it. If I'm doing a podcast I bring it with me, if I'm doing a comedy show I bring it with me, I take it before every UFC. It's not going to turn a moron into a genius. But I really, definitely feel like it gives me a mental boost. If that makes any sense. And there has been studies that show the ingredients in the doses that we use it have had positive effects in studies. So we're doing our own studies right now. It takes 10-12 months for a double-blind placebo study from this university in Boston. And then when they are done, they take it, and process all the information and figure



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

out whether or not it's legit. So we'll actual studies. But the ingredients that are in the Alpha Brain have show positive results. It's just no one has ever proven there is a synergistic effect with all the ingredients together. That's the controversial aspect of it.

Here's the deal though: the way we have it set-up at Onnit, you get 100% money back from the first thirty pills you don't think it works. If it's not your thing. Everybody's body is different. I don't know what you feel. Some people can't drink, some people can't smoke pot, some people can't eat peanuts. Bodies are different. If you don't feel it, I don't know what your sensitivity is if you don't think it's worth it. You get 100% money back. You don't have to return the product. Nobody is trying to rip you off. We're trying to sell you shit that I use. Whether it's vitamins, or the [Blendtec blenders](#) that are coming in tomorrow. We start selling those.

Dave Asprey: Nice.

JR: Because, [Kale shakes bitches!](#) You gotta get your morning started off correct. I'm telling you! It's the way to live life. It's a healthier way to get out of bed.

BR: That's my new phrase by the way. I say that to all my friends.

JR: What?

BR: I'm like, kale shakes bitches!

JR: Kale shakes... this fucking guy on the [MMA] Underground said, "I went to the supermarket, but there was no kale. Damn you Joe Rogan!"

BR: I've noticed that restaurants all have like kale everything, like



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

Kale Caesar Salads now. Yeah, exactly.

JR: Yeah, when we were in Phoenix I had Kale Caesar Salad. Yeah, I think kale is becoming more popular now. It's just a super food. People are realizing how really it's got a lot of protein in it. Kale's crazy good for you. It's really fucking good for you. And when you have it in this massive dose like I do. The recipe is available at Onnit.com, my recipe. My recipe is pretty extreme. It's got a lot of garlic in it, it's got a lot of ginger in it, and it's got a fucking wallop. Like it hits you, boom! It's intense. But, you feel good afterwards! Goddamn! [Brian adds stereo reverb effect, laughter] Everything just feels...just...It's alive!

Anyway, we also sell kettle bells, battle ropes, like I said we have the Blendtec blenders coming in, and with the supplements there is "New Mood." Which is a great 5-HTP and L-Tryptophan supplement that enhances your brains production of serotonin. And L-Tryptophan converts into 5-HTP, and 5-HTP converts into serotonin. Right? Is that correct?

Dave Asprey: Yup.

JR: Yeah, and this is all done. This is all the scientific studies behind all this stuff. All the information available is not just at Onnit.com, but at Google. If you Google "nootropics", you'll get a better idea about whether or not you're interested in anything. The most important thing to have in mind though is you don't have to worry about it though. They're just nutrients. It's not drugs. You're not going to test positive for anything at work. Including the "Hemp FORCE" protein, that's a big question that comes up all the time. If you have the Hemp FORCE protein, no, there is no way you can test positive for Marijuana. Hemp is completely non-psychoactive. It's just a protein, it's just plants. It's like a cousin to pot. And it's



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

illegal, unfortunately. You can buy it, and you can sell it, but you can't grow it. It just shows you what a silly, silly, silly government we have. Because it's an awesome plant. It's got all the amino acids in it, you can make fuel out of it. Henry Ford made one of his first cars out of it. And the fiber of the Hemp plant is so durable, it's really like an alien plant. The fact that we don't use it, just the hemp part... forget about the pot, smoking pot... forget about all that completely. Pretend that pot didn't exist. I didn't ever exist, no one ever had it. The hemp itself, making something like hemp illegal, is one of the dumbest thing a human can do. It's almost like making apples illegal. It's worse than making apples illegal, because you can't make a house out of apples. You can make a fucking house out of hemp. You can construct cars out of it that are stronger than steel. It's insane how strong the fibers of this shit is. It makes a far superior paper, it makes far superior clothing, things that don't rip. But the reason why it's illegal, is because way back in the 1930's they invented a machine called a "decorticator." And the decorticator takes hemp fiber and breaks it down, and it turns it into something that's useful. It's a long and lengthy process that they used to use slaves for. When slavery became illegal--- it's much easier to get cotton and use cotton than it is to use hemp. So, that's why it's illegal. They all conspired, all these people that didn't want to lose out to the hemp industry, in the cotton industry, in the paper industry--- especially William Randolph Hurst. He ran newspapers and printed stories about Mexicans smoking Marijuana and raping white women. It was all like, just craziness, to get this one plant illegal. And it's actually it's use as a commodity, that's what they were trying to squash. It had nothing to do with it being psychoactive. It's amazing that hustle has lasted so long.

Anyway, we have hemp protein that we buy from Canada. It's the shit. It's called Hemp FORCE. What are you doing? What are you



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

doing over there?

BR: [Plays audio clip] "You can't handle the truth!" [Laughter]

JR: Exactly. That's what I'm saying. I can't handle the truth, either. I can't handle the truth because even when I say it, when I say that story that I just told, I know that to be a fact. I've read it everywhere. It sounds so dumb. It sounds so ridiculous. It makes me angry. It's like people are just beyond stupid, Brian.

BR: Meow.

JR: Yes. Anyway, enough of me. Go to Onnit.com. That's O-N-N-I-T. Oh, I almost forgot the Ting. I got a lot of fucking commercials, man. If I was on the internet, I would be complaining about me right now.

BR: You don't have a lot of commercials. You just always go really long on the Onnit one.

JR: Well, here's the thing. I go really long on anything I absolutely believe in.

BR: It's because you're on it.

JR: I am on it. And it also is because I do in the middle. I don't know how everyone else is doing them, but I think a lot of people are sticking them in the conversations now. I know that's what Adam Corolla does. He does like podcasts, and then he does commercials like a radio show. They take a little--- I think that fucks with me.

BR: That's why the Fleshlight was pretty fun. I could always bring



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

the Fleshlight up. It's like the Olive Garden. I could always bring the Fleshlight up in conversation.

JR: Yes, you could. I don't think we should keep it as a sponsor just for that reason. Ting is an excellent product, though. Everything we sell on this podcast (I guess we're selling things), everything we promote... there we go. Everything we're paid to promote is things that we believe in, 100%. You don't ever have to worry about us trying to rip you off. If there is anything that is being talked about on this podcast, it's always going to be 100% to the best of my knowledge. If I'm ever incorrect, I will definitely let you know that I fucked up. And everything that we're selling, whether it's through Onnit, or it's through Audible.com, or even Ting is... what are you doing?

BR: [Sound effect plays] It's a Ting.

JR: That's not a Ting. That's like a ping-pong. What is Ting? Alright. Ting is a cell phone service that you sign up for, and they use Sprint's backbone. And they sell cool phones, they sell like Android phones, like the Galaxy S3 is the big, fuckin' cool-ass one you see on commercials everyday lately. And they have it set up so you can quit at any time. You don't have to have contracts. Your minutes can pile on to more than one phone. You can share minutes with like, your wife. And also, if you don't use a certain amount of minutes every month--- like you're allotted them and you don't use them--- you're dropped down and credited to the lower level of payment plan. So they actually give you money back. I mean it's like a really fair company. I love the ethical way in which they're choosing to do business. They're saying, "We make plenty of money, let's just do this really fair. Let's sell people a quality product, with all these killer android phones." They have regular phones too if you're into flip phones. But what they



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

decided to do is, use this big companies network, use Sprint's backbone, which is huge. I mean you can't come up with your own. But then, you know, use it in a way that they feel is fair. And so they provide an excellent service. And they give you cool phones. And you can quit at anytime. I mean there's no contracts. It's really a beautiful situation. And that's really what I think it should be with every cell phone company. It's crazy that you get locked into these contracts. And they rope you in by giving you some crazy discount on this phone. It's all bananas. But the bottom line is, if you want to leave [the cell phone provider] because your service sucks, it costs a lot of money. Well, not with Ting. With Ting you just bail. That's it. Go to <http://Rogan.Ting.com>, and you will save 50 bucks off your first digital cellular device. For talking to people through the air. And you too could be on Ting.

Alright, bitches. Dave Asprey is here. We're going to get to the bottom of things. We're going to get educated. We're going to get experienced. Oh, that's my new tagline at the beginning of every show. It's a cheesy as it gets. We're going to get experienced!

[Opening theme plays]

JR: Dude, we're getting experienced.

BR: We just got out of it, from being Onnit, and now we're getting experienced.

JR: We're back in it. We're experienced, dude. I'm feeling that right now. Dave! Thanks for coming man. Really appreciate it. Tait Fletcher is your number one fan boy, so would you please give Tait a big shout out at the beginning of this podcast?



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

Dave Asprey: Tait, you rock man.

JR: Tait has Bulletproof everything. Every fucking tweet he sends-- "Stay Bulletproof my friends." It's like he's the fucking most interesting man in the world, but it's about Bulletproof. You know, instead of "Stay Thirsty."

DA: He totally rocks.

JR: [Laughs] He loves you man. He's got a fucking serious man-crush on your ideas. Homeboy came in with a jug. I love Tait. Me and Tait have a coffee addiction. I love him for a bunch of reasons, but that's one of them. We both have the coffee addiction. And Tait comes in with this ridiculous like, "camping for a month" mug, filled with [Bulletproof Coffee](#).

DA: Nice

JR: And he poured me some... that was pretty badass, man. That was my first experience with Bulletproof Coffee. And this is your creation.

DA: Yep.

JR: And for folks who don't understand what Bulletproof Coffee is, what it consists of, what's in it exactly?

DA: It's low-toxin coffee, which has a different mental effect than the normal stuff, the swill you can just buy on any street corner. You blend it with grass-fed butter that has certain fatty acids, short-chain fatty acids your brain needs for anti-inflammatory purposes, and you blend it with either coconut oil or MCT oil. Which is an extract of coconut oil that is six times stronger. And



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

you blend it, it gets foamy and frothy, just like the best Latte you've ever had. It doesn't taste gross. It doesn't taste buttery and oily, and when you drink it you are full for hours. And you have this incredible focus. It's just insane.

JR: Whoa. How is that possible? What is it doing? It's just causing, like a synergistic effect with the butter, the oil, and the coffee... it makes the stimulant last longer? Is that what it is?

DA: Well the hunger part happens because your bodies getting the short and medium chain fatty acids that are really hard to get in your diet. So because you're doing that, you're already getting a big boost there. And then, we believe that it probably helps to escort the terpenes that are inside coffee, like cafestol and kahweol, the psychoactive compounds that are not caffeine. We think it helps those go into the brain. The other reason I'm theorizing that it gives you this kind of boost is because the small drops of fat that are formed when you blend it are called micelles, and they absorb better into the body. Your body can burn MCT for energy without any digestive process required at all. This is a thing that body builders use to get lean when they're in the shedding phase. It also happens to cure Alzheimer's disease. It makes you feel really good.

JR: I put it in my kale shakes. I put four big tablespoons of coconut oil and it tastes good.

DA: Nice. Yeah, everyone should be eating coconut oil unless they're allergic to coconuts. It's that straight forward.

JR: Do you remember when they were saying that coconut oil is bad for you when we were kids?



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: It looks like the American Soy Association got one in there.

JR: Is that what it was?

DA: Yeah they did like six week study of hydrogenated coconut oil versus their crap oil, and then what do you know, it raised cholesterol. And to this day if you ask the average 40 or 50 year old American, you say “coconut oil” and they say “cholesterol.” There’s none in there. It’s like cholesterol free. Not that it’s a problem if it has cholesterol.

JR: Salt, that’s another one. People are so silly with salt. “Salt gives you high blood pressure,” no. Salt is a fucking mineral you dummies. It’s an essential mineral. And you can have too little of it. Salt is not making you fat. That is so crazy. The fact [that people say] salt is making you fat has always driven me fucking bananas. “It’s going to give you all that high blood pressure with all that salt.”

DA: So, do you know that it raises your within the error margin of a blood pressure cuff? But that’s it.

JR: Pfff.

DA: It’s meaningless.

JR: Why does everyone connect salt to high blood pressure?

DA: It has to do with the marketing of anti-blood pressure drugs. So they found out back in about 1960 that was a way to lower blood pressure. If you get people to basically pee more water out, their blood gets thicker, so then their blood pressure goes down. So they started looking at salts effect on this and they went down



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

this path. And get this; in 1997, the Lancet Medical Journal (which is kind of a badass one) published a whole thing about how the salt myth didn't work. How there was scientific fraud, how people probably should have went to jail for spending tax-payer money and making up data. And yet, to this day, you still hear government campaigns to help lower salt consumption knowing full well it makes your adrenals break when you don't get enough salt. I do 10 grams a day, I have for 10 years, and I carry a vile of it around with me. I wouldn't think of starting the morning without a teaspoon of salt.

JR: Whoa. Every morning you start off with salt?

DA: Throw it in your shake, man. Yeah!

JR: Ok. What kind of salt? What's the best?

DA: I like the Himalayan crystal salt.

JR: It's dope just because it comes from the Himalayas, son.

[Laughter]

DA: Absolutely.

JR: Everything from the Himalayas is dope. Bringing back some fuckin' Himalayan salt, son.

DA: You know, and there are other kinds, any kind of sea salt is going to do it. But there is less pollution in the Himalayan stuff, and I like the idea that it's mined by one-armed monks.

JR: Is it really?



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: No. [Laughter]

BR: Grass-fed salt.

JR: Imagine the only way to get a job there is to chop off one of your arms. Dudes would do it. There's enough people out there who would do it.

DA: Probably. [More laughter]

JR: People are fuckin' crazy, man. I guarantee you they would do it. So what is the benefit of putting the salt into your body every morning?

DA: Here is what happens when you wake up in the morning. When you first wake up, your body says...(and this is like your "Reptilian" brain, the low level parts of your operating system you don't pay any attention to)...

JR: Oh you mean the whole thing?

[Laughter]

DA: Exactly. So you wake up, and it says, "Hrmm, this body is going to stand up in a minute. And when it stands up, I got to have enough blood pressure in the brain. If I don't have enough blood pressure in the brain, he's going to pass out and a tiger is going to eat him." So this is like a survival level imperative inside your body. So, what does it [the salt] do? It goes to your adrenal glands and says, "Hey buddy, could you crank up some cortisol, and could you change the sodium to potassium ratio? I need you to find sodium," which was hard for people to do. That's why we



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

used to pay our soldiers in salt instead of in gold. So then it [the body] says crank down on potassium, crank up on sodium. If in the morning you take your sodium, and you drink it soon after you wake up, your adrenal glands don't have to do all that work. So then you have that adrenal function for the rest of the day to feel good.

[Momentary pause]

DA: So anyhow, what's happening here is your adrenal glands are more relaxed. I actually recommend this especially for women when they're pregnant because they have enough stress already. I have a book coming out in January about how to have better genes and bigger brains in your kids. Start eating before you get pregnant.

JR: Knowing this, having this knowledge in your head, does it infuriate you when you hear these lower salt campaigns and you hear people talking about it? Like you know, "low salt foods." What is that?

DA: It used to infuriate me, but to be honest I've done enough of the meditation, the brain-hacking. I don't get mad at that kind of stuff because it's not worth the cost of getting mad. But what I do is do something about it. That's why I started the Bulletproof Exec blog. It's that there's a lot of this knowledge [in the Bulletproof blog]. I used to weigh 300 lbs, I was profoundly unhealthy for the first half of my life. And no one taught me any of the things that my body can do. It's just, the knowledge wasn't out there. And now it is, but there are credibility problems. Look, I'm a pretty successful guy and I wouldn't have been this successful if I hadn't learned all this stuff. So here it is, and it's free! I just give it to people. I've got seven people working for me now doing this.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

JR: Wow. So you were 300 lbs, and how old were you when this was going on?

DA: Let's see...at 23 years old I hit 300 lbs. 297 actually, yeah.

JR: Wow, gosh! Holy shit that's big. What was that like?

DA: I mean, it sucked. I was fat as a teenager, too.

JR: Terrible diet?

DA: Well, I thought I was eating the right stuff. In fact, during that time, I worked out six days a week for an hour-and-a-half a day. And I ate 1800 calories. You know what; if your hormones are jacked you're not going to lose weight. I did eat less than my thin friends. I just couldn't lose the weight. I was tired all the time too.

Brain Redban: Did you have thyroid, anything with your thyroid?

DA: I did, yeah. I had some thyroid issues. But it wasn't just thyroid. There are all kinds of toxins, and even like swelling that happens in the body. If you have chronic inflammation "turned on", you're going to be storing a third of your fat that's not even fat. It's just like, tissue inflammation. So for me I had to figure out what was causing my inflammation. And [ask myself], "What's your cortisol level?" There are all these delicate hormones that you manipulate through your food, and through your environment. And the idea that calories in, calories out matters... I ran this experiment. It was a little crazy. I know that the calorie thing is like, completely broken because we're not robots. We're not like a car that you put gas in and get so many miles so long as the wind resistance is the same. So, I thought I'd eat 4000 calories a day,



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

I'd sleep 5 hours a night or less, and I'd stop exercising. And I thought, you know, maybe I'll gain a couple of pounds in a month or two and I'll say, "Look, I should of gained 10 lbs., I gained 2 lbs." I went for two years [on this diet]. I posted a picture of a six-pack that grew during that time. I should have weighed 616 lbs. after two years of this program, not counting the sleep deficit, and I weighed 210 [lbs.] at then end of it, and was actually more muscular than I was before. Of course I was drinking Bulletproof coffee. I was doing [Bulletproof intermittent fasting](#), which I developed during that time. Which is intermittent fasting but you have only fat in the morning, which gives you this huge boost. The one [boost] that Tait was talking about when he was here with you.

So you can all these crazy things with the body. But I'll tell you right out, fat doesn't make you fat and calories don't make you fat. Calories fuel your brain though. And calories are useful. But they are not a very good way of measuring your intake of food.

JR: So, how does someone get fat then?

DA: It turns out, things like lecithin resistance, things like inflammation in the gut, things like insulin all play a role there. What happens there is your mitochondria in your cells can also get weak. You actually get used to having to eat every two hours, this idea of "frequent snacking" to keep your energy up. What you're doing is you're teaching your body to not be resilient, to not be able to store any kind of calories at all. What I do is teach my body to burn fat. And at least 50 percent of my calories are coming from fat. And most of that is saturated fat with Omega-3's mixed in. And what happens there is I can eat pretty much as much of it as I can stand and I won't gain any weight that way. So it's simply what causes obesity isn't one single thing. But I will tell



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

you, one of the things that is a major contributor is synthetic estrogen in the environment. A lot of that comes from mold in our food supply. It's called Zearalenone, we actually purify it and feed it to industrial beef. We put it in a little waxy pellet in the cows ear. And here's an example of how much this stuff works. You use Zearaleonone, it can increase what they call "feed efficiency" for livestock by 30 percent. Feed efficiency means if I don't give them this drug, and they eat a pound of food they gain however many ounces of fat or meat that the cow is going to gain. You put this hormone in their ear to change the hormonal production, they gain 30 percent more weight on the same amount of food. That stuff is fat-soluble and it bio-accumulates. You do not want to be eating hormone treated beef, that was treated to get fat really, really quickly. So we know, just because of in animal husbandry if we can change the calories-in, calories out by 30 percent why couldn't it do it in humans? And the answer is we can. That's why when everyone tells me measure how much you eat, and measure how much exercise you're getting and you'll lose weight, it's the biggest myth. I have whole [amounts] of research, a like 30-refrence blog post about that. It's just not true, it never was.

JR: So when someone drops their calories down and starts losing fat, well, what are they doing?

DA: You can do it for a little while, but here's what happens. And I can tell you because I did that lots of times. You loose 25 lbs, you gain 25 lbs.

JR: So it's a slingshot sort of a thing?

DA: Yeah, and there is something called "Epigenetics." Epigenetics is one of the main subjects of this book I wrote. And it's awesome, because Epigenetics shows how the environment



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

changes the expression of your genes. And you get signals from the environment all of the time. And two of the biggest signals you could ever send your body, that change the way you actually methylate your DNA, are “there’s a threat, something is chasing me and it won’t stop.” And you do this by going for a run, every signal day without rest. Instead of practicing high-intensity interval training, or instead of giving yourself some recovery time. There’s a lot of athletes and just plain non-athletes who are over-trained. They don’t get enough recovery time to actually build the muscle up they should build up because they had to go rip it down again by lifting the next day.

JR: Right.

DA: So that’s one signal which is that like, there’s this threat to my species, because I keep getting injured on a daily basis. I keep having to run. The other signal you can send is, “there’s a famine.” You tell your body there’s a famine by eating low-fat calories or low-fat diets. When you do that, it changes your gene expression. And we know that people who have been through a famine, that their grandkids have a 2-3x higher chance of getting type-II diabetes. This stuff passes down through the generations. So I’ll tell you flat out that if you’re going on especially a low-fat vegan diet, and you’re planning to reproduce, your kids will be weaker than they would have been before. And the evidence there is pretty darn strong. It’s a multiple generation effect.

JR: Wow, so...a vegan diet is lacking in what?

DA: It’s lacking in saturated fat, for one thing.

JR: Is there a way to make up for it with a vegan diet if you’re conscious about it?



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: You can get some in coconut oil, but coconut oil does not have conjugated linoleic acid (CLA). It doesn't have a lot of the micro-nutrients that are present in a lot of the animal products. You can probably get by on a very careful vegetarian diet, but in terms of being fully optimal as in kicking ass at the maximum level the human body can do, it's going to take more than just egg yokes. It's going to take some steak, it's going to take some lamb, and it's going to take some cod liver oil, and it's going to take some things like that. If you're going to be 100 percent vegan, honestly I know enough people now who have posted on my blogs even some close personal friends (one of whom is a black belt in Aikido), he went vegan and 18 months later he's allergic to everything. He had to go back, but it seriously [the vegan diet] just decimated his health. So it's a careful thing to do.

JR: But I know people who do it and they're very healthy. Guys like Mac Danzig, he's very healthy. He's been a vegan for years.

DA: There definitely are some very healthy vegans, I'm friends with some.

JR: Aaron Simpson, one of the guys who fights in the UFC. [He is a] very health guy. He's a vegan.

DA: How old are these guys?

JR: Aaron I think is 36 or 37. Mac is younger.

DA: So, I'm really curious what their blood work looks like. I'd love to see like an anti-aging panel from one of those guys. I don't know if any of them has ever posted it, but I'd love to just go through it and get their triglycerides from all the fructose they eat.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

That's one serious thing with C-reactive protein (CRP). Every anti-aging physician I've worked with, and when I say that I've run an anti-aging non-profit group called Silicon Valley Health Institute (www.SVHI.org or .com). We've been around for 19 years bringing guys in like Aubrey de Grey, other big-time anti-aging people to give lectures. And to a tee, every single one of them except one has said flat-out, "I won't take in a vegan patient because I cannot make them age less quickly." It just doesn't work. And these are guys who see like 10 patients a day, with carefully demonstrated panels. The bottom-line is I would love it if the vegan diet was safe and effective. I was a raw vegan for about 4 months, and after that I became a raw omnivore for another 6-7 months before I went off to Tibet and China. I'm not eating raw Yak in Tibet.

JR: No? No good?

DA: Yeah... it was just kind of hanging up from the mud wall, I'm like [thinking], "You better cook that."

[Laughter]

JR: Yak, huh? What's that taste like?

DA: It's actually awesome. It's actually like some of the best meat I've ever had. It's better than grass-fed beef. Even like the best, primo-grass fed.

JR: Really? Yak, huh? Well, you would think people would know about that.

DA: Well the problem is it only eats some kind of weird moss that only grows at high altitude, and it dies when you bring it to low altitude, so it's kind of a constrained supply.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

JR: Oh, wow. That's fascinating.

DA: It's a seriously tough animal though.

JR: Yaks?

DA: Yeah, I mean they're ginormous. Most of the things you see are only half-Yak half-Cow. But the real ones are bigger than a tank.

JR: I can't believe they taste good. I would think that they'd be like really gamey and funky.

Brian Redban: Yak-y.

DA: I've had Yak pizza, Yak filet mignon.

JR: Yak pizza?

DA: Oh yeah. It was awesome.

[Laughter]

JR: So this is a incredibly fascinating subject to me, because I've always wondered what it is about certain people they store so much fat, and certain people just stay lean no matter what. Some of the is obviously genetics.

DA: Yep.

JR: But what is wrong with their diet that takes a person and just blows them up to 350-400 lbs? This is a critical issue, right? Is it



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

sugar? What is it? Is it pasta and carbs that turn to sugar?

DA: It's actually sugar, plus inflammation. So it's that combination of Omega-6, like excess Omega-6 oils, plus sugar and corn syrup and things like that. What you're doing is you're basically just completely wrecking the metabolism when you do that. Omega-6 oils have lots of poly-unsaturated bonds, I'm talking [about] Canola oil and stuff like that. Vegetable oil. Soy oil is another one. What happens there is every unsaturated bond in that oil can oxidize. And what oxidizes it is oxygen, heat, and light. So most of these oils get oxidized before you even eat them. But in the body, you try and make cell membranes out of them. And when that happens you end up with less flexible cell membranes that aren't able to express the insulin receptors very well.

JR: Right.

DA: So we end up with lots of problems like that because we end up getting these oils that oxidize easily. When they're oxidized inside the body they make free radicals so you get general systemic inflammation. And you can't measure these levels. Like if you take a vegan and you measure their Omega-3 to Omega-6 ratio, it can be 30-40 to 1. The average American on a crap industrial meat is at 40 to 1, right? Now, my blood levels are 1.28 to 1 of my Omega-6 to Omega-3 ratios. And that helps me to crank my inflammation way down. And that helps me to express healthy insulin receptors. So I don't get insulin resistance, so I don't get lecithin resistance. And that lets me, even now I can go out and eat a relatively heavy sugar meal. I don't get a coma from it. I used to get a coma from it when I weighed 280 lbs or 300 lbs. I can also go 18 hours without eating and it doesn't bother me in the slightest. And that's a pretty big difference. I used to be the guy who was like. "We have to end this meeting right now,



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

because if we don't end this meeting right now so I can eat I'm going to kill someone."

JR: You can go 18 hours? No problem?

DA: Yeah, in fact I did it yesterday. Yeah, I had my last meal at 4 pm last night and then again at 2 [o'clock] today. I guess that was a little more than 22 hours.

JR: Now what do you say to people that say you should have some sort of a post-workout sugary meal. Something like a lot of glucose, high glucose, a little bit of protein. What do you think about that?

DA: I looked at that, and what you're trying to do there is you're trying to spike your insulin afterwards. Because we have Insulin-like growth factor (IGF-1), which will cause you to build muscles. It's insulin like because it has the same effects as insulin. So you eat a lot of sugar, spike your insulin, and allegedly lay down more muscle. What I recall from seeing them is that the effects of IGF-1 probably aren't as good as you'd like them to be. What I do after I work-out is I typically have a good amount of protein, a good amount of fat, and some starch, not a lot. And I choose low-toxin starches, which is kind of hard to do. I've got the Bulletproof diet up on the site where it's a free info-graphic that basically ranks foods based on three criteria. And if you get a Bulletproof starch, like a white rice that's properly rinsed and cooked, or sweet potatoes, butternut squash, things like that. What you're doing is you're getting your carbs up enough that you could still even stay in a state of ketosis, maybe or maybe not. But what you can do there is you can reduce your stress hormone levels. And eating right after you work out drops your cortisol, and if your cortisol doesn't get dropped in that post-workout window you get a cortisol



Biohacker Toolbox JRE Transcript

[Transcript of JRE #274 w/ Dave Asprey](#)

spike that lasts 48 hours. So you're not going to get as much muscle. So it's absolutely critical to eat, but do you need sugar or do you need fat? I would tend towards protein and fat with a small amount of starch.

JR: So how did it get started that people learned how to drink chocolate milk. That was like, the big thing for a while. It was like chocolate milk was the best post-workout drink.

DA: You know, there's effects from milk on IGF-1 as well, like milk will cause you to put on weight. It will cause you to put on fat, too. If you want to bulk up, milk works for bulking up. Why chocolate milk? Because someone said, "Oh, lets raise the insulin some more." But look what's in chocolate milk. At least make your own with real [chocolate](#).

JR: What is in chocolate milk that's bad?

DA: It's usually high fructose corn syrup. What are you going to sweeten it with?

JR: And that's just terrible for you.

DA: Yeah. And plus you've got problems when you homogenize milk. You take those fat droplets that your body really needs and you put them through a super fine screen under pressure. Which makes these extremely fine fat droplets that your body doesn't know how to handle that can actually enter cells. So homogenization can increase inflammation and it causes weird fat reactions your body is not ready for, and also when they pasteurize the milk you get casein. Casein is an inflammatory compound depending on how it's processed, but it's a very careful protein. I don't eat any casein, I know lots of people who are just



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

plain allergic to it. You've probably had people in here talking about the China study. That was an incredibly misrepresented book, but one of the key points at the very beginning was that casein can increase inflammation and be linked to liver cancer. But that's actually true. So, man, in order to get some protein you're getting casein, which has been pasteurized. You're getting fat in the wrong form, you're getting high fructose corn syrup. I could probably formulate a better post-workout drink using MCT oil, [Bulletproof low-toxin chocolate](#) maybe, you could use honey even. Raw honey has a different effect than say normal sugar does, and normal sugar has a different effect than high fructose corn syrup.

JR: What is the deal with corn? Why do we use so much corn? There's high fructose corn syrup, and corn is in so many different things.

Brian Redban: It's everywhere.

JR: Is that a lobby thing? Is that what it is?

DA: Yep, corn and soy are lobby things and also farm subsidies, right? Yeah, if you grow corn and soy you get extra money from the government for growing this stuff. We've got the whole Monsanto connection there which is just beyond evil from my perspective.

JR: It's confusing. It's very confusing that it's real. It's very confusing that there's a company out there that's trying to make this genetically modified food and force farmers to grow them. When you see the suicide rates in India, they're absolutely stunning. I mean it's like they're having suicides there everyday, all day long. People are killing themselves because of Monsanto.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

There's been hundreds of thousands of suicides in India linked to Monsanto.

DA: There's even more profound evil going on and one of my pet peeves, things I talk about and have studied extensively are called mycotoxins. And these are toxins that form from fungus in the environment. And the combination of DuPont and Monsanto is a shocking story. Thirty years ago DuPont made this pesticide called "Benomyl," and what benomyl did [was] it killed all fungus. Like 98% of fungus it touched would just die. Unfortunately, the other 2% would just get like X-men mutation turned on. Whole plasmid-level mutation it's called. What this means is that instead of one gene mutating like nature does, whole groups of genes would mutate. And get this. A fungus can change plasmids with other fungus like baseball cards. So what's going on here is we created X-men fungus that reproduced every 20 minutes thirty years ago. And some of these new toxic molds that are like uber-vicious that poison people in their houses and all... and I've had that happen to me. You know like stachybotrys and aspergillus in your kitchen will mess your head up, sometimes permanently. So what's going on is Benomyl made these toxic, but then you spray Round-up on soil, Round-up completely destroys the soil microbes. These are like the probiotics of the planet. Our soil health is really important. So now you get mutated X-men stuff growing in the soil and then you piss it off with Round-up and you get 500x more toxins. And then that mold that's left, fusarium, grows in the corn. In fact it's a major pest for corn in the US. You get dried corn with toxic mold forming fusarium in it. It's a majorly large percentage. I don't know for this year. Some years it's up to 98% of corn has this toxic mold growing in it.

JR: What?!



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: Yeah, this is crazy stuff. And this is not any kind of like weird, you know, “conspiracy theory” thing. This is documented in agricultural science. No one in biochemistry that I know of tends to read the studies on mycotoxins because they’re all off in “agriculture land” instead of in “health land.”

JR: So you’re saying that 98% of corn has this micro-toxin in it and it’s not killed by turning it into bread, or turning it into cornbread, or tortillas or anything like that?

DA: It’s “mycotoxin” not “micro”, as in M-Y-C-O, like “mushroom-derived” micelles, right? And some of it is killed. We’ve heard of these mycotoxins before. Aflatoxin, everyone knows that’s a bad one in peanuts. Or penicillin. A tiny little capsule of penicillin, which is just mold extract, has this profound effect on your body right? Well, there’s other stuff out there that has a profound effect on your body at a parts per million level. I don’t know if this year 98% of corn is [molded], that’s the maximum I found in my data. But at least a third, almost every year in the US of corn, of dried corn product that’s out there, like animal feed, like Masa, like corn tortillas has stuff in it. And fusarium makes three classes of toxins that mess with your brain, mess with your hormones, and mess with your protein formation. And that’s why in the Bulletproof diet I look first at macro-nutrients, and then I look at anti-nutrients like mycotoxins and heterocyclic amines and all the others. You got to be a little careful in your food. If you want to like, really kick ass and mentally focused all the time, these are the things that get in there and muck with your head. Some people are more sensitive than others, but if you reduce the level of these things in your diet you think better. And that’s one reason to do the Bulletproof diet in the morning. All your drinking with Bulletproof intermittent fasting low-toxin coffee, low-toxin butter, and toxin-free MCT oil. You do that and you have nothing messing with your head. Only good



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

stuff, no bad stuff.

JR: That is absolutely fascinating. So, everyone is being poisoned essentially? Everyone who is eating all these corn products is being poisoned.

DA: Yep, at low levels they are and the links between heart disease, and cancer, and mycotoxins are very well established. In fact, a WHO researcher who has written the most research out of anyone on mycotoxins has a whole book this thick called “Fungal Bionics” where he cites nine-hundred different studies about the links between atherosclerosis and cancer (that’s heart disease). Direct quote from this author, he says, “There is a known cause of atherosclerosis and it is mycotoxins.” Pig farmers know this. They know that if they get these grains that have mold growing in them, they have test kits they can buy to test the grain because they know if they feed to much [molded] grain to the pigs, the pigs could get lesions in their arteries. Or the pigs will loose their litter before they can deliver it. So what they do is they wait until the pigs are far enough along, then they feed the cheaper toxic grain to the pigs, or the cows, and that fattens them up faster and costs less money. And the fact that some of that stuff is still in the meat, [shrugs] your problem.

JR: So when you’re getting pork chops you’re getting it, because they eat grain.

DA: It all depends on who fed the pig.

JR: So when you’re getting steak you’re getting that.

DA: If you’re not eating [grass-fed](#) steak, you’re making a mistake. And that’s one of the reasons if you go on a vegan diet, if you’re



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

eating really good quality non-molded vegan food, you're going to get less toxins. If you compare vegan or vegetarians to standard industrial meat based, you know meat and hydrogenated fat and MSG diet... man, I would rather be a vegan than [have] a standard American diet any day of the week. The problem is if I want to for many, many years have the highest energy levels, the most focus, and the least amount of effort you're not going to be able to achieve that on the vegan diet. I don't think you can hit your very top-level performance as a 100 percent vegan. You could probably be mostly vegan, but you're going to miss out on some things over time. There's pretty good research on my side about that.

JR: It's unbelievable that you sound so convincing, but I'm too stupid to know if you're right.

[Laughter]

DA: There's a lot of convincing vegans out there, too.

JR: Yes, there are. Well, you know, there's a lot people who tell you how much it changed their life. But my point is with a lot of those people is that generally, and it's not all, but generally they come from a really bad diet and they start eating vegetables and they feel better. Well, of course you're going to feel better! But I think your point really does make a lot of sense about what is the optimum way to do it. This is all stuff I had never heard before. I never heard that low-level meat has some sort of mycotoxin fungus.

DA: But it's only industrial meat. I have half a cow in my fridge. It grew up three miles from my house, it cost \$3.50 p/lb, and it's grass-fed. It never ate any grain. It was well treated, it was



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

butchered humanely, and it tastes awesome. It's really good meat.

JR: So what do you do you have a big freezer?

DA: Yeah, they cost \$300 bucks at Costco. Just buy the freezer, toss it in the back of the car, bring it home and throw it in the basement. You've got meat that would cost a third of what it would cost, or twenty percent of what it would cost at Whole Foods. I've got links on my site, you can order 100 lbs. at a time and just have it shipped to your house.

JR: Jesus Christ. But doesn't it taste funky because it's frozen?

DA: You know, this is a funny thing about meat. When they hang meet, you know, to let it age... what they're doing is allowing mold and bacteria in the environment "work" on the meat.

JR: Right.

DA: Well, the links between those molds and human health are not so good. Think about it. This is a mold that likes to eat meat. And Joe, you and me are made out of meat. So, the incidence of low-level fungal infections... like, I don't eat dry-aged meat that's really rare because there is still active fungus that likes to eat what I'm made out of in their, I don't think that's good.

JR: What the fuck, man? How do I not know about this?

Brian Redban: That's how I burn calories Joe, is this meat. And mold, yay.

[Laughter]



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

JR: That's it, you just snort it? [More laughter]

BR: Yeah.

JR: You snort mold.

DA: So it turns out, you want the freshest of anything, as soon as you kill it and you drain the blood, throw it in the freezer and when you're ready to eat it take it out.

JR: How many hours from the time it's killed is it butchered and then frozen.

DA: The stuff that I have, I actually special requested it. It was about two days.

JR: Two days? So this meat lays around for two days?

DA: Yeah what they do is they hang it in a climate controlled environment which lets all the blood come out. But typical, like high-end steak, 21 days and sometimes up to 64 days.

JR: Dry-aged [meat].

DA: Yeah, and then you know. Dry-aged meat tastes amazing, I'm not going to lie and say that it's bad. But the difference in how dry-aged meat makes your brain feel, versus fresh meat that's been frozen right away and then defrosted and cooked. You will feel like a different human being when you eat that stuff.

JR: What is killed during the freezing process? Is there anything that's killed?



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: It's not about the killing, although it can kill parasites like they use that in sushi. You freeze sushi at very low temperatures to kill parasites. What's going is you are preventing the formation of these basically psychoactive compounds that form in addition to those nice yummy flavors that come from the yeast in the fungus, sending tendrils into the meat. So that kind of soft, mushy dry-aged meat, it has health impacts (including cardio-vascular impacts) that are not present for fresh meat that was frozen.

JR: Wow. But yet, so delicious. Nature's fucked us again, man!

DA: I still eat bacon. I have no problems there.

JR: What is the thing, why does dry-aged [meat taste better]...cause dry-aged meat does taste pretty good.

DA: Here's how we discovered dry-aged, right? How long have we really had good freezers? Not that long. So [if] you're going to kill a giant cow a hundred years ago, you're going to hang it in the coolest place you can find, and you're going to whack off pieces of it and eat it. Like kind of "cow-on-the-cob" right? [Laughter]

JR: Yeah, I guess so. I mean back then they must have eaten a lot of rotten meat. Just trying to keep it going.

DA: Yeah, they did.

JR: Now did that have anything to do with the appendix? Or is the appendix for processing fiber? What was the appendix for processing?

DA: I don't think there is a scientific consensus there. I heard it



Biohacker Toolbox JRE Transcript

[Transcript of JRE #274 w/ Dave Asprey](#)

was a store for probiotics. Potentially, like the healthy bacteria. That's a little store house for them. But I've never heard a definitive "This is why we had an appendix" [theory] that everyone agreed with.

JR: Huh. So humans for a long time have had to be able to deal with a certain amount of fungus and bacteria just evolutionarily.

DA: Oh, we do. We still do. In fact, Wired Magazine just published this whole thing like, "Oh, we've been focusing on the genome of the bacteria in the gut, and we just noticed there was just as much fungus growing in your gut as there is bacteria. And we don't know anything about it."

JR: Jesus Christ. How weird is it that we have organisms that are essential to human survival and they live inside our intestinal tract? They're essential. If you don't have them you will die.

DA: Yeah. The question is, are they apart from being human? I mean, that's a part of being human right? If you're dead without them they're just part of your repair system.

JR: Yeah, they're the soldiers. Their your little soldiers. That's what I tell people about probiotics. I used to get sick a lot when I went on the road. Until I really started getting into Kombucha, my favorite because it's easy. I like the way it tastes and I'll drink a couple of those a day and I'm covered. And it's made a huge, significant impact on how many colds I've had. They stopped, they just stopped. And the way I explain it to people, its like when you eat "healthy bacteria." It's like sending soldiers, you have healthy soldiers, who are going to go and whack all the shitty things you touch. It really does work that way.



Biohacker Toolbox JRE Transcript

[Transcript of JRE #274 w/ Dave Asprey](#)

DA: Yup. Now think about this. If you do that, you drink your Kombucha, and then you have a normal rib-eye that was fed industrial meat, it's got anti-biotics in that meat. They use anti-biotics because it makes animals fatter faster. It's not that they're using it to keep them from getting sick, they just want the muscle striations. They want the fat to marble through the muscle. So now you're doing that, you just whacked those nice bacteria you were putting in your gut, and that's why I'm kind of militant. When I go out, I'll eat fish. Like non-farmed fish, wild codfish long before I'm going to eat steak at a normal steakhouse. If they say, "Oh, its grass-fed, grass finished steak", I'm like, "load me up I'll have two lbs. of it." But the rest of the time when I'm on the road, you'll see in my backpack smoked sock-eyed salmon. That's as clean as it gets.

JR: So when you go to a restaurant, what kind of stuff... it's hard to even to get wild fish, man. A lot fish is farmed fish. Like that weird salmon where they actually changed the color of the flesh to try and turn it...

DA: Yeah, that's not right.

JR: When you get this prison bitch salmon, the ones that you buy at like, the supermarket. They have this pale-flesh. It's like they're just like, "fuck it."

DA: Yeah, and it's mushy, it's gross.

JR: They're feeding them pellets you know?

DA: And the pellets are like soy, and corn, plus anti-biotics plus ground up sardines. They're environmentally destructive. You shouldn't buy farmed fish on principle, because it's bad for the



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

world. Our oceans are already screwed up enough, we don't need that.

JR: It also seemed fucked up enough that you could catch them with nets. And just swoop through an entire environment and kill everything and rope it up. That's fucked up enough. But at least those are wild. They're wild until that moment and then they get jacked. But to just live in this fuckin' kiddie pond while they throw this bullshit on top of you, that's all you have to eat. It just seems fuckin' stupid. I think there's certain things people do to animals that are really arrogant. And zoos are on of them.

DA: Zoos kind of break my heart. Even those real "natural" ones. But I've been to zoos in like Cambodia and all. You see the stress behavior in animals, it's just horrible. It shouldn't be allowed.

JR: I'm a hypocrite because I go. Because I want my kids to see what animals look like because it's interesting. But if I had my choice I'd say, "Bring these animals back to the woods, man." Let them live in the jungle. Let them live where they live. This is nonsense. You either want to get rid of them because they're dangerous, or live them the fuck alone. Those are the two options. The idea that you could take them, and lock them in this little environment so people can stare at them as they pace in circles, that's torture. That's craziness. They don't even let them kill anything.

DA: And you know what's bad? Look what they feed those animals. They all die in like a third of the amount of time they live in the wild, and it's not just stress from being in captivity, and having people throw cigarette butts at you. It's because they feed them crap. And they're sort of figuring that out. "Oh look, they keep dying," and we keep having surgery, and doing all this weird



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

stuff to keep them alive. Kind of like they do for people now.

JR: Yeah. They're giving them prison food. Poor fucking Gorillas. It's so sad. It was so sad man, just watching them pace around that thing. I was like, "Wow," you know? And of course my two year old thinks it's awesome. To me it's kind of trippy. Eagles, they had eagles in this net. The eagles couldn't fly, it was crazy.

DA: That's not right.

JR: They could fly like a little bit, and then land and fly a little bit. And you're like, "Oh my god they must be going nuts." They have fucking Bald eagles and they can't just soar. Like they could soar, man. Float around...

DA: And they want to like kill rabbits and things like that. I'm pretty sure they're not getting much of that going on.

JR: Yes. They're not giving them rabbits. They're giving them dog shit in a can. You know, it's terrible. What are they feeding them? They push out a little tray of meat and the eagle eats it. It's ridiculous. We would take away the one thing that nature has them setup for, a massive reward of endorphins, of whatever the fuck their little brains produce.

DA: Yeah, good question. [Laughs]

JR: Their little lizard asshole brains. Evil eyes. You ever look in the eyes of an eagle? What a creepy fucking eyeball those things have.

Brian Redban: That eagle is just representing our country very well, Joe.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

JR: “Let the eagle fly...” [Singing] Have you ever heard that video where, that crazy dude John Ashcroft... You remember John Ashcroft?

DA: Oh yeah, super crazy.

JR: Super crazy. But he has a song, remember? Did we play it on the podcast once?

BR: Yeah.

JR: We won't play it again. Just look up John Ashcroft, “Let the Eagles Soar”. Oh my god. Or “Let the Eagle Fly”? What is it? Whatever it was.

BR: Something like that. And add dubstep at the end. It's probably better.

JR: It's amazingly crazy. Have you seen it?

DA: A long time ago, yeah.

JR: Oh my god. It's amazingly crazy.

BR: Did you watch that skydiver? That was amazing.

JR: Did you see that?

DA: That's awesome. Yeah.

JR: I was hoping that a UFO was going to snatch him out of the sky on the way down.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

BR: How does he not faint? Isn't that something like scarring a bunny rabbit? That your body just can't take from falling from space.

DA: He almost did. He said he was spinning and he said that if he spun any more he could pass out and die. And so he was like, "Do I pull the ripcord and slow down, and not hit the record?" And he said, "I'm just going to do it anyway." And he didn't pass out.

JR: Wow. Yeah, he was flipping. And then he leveled out somehow or another. I don't know how he leveled out.

DA: I guess the flying squirrel thing.

JR: Oh, yeah. It was really weird to watch him step off of it though. That was really weird. To be right behind him with a camera and just drop out of sight.

DA: Yeah that's pretty epic.

JR: That dude was in a balloon. I didn't know you could take a balloon into space.

BR: That's ridiculous.

JR: Did you know that?

BR: No. Who'd want to?

JR: I actually know you can take a balloon to space. Why haven't we done this already? Why aren't there trips to go to space in a balloon?



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: Hey, Richard Branson should check this guy out.

BR: Yeah.

JR: What's up, Rich? And here's another question. Is it possible to get hit by a satellite? Because don't satellites whip around the Earth?

DA: Sure it would be.

JR: ... Going like 500 mph our something crazy?

BR: Yeah but they're usually probably like States off. Like millions of miles off. It's like, "Oh that almost hit me a million miles away."

DA: It's not the satellites really, it's the space junk. And we didn't talk about this but, I'm a geek. I'm Vice-president at a computer and net-security company. Silicone Valley guy. And yeah, we have like problems with space junk. Serious problems where they map it all out and there's like storms and little nuts from like a Chinese rocket from 40 years ago, or whatever, spinning around. Probably not 40 years.

JR: Whoa.

DA: And they're like bullets. They're hypersonic. They poke holes in satellites, they can kill people in space stations, so it's getting to be like...

JR: Oh my god!

DA: Oh yeah, so it's getting to be like really dangerous up there.

JR: Jesus Christ! Can you imagine sitting in the space station and



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

hearing like, bolts?

DA: You hear like, “ding!” And yeah, that just punched a whole.

JR: Punches a hole right through the other side. And you look down and your leg is bleeding.

DA: They track all that stuff now, so they know if it’s coming.

JR: Oh my god. They track the bolts that are flying in space? How many of them are there?

DA: Like, hundreds of thousands now.

JR: Oh my god!

DA: You have like whole, left-over fuel capsules and all this stuff. Astronaut poop that they ejected out.

JR: What the fuck?

BR: Astronaut poop...

DA: I’m serious. Like frozen, you know... you get beamed by a frozen turd when you’re out space walking. It can happen.

BR: Wow. I’ve had a semi-frozen turd beamed at me, and it still hurt. So...

JR: I can’t believe that. I can’t believe there are hundreds of thousands of pieces of junk up there. That’s insane. No one’s going to clean that either. It’s not like you can put a net up there and scoop it all up.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: Guess where most of it came from? Military exercises.

BR: Germans.

DA: “Oh, let’s blow up a satellite in orbit and see what happens! Oh, it scatters crap all over orbit.” Yeah. It’s just an environmental problem. Just like we have in our oceans, or somewhere else.

JR: The military is so crazy that in the 60’s when they first started thinking about going to the moon. They did a thing called Operation Starfish Prime, where they shot a nuclear bomb up into the atmosphere, and blew it up. They blew it up and the radiation built. Just, “Let’s see what happens!”

DA: Yeah, what’ll happen there?

[Laughter]

JR: That’s fuckin’ crazy! Nobody had to go, “Hey hey hey! What are you doing? Don’t just fucking do it to see what happens! Are you guys crazy?”

DA: Yup.

JR: What’s the benefit of shooting a nuclear bomb into space? You crazy fucks!

DA: They’ve gone nuts on that stuff. It’s interesting. My grandparents met on the Manhattan Project.

JR: Whoa.

DA: In Chicago, before Los Alamos. My grandmother has a



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

Master's Degree in Nuclear Engineering and won like a lifetime achievement award for nuclear engineering. One of two women ever. I grew up in a nuclear family like this, but even they're like, "Could we stop blowing those things up everywhere?" They're kind of useful in a war, but maybe blowing up a few hundred of them around the planet isn't a good idea.

JR: Have you ever seen the animated .gif file, or maybe it's a video... of all of the, on the globe, it shows you a map of the world and it shows all of the nuclear explosions in their correct order that they've taken place. All the tests.

DA: Wow.

JR: It's like [Mimics quickening rate of nuclear test explosions], you see like one from the ocean.

DA: Wow, that'd be awesome. You should link to that or something,

JR: Pull that up, Brian.

DA: Yeah, I want to see that.

BR: Yeah, me too.

JR: Yeah, see if you can pull it up. A video of all of the nuclear explosions. Just try, you'll find it. But I have seen it. There's been more than a hundred.

DA: Yeah.

JR: Yeah, a hundred nuclear explosions. I did not know that.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: It's really scary. And some of the things that happened there. We have kind of a rise in thyroid cancer. And gee, you get radioactive iodine out there and these have an environmental impact. And some of the stuff we don't even understand. Like low-frequency vibrations on Earth's crust from those things. There's biological effects from the reverberation of the Earth's crust. Have you heard of the "Schumann Resonance?" When thunder strikes, you get this reflection between the ionosphere and the Earth's crust, and it creates basically around a 10 Hz (I forget the exact number, nine point something Hz) frequency. And if we don't have this, we don't work very well as humans. And in the Russian space program they figured out they weren't doing very well at all, they actually replicate this inside the spacecraft now.

JR: They make a rumble? Like a sound?

DA: You don't hear it. It's like an electrical thing. It's a super-low frequency EMF.

JR: So this EMF that's given out by thunder and lightning, it actually has a positive effect on human beings?

DA: Yeah, it's like a timing signal. If we don't get it, we don't do so well. It's right in the alpha brainwave spectrum.

JR: Man.

DA: In fact I have a Schumann Wave Resonance creation thing in my house. It's one of the things that lowers biological stress. When you have a Schumann resonance that your low-level biological electrical systems can sync to, it lowers the stress. If you have like wifi routers, and things like that all over the place,



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

your body tries to like “find a signal” and it doesn’t get one very well. And when it doesn’t get one very well, it just raises your cortisol levels.

JR: Your body is trying to find a signal? What do you mean by that?

DA: So there’s an electro-magnetic signal, and it sounds kind of goofy to be honest. But one of the ways you can do this is with an “Earthing mat”. And I kind of went out on a limb promoting these things like, “this thing rocks!” And what this is, is a mat. And it’s made out of electrically conductive fibers. It’s just silver woven into a sheet. And you plug it into the round part of the electrical outlet at your house. So just the grounding part, or you stick it into the earth, like drop it out the window on a wire and stick it into the ground. You do this and it normalizes your cortisol excretion at night. Your sleep improves really dramatically. Especially for jetlag. I absolutely will not travel without my earthing mat, because I don’t get jetlag at all anymore. It’s just a non-issue.

JR: What?!

Brian Redban: This is craziness.

DA: Lance Armstrong uses this on the Tour de France in order to recover faster. You recover from injuries faster when you’re grounded. And there’s an electrical thing that you can measure that’s happening there. There’s two effects. One is, you build up a charge on your body and you can just pick this up with a meter. We’re walking around indoors, we’re wearing shoes, like rubber shoes all the time. So basically just the air over our skin over our skin builds up a static charge. When you get a spark, like in the desert, you know you touched someone’s static electricity, that’s



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

an extreme example of it. But our bodies kind of work like big batteries. We have different electrical fields. And different electrical potentials inside the body. So when you spend about 20 minutes walking in grass barefoot, or laying on earthing mats, being on the beach. What you're doing is you're dropping the extra charge that's being built up over time. And when you do that, you heal faster. You really do recover faster. It's profoundly amazing how well it works. There's cardiologists recommending this, there's a whole book written about this...

JR: I have heard about people lying in the grass, sleeping in the grass.

DA: Yeah. That's why.

JR: To help them heal.

DA: I thought this was such BS. But I used to fly to Cambridge, England every six weeks. I was Vice-President of a company based out there. And I'd fly from the [SF] Bay area, out there. And that's like the worst commute ever in terms of time zones. You're flying east. I'd go and I'd say, "In the morning when I land I'm going to exercise to raise my body temperature. And that's how I'm going to hack my jetlag." And one day I did yoga in the park, because it was like the only day of the year it was not rainy in England. That time I had no jetlag. I'm like, "Yes! My exercise works." And the next time I do it in the hotel room, same exact thing, and I had horrible jetlag. I'm like, "What is it?" And I finally understood years later what had really been the variable that I didn't know to look for. So this is one of those things that's like a \$70 little item, and you try it and you just know it works.

JR: I wish Marijuana was legal to grow. Because I went to this



Biohacker Toolbox JRE Transcript

[Transcript of JRE #274 w/ Dave Asprey](#)

grow room once, and this dude had this--- he was legal, it was a legal setup--- I go into the back room and he's go this room, larger than this room. And it's filled with these really happy cannabis plants. And they've been taken care of with the perfect fertilizer and the perfect soil compositions, and there is mist[ers] going off constantly, and they're like really healthy and vibrant. And you walk into the room, and you feel them. And it sounds like hippie bullshit, but I wasn't even high. I walked into that room stone-cold sober and I was like, "Whoa." This is like, they have a frequency.

DA: Yeah.

JR: It's an intangible thing that I sense, I can feel it, but I wouldn't know how to describe what it's doing.

DA: I do a lot of work at that level with the bio-hacking I talk about. So, you have this "reptilian" brain that's responsible for low-level systems in the body. It's the same thing a salamander has, and it senses stuff, but it does it so fast that you don't even know it happened. Like, if you put your hand on a hot stove, you'll pull your hand away before you know the stove was hot. That's an example of like, this thing in action. So what it does is it picks up all kinds of stuff from the environment, a lot of stuff we don't even understand yet. But it does it, and it matches patterns so fast that you might get just like a wisp of an intuition of it. But what's going on there is like, the animal part of you is totally picking up all these things, and you can train yourself to basically be more sensitive to what it's telling you. And you can train yourself and train it to behave better. Because that "reptilian" brain is what gets us in a lot of trouble.

JR: It's how you know when someone's upset at you. Even if they're trying to pretend like they're not. You know that there is



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

something off. They're giving you a certain feel.

DA: Now, I'm going to sound like a total hippie whacko which I'm not.

JR: Too late... [Laughter]

DA: Eh, darn.

JR: You're on this show...

DA: Fair point. I'll take that. [Laughter] So I'm an advisor to this company called the Heart Math Institute. And Heart Math makes a heart rate variability training device. These guys are Silicone Valley geeks, they spent 20 years looking at meditation, and how you quantify meditation. Like what's going on in the body. And it turns out by looking at the space in between your heartbeats, you can totally change the way your brain works, and how your body works. And in the course of the research, they went out and they did some really heavy duty science. And there's actually like a magnetic field around your heart. It's tipped at like a twelve degree angle this way. It's shaped like a torus, like a doughnut. And they know which direction the fields move on it, and everything. So, it's the most electrically active part of your body, your heart. And get this. When a human walks into a stall with a horse, before they even touch the horse, the horse's heart rate variability will change to match the humans. We have a field effect on the people around us. And it's an electro-magnetic field that's heart based. And people get pissed off when they hear this, and they just think everything I say is crap, it's not. A. I know the scientists who are behind this, and B. I'm a certified Heart Math executive coach. I use this to take people who are super high performers, who are tweaking because of their stress, and to teach them to consciously



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

use their pre-frontal cortex, their human most evolved part of the brain, to train and take control of the “reptilian” brain. When you do that, there’s measurable changes in the spacing of your heartbeats. And there’s a measurable change in the field around you heart as well. When you do that, that’s what you’re feeling there. Someone’s pissed off at you? They could not say a word and you might not even see their face, but you just have a feeling.

JR: Yeah. Your body is letting you know some shit might be going down. “I’m catching some bad smells.”

DA: In fact, one of my bodies is a Special Forces guy. Actually he wasn’t technically, he trained Special Force guys. He was a long-range patrol officer guy. And he told me one day, he said, “Dave, what we learned out in the field, if you’re in someone’s sights you can feel it.” He said, “If someone’s got a gun pointed at you, your body heats up.” Like literally. How the heck could this be possible? But the bottom line is we have all sorts of weird senses. We also know if we hook you up, Joe, to like weird galvanic skin response sensors and then you’re sitting there, if someone’s staring at you we’ll be able to measure your body responding to the stare. Even if they’re staring at your back. There’s all kinds of crazy stuff in our bodies we haven’t even really explored yet.

JR: Do you think those are evolving senses? Or do you think those are just sort of intangible sense that we haven’t quite defined?

DA: They’re not evolving senses. They’re old senses. Those were there long before. What makes the frog jump before the eagle dives for it?

JR: Right.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: It's those kind of senses. It's very, very low level survival oriented senses.

JR: You sure they're not evolving? You're sure they're not getting better maybe?

DA: I think what's happening is our ability to access them from our prefrontal cortex is evolving. And that's one of the things I spend a lot of my own time on. I spent \$20,000 and seven days hooked up to an EEG machine to learn how to do advanced Zen meditation that takes forty years. I did it in seven days. And what you're really doing there is you're just learning how to have the prefrontal cortex, your human brain, talk to the low-level systems. And when you do that, you can unleash creativity and intelligence and intuition in ways that most people aren't that familiar with.

JR: What do you think when you see people, kids usually, that are Autistic but they're super genius in one area. Like there was one kid that was making, he was composing a symphony every nine days or something like that.

DA: Yeah.

JR: And it was really good music. And then there's a kid who can look out a window, out of an airplane and draw the entire skyline as he sees it perfectly. Do you think that's just evolving possibilities in the brain that's just starting to sort of pop up?

DA: I don't.

JR: You don't.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: And I say that... I had all the symptoms of Asperger's syndrome until I was in my mid-20's. Obsessive Compulsive Disorder. Oppositional Defiant Disorder, I didn't know anyone's name... I wouldn't make eye contact, all that kind of stuff. I stuttered a little bit. And I've done a lot of work with the Autism community. In fact, one of my goals in this book that I'm writing, "The Better Baby Book" that comes out in January, is to have less kids with Autism because you can handle neurological inflammation even in the womb. So there is less likely hood of it happening later. What we can do though is take a fully functioning, neurologically functioning adult and we can hit them with really strong magnets in their head, and we can turn on Autistic skills in non-Autistic people. So you can suddenly draw the most amazing thing ever when you have a 10-ton magnet focused on your head.

JR: Whoa.

DA: Oh yeah. So this is some serious brain-hacking stuff.

JR: So it's like that fuckin' dude from the X-men, that Magneto dude.

[Laughter]

DA: I hadn't thought about that Joe, but alright.

JR: That's exactly what it is. He became a goddamn genius with that magnet helmet on, remember?.

DA : Yeah. And they're doing this in neuroscience laboratories right now. They have this really focused thing that shines a magnet and it activates a specific part of your brain. You can even do it to some extent with the stuff I have in my backpack. Like the



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

cerebral electrical stimulation, or TDCS, you can run a current through part of your brain and turn it on. It wasn't turned on before, and as long as there is electricity there it's turned on. So I think what's going on here is the wiring in Autistic kids, they have chronic neurological inflammation that's environmentally mediated and they usually have problems with the biology in their gut, too. So what we can do though is we can learn. These autistic kids have these skills, all of us have these skills, they're just not trained and they're not turned on. If you use technology you can train your brain to do crazy stuff in very short periods of time. So you can gain these kind of "powers" without having to give up the ability to socialize for instance.

JR: But a kid looking out a window, and being able to capture the exact skyline, and then put that to paper. I don't think he's a classically trained artist. I think he just does it. That is a really special skill. You know what I'm saying?

DA: It's a special skill, but I bet you if we took, oh six months, and we used those magnets and stuff like that, we could explore how his brain works and teach your brain to do the same thing. There's a lot of things out there that are way teachable that you wouldn't think are. It's all just about interfacing with the brain. And the way we do it now is really inefficient.

JR: If I have a gigantic magnet on my head will I play better pool?

DA: I think it depends on how much the magnet weighs probably.

JR: Well I mean, as far as like... it's not something you would wear.

Brian Redban: Magnet bracelets...



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: When I say 10 tons, I mean this is a 10 ton thing that changes and there's various levels of articles from neuroscientists. They went in and they did the tests and they drew like the most amazing artwork. Or in the military they do other things like that. More with electricity but they'll say, oh look this person got a stimulation here. And they went through the shooting simulation and they killed everyone completely. Whereas the last time they had no skills at all.

JR: Really?

DA: Oh yeah. So your brain is like such an amazing toy. You can completely change it. But here's the thing. You want to maximize this performance? You need to myelinate the nerves in your brain. Myelination makes a nerve carry electrical signals 3000x faster than a non- myelinated nerve. So first you have to form the synapse, which is called "synaptogenesis" and you do that through relatively short amounts of practice. You know the first time you learn to balance on your bike, right, you've learned how to do it and it doesn't take long. From then on to get it so it's just automatic, that's what repetition does. And you've had a lot of pro sports guys in here that talked about 10,000x and repetition. The reason 10,000x works is because you are myelinating. But here's the thing, what's myelin made out of? Fat, cholesterol, choline. So what you need to do is you need to be cranking up on those kinds of foods. And if you're going to be on a low-fat or vegan diet that doesn't have any of the saturated fats, and is low on choline, you're probably going to have a harder time myelinating. It's going to be harder for your brain to do what it was meant to do.

JR: So synaptically speaking it's harder to learn things.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: Yup. If you don't have enough fat.

JR: Whoa.

DA: You got to have fat for your brain to function. I mean, your brain is made out of fat. It's fat and water.

JR: But you don't want the wrong fat?

DA: Yep.

JR: You don't want fat from a stupid cow that ate corn.

DA: No, you don't.

JR: They're all stupid.

DA: Yeah, and you don't want fat that's been impregnated with toxins.

JR: So you got to have grass-fed meat and you got to have it from some sort of reputable source where you're not feeding it any anti-biotics.

Brain Redban: They should put the magnets on the cows, Joe.

DA: That's an awesome idea.

JR: Dude! You just blew my fucking mind!

[Laughter]

DA: Magnet fed beef. It's the new trend.



Biohacker Toolbox JRE Transcript

[Transcript of JRE #274 w/ Dave Asprey](#)

JR: And also the cows start walking up to the fence going, “I think we can get through if we just knock one of these fuckin’ things over.” Cows start getting smart.

DA: The Magneto helmet with the horns on it?

JR: Can you imagine if cows started figuring out that they could just fuck us up? The corn just grows there, just let it grow. It will grow by itself.

BR: I found that video if you wanted to watch the nuclear explosions.

JR: Yes, definitely. This is crazy.

DA: Yeah, let’s see it.

JR: This is by the way just America, there’s one of the world. Oh this is the whole world.

DA: That would be like Nagasaki or Hiroshima.

JR: This is so creepy. Were so nuts. Want to hear a crazy statistic that we figured out on the podcast?

DA: Yep.

JR: From the invention of the airplane, to someone using it to drop a nuclear bomb on someone took less than 50 years.

DA: That’s pretty impressive.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

JR: That's insane. Think about that as like a world changing...

DA: Yeah it makes Moore's law look kind of sissy.

JR: That's pretty amazing, you know? 50 years later they're dropping nuclear bombs out of them. Russia starts jacking some off here. Boom, son. There we go.

DA: It's starts just getting crazier and crazier after this right?

JR: Yeah. Now were up to eight [nukes] from American, one from Russia.

[Brian plays cow mooing sound effect, Laughter]

JR: Brian what are you doing? That's not the sound of the youtube [video]. That is so not the sound of the youtube. How long is this video?

BR: I don't know.

JR: Because for the folks at home this is boring as fuck.

BR: Oh yeah, it's ten minutes long.

JR: Eighteen minutes of explosions. But a lot of them are in (Oh there's a lot in the Soviet Union)...a lot of them are in Nevada.

DA: Yeah, there we go.

JR: Look at all of those ones in Nevada.

DA: It's crazy.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

JR: Nevada just lights up light a Christmas tree. There all in Nevada.

DA: Wow. Look at that.

JR: That's all in Nevada! Britain... how dare you, sons of bitches. In the ocean, yeah you cowards.[Laughter] Dropping them in the ocean. Look at Nevada! Oh my god that's so scary, they're all in Nevada.

DA: That explains Nevada, doesn't it?

JR: Fuck yeah it does.

DA: Las Vegas, right there.

JR: Well it explains the reason why it's allowed to exist.

DA: Yeah.

JR: I mean they do nuclear tests out there.

BR: It explains the airport.

[Laughter]

JR: They also bury a lot of nuclear waste out there in Vegas. Not in Vegas but in...Whoa.

DA: Whoa look at Russia it's still glowing.

JR: Oh my god, more Nevada! Look at that.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: And it that's only 1955, my god. Look at that.

JR: Look how many of them are going off in Nevada, that is fuckin' bananas. Look at that, more!

DA: Compare that to the recent nuclear reactor leak in Japan. I don't know, this might be worse.

JR: I don't know which one lasts more.

DA: Yeah that was pretty brutal.

JR: But they also have shit buried out there, too. They're storing nuclear waste out there. Spent nuclear rods and all kinds of other shit they think will be toxic until the end of time. It's just so weird that we would have something like that and just fuckin' start...Look at this...

DA: Wow. This kinda of sounds like music?

JR: Look how many bombs have gone off. Three hundred [nuclear] bombs.

DA: And we're still in the 1960. We haven't even gone into the modern times.

JR: Yeah it's 1959 and there has been three bombs. This has been really hard to watch, man.

DA: No kidding. Total downer.

JR: They were so stupid back then.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: Do you have any Justin Beiber videos we could watch instead?

[Laughter]

JR: Yeah, I think we should kill that Brian. Are you concerned about the toxic shit that happened at Fukushima? Is that going to effect the people here on the West coast?

DA: Yea, it is. I mean the “plume” so to speak is making its way over here now.

JR: What does that mean?

DA: We’re actually finding huge amounts of wreckage that are hitting the shore now. In fact up where I live in British Columbia, it’s a big thing. They’re finding like...

JR: Motorcycles and shit...

DA: Yeah, and like 100 ton cement docks that just sort of wash up. And they’re like, “How do I get rid of this?” It’s indestructable.

JR: Oh my god. A cement fuckin’ talk that was taken from Japan?

DA: Yeah, it broke free and it floated all the way over here and it’s on the beach.

JR: What’s amazing is that is like a little baby tsunami. That ain’t shit compared to what could happen.

DA: Oh yeah. So that’s happening, but they say that the stuff



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

that's radioactive hasn't reached there yet.

JR: It hasn't?

DA: They're starting to have Geiger counters on the beach for the junk clean-up crews to see if they are finding this stuff. So the question is, what's it going to do to fish out here? I sure how that my sock-eyed salmon is radioactive free. And that said I think taking some Iodine...

JR: Taking some potassium iodine.

DA: Yeah, I think it's a good idea.

JR: How does potassium iodine protect you?

DA: Well, if the form of radioactivity you're getting is radioactivity is radioactive iodine it protects you from getting thyroid cancer years later. The problem is that some of the radiation coming out of Fukushima might not be in an iodide form, so iodine may not do much for you. There's some evidence that astaxanthin, which comes from krill is pretty protective as well. So that's probably a good thing to take.

JR: So krill? Like krill oil? Can you take it in that form?

DA: Yeah, I prefer krill oil to fish oil. I like to take krill oil. And I buy a form that has astaxanthin in it. Which naturally occurs in the krill. It's the stuff that makes krill red. It's just a really potent anti-oxidant. It has a good effect on radioactive stuff.

JR: This is podcast that is going to test your writing shit down ladies and gentlemen. Because this is a podcast where you're



Biohacker Toolbox JRE Transcript

[Transcript of JRE #274 w/ Dave Asprey](#)

going to have to go back.

Brian Redban: I used Yak salt by the way. Yak salt is a lot better.

JR: They don't make Yak salt you liar. You're a fuckin' fibber. [Laughter] How dare you. I'm going to go right to Whole Foods, right from here, and get some fuckin' Siberian salt. Or Tibetan salt. Either one's good.

DA: It tastes pretty good. I like taking friends that are not into health, and you're like just try this salt. And they're like, "Why do you carry a white vile of powder?" Over international borders with you?

JR: Yeah, do you ever get tweaked on?

DA: Never, it's weird. I have my [Upgraded whey protein](#) and [collagen powder](#) and all kinds of stuff. And it actually did look like I'm carrying kilos of random stuff, and nobody ever stopped me.

JR: Did they ever ask you to test it or anything?

DA: Never. Actually one time I've had my whey protein tested. More often they check my coffee. Because I don't drink hotel coffee. It makes me feel crappy. I drink my coffee. So I bring it with me, just like beans or ground up coffee. Every time they're like, "Oh what's that?" and they open it and it seems like they just want to smell it.

JR: Well it is that also people hide drugs in coffee.

BR: Yes, they use it this way.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

JR: Because it stops the dogs from smelling the marijuana. I heard.

DA: You know what's funny? I have a little canister I put in there, that's got a design that absorbs moisture. So I mean it looks like I've got a little canister of drugs inside my coffee. Twice I've had people say. "Oh, what's in there?" I'm like, "It keeps the coffee dry." They just don't stop me, and I fly like a hundred times a year. Very often.

Brian Redban: I drink a trinta of coffee every single day, and then I eat my first meal about like 8 o'clock at night. Does it seem like I should drink butter in my coffee now? Is that what you would recommend?

DA: I seriously would try it. I seriously would. If you're eating nothing else. Yeah, I would try it just some fat. No sugar, no protein. But when you do that, even just a tablespoon... you may find that you have a lot more energy throughout the day.

BR: Really? And Splenda is ok? Like Artificial sugar? Or just stay away from that.

DA: Just do stevia. If you're going to do anything. You can do xylitol, too. A little bit of xylitol won't raise your insulin enough to matter. But if you do a lot of xylitol and you're not used to it you'll get the runs.

JR: Tait made the [Bulletproof coffee](#) with stevia and it was just fucking delicious.

BR: I was addicted to it immediately.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

JR: Yeah, it's true. But the problem is, you're a lazy bitch and you're not going to fuckin' get some grass-fed butter, and melt it and blend it...

DA: You don't have to melt it. Just toss the butter in the blender, pour the hot coffee right in there and blend for 20-30 seconds.

JR: You need a slave.

BR: I'll do that.

JR: You will?

BR: Yeah, I'll get butter.

JR: Coconut oil, too.

DA: Yeah.

BR: You know you could get groceries now just delivered to your house? It's amazing. It's not that much money. You just go online and pick out what you want, and they're like, "Alright, we'll see you in an hour" like a pizza.

JR: Really? Wow that's amazing. I didn't know that.

BR: Yeah.

DA: And plus, butter keeps for ever. You can just buy like twenty sticks of it and toss it in the freezer and you'll have butter coming out of your eyes. And plus butter keeps forever. You can buy like twenty sticks of it and toss it in the freezer and you'll have butter coming out of your eyes.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

JR: So you want to make sure when you go to... like organically raised beef is not good enough.

DA: It has to be grass-fed organically raised. You can take organic corn, organic soy, and organic Twinkies and feed them to an organic cow and still have organic meat. The standards are pretty low there.

JR: Twinkies could be organic?

DA: If they make one you could feed it to an organic cow, and it's still organic. There's no standard for what the cows eat. It's just whether or not what they ate was sprayed.

JR: So for a lot of folks it's kind of difficult to find grass-fed meat in your area, isn't it? Like a lot of traditional super markets?

DA: It is if you're in the middle of nowhere, but here's the thing. FedEx and UPS deliver everywhere. It's cheaper to buy grass-fed meat online than it is to buy a decent cut of meat in your grocery store. If you're going to buy grass-fed hamburger from some of the best places on Earth. I've tested different places different places on my sight. I have a whole series about grass-fed beef. You can get for \$5.00 p/lb. For grass-fed perfectly treated animals.

JR: Wow. That's really good.

DA: Yeah. So even if you're on a budget, eat a lot of eggs because they're good and supplement with beef. Eat a half a pound a day and it's going to cost you \$2.50.

JR: Do you ever buy just fat? Do you say like, send me some fat?



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: I've bought Beef Tallow.

JR. That's what it's called?

DA: Yeah, beef tallow is just rendered beef fat. The problem is that the rendering process is really finicky. Plus, if you're going to render fat you need to have enough water in it, so it doesn't oxidize. One of the problems, especially in the Paleo community it drives me nuts, people are like, "Argh! Bacon." Ok, I love my bacon. I'm a bacon snob. I make my own bacon. But what you've got to do though is not overcook the oils. If it's spitting all over the place and there is smoke coming off the pan, and your bacon is all crispy you won't oxidize the fat. One of the things in the Bulletproof diet that I'm really focused on is how do I get inflammation down? If you fry the crap out of your food, then what you're getting is inflammatory oils, even if they came from a good cow.

JR: You're also getting delicious bacon. That's a problem.

DA: You're getting delicious bacon but here's the thing. If you put you're stove on like [setting] 3 or 4 and you cook the bacon for longer, all the fat melts out of the bacon. The bacon is not going to get all super crispy.

JR: It's like a chewier bacon, right?

DA: It's a little chewier but it's not like bad chewy like uncooked bacon.

JR: It's still awesome. I like chewy bacon, too. But I do like that fucked up crispy bacon.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: You know, it totally is. But we have fried mozzarella, too. You got to choose where you got on the spectrum.

JR: What is it about fried things that's so horrible for you? What does it do to your body?

DA: It's mostly the damaged fats. They come in, and your bodies like, "What do I do with this fat?"

JR: It just can't process it because it's overcooked?

DA: Yeah, it's like, how do I de-toxify this? It's basically spitting out free radicals, and then you try and build cell membranes and hormones out of this fat, and your bodies like how do I do that? I don't have the raw ingredients.

JR: So why is it so fucking delicious?

DA: That I would love to know. I think what happens there...

JR: For real right? Kentucky Fried Chicken... goddamn that shit's good.

DA: Well, that's MSG and gluten and stuff. Yeah.

JR: Well, whatever it is, I like it! Is it really MSG and gluten?

BR: Yeah. MSG is in like, everything.

JR: You know what, it's goddamn wonderful. Don't change a thing Kentucky Fried Chicken.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: We won't even talk about MSG and obesity after that. Let's talk about how to think about food in general. Whether it's vegan or not because...

JR: Please explain though what it does. When your body takes in Kentucky Fried Chicken, cooked and fried...

DA: Some of those hydrogenated, fried oils.

JR: French fries and shit.

DA: Right. So we don't make healthy cell membranes, or hormones, or anything else in our body made out of fat. We don't even burn hydrogenated fat very well for fuel. So, basically the liver has to detoxify it, the liver is like, "Oh god what do I do with this stuff?" So it starts using up the [glutathione](#) in your liver, which is the main detoxifying enzyme. It starts trying to figure out how to break down these oils. We're designed to basically take a raw animal in and process it, and to break all those fats down and to reassemble them in our body. We're not meant to take those things in. So what you get is a big rush of white blood cells, when you eat heavily cooked meat and the oxidized fried fats and it actually looks like an immune response. And your body is like "Ok, I have got to do something about this" and it does what it can to build healthy cell membranes. But you get hungry after you eat fried food, have you ever noticed that? Like you feel full for a while and afterwards you feel like, I want like sugar or something? The craving that you want for sugar there either comes from the MSG, or it comes from your liver when it's like, "Could I have some more fuel to use oxidize this stuff? So I can excrete I now, instead of building it in?"

JR: Wow. I never noticed that. I usually feel like such a fat loser.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: Oh yeah? So you don't get like hungry, like your next meal get like random cravings...

JR: I get mad at myself.

DA: Ok, so you just pound Kale?

JR: [Laughs] Or Kentucky Fried Chicken, yeah. But I do like it. You know when I like it? Like cold, with hot sauce. Like I'm watching something stupid on TV? It's a good snack, Kentucky Fried Chicken.

DA: Yeah, that stuff tastes good. I don't eat that stuff anymore. I'm a delicate flower I guess because I weighed 300 lbs. I just feel like crap when I eat it now.

JR: Yeah, I feel like crap when I eat it too. But I don't feel like crap while I'm eating it. That's the problem.

DA: That's a fair point.

JR: While I'm eating it, I'm loving it. I'm loving the crispy outside mixed with the hot sauce. I'm loving it.

DA: So if they had Kentucky Fried Kale would you try that?

JR: Well I eat Kale all the time. I eat Kale chips, I buy a lot of Kale chips.

Brian Redban: Those are good.

JR: I've been eating those lately for snacks, but I don't know what



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

they're making the cheese out of, you know? Because it's some weird vegan cheese.

DA: It's usually nutritional yeast. Which is, I don't even want to talk about what it does to your health, man.

JR: Is it bad?

DA: Yeah, it's bad.

JR: Goddamnit. So Kale chips are bad? Cheesy kale chips?

DA: No, kale chips don't have to be bad. It's just what they use to make them cheesy.

JR: Those motherfuckers. So cheesy kale chips are bad?

DA: If they're using vinegar to make the cheesy flavor, they're fine. But most of the time they use nutritional yeast. I have so many studies about nutritional yeast.

JR: I knew they tasted too fuckin' good.

DA: Yeah. Sorry man.

JR: While I'm eating them I'm like, "These cheesy kale chips are wonderful."

DA: Why do you think they're so addictive?

JR: Really? You fuckin'... god damnit. Vegan people, how dare you! How dare you get me to eat your shit that's bad for you but yet delicious.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: There is going to be huge storm on Twitter about people saying, “Nutritional yeast has B vitamins.” And just got to PubMed and Google, “cancer and nutritional yeast” and see what you find.

JR: So the cheese is not a cheese? It’s actually a clump of organisms? That’s what the yeast is?

DA: Yup. It’s like baker’s and brewer’s yeast. Yeah.

JR: Wow. And then how do they make it like a cheese?

DA: It actually kind of has like a cheesy flavor on its own. So they take that and usually they mix it with, like a nut, like a ricotta. Like a vegan ricotta thing. I still eat a lot of vegan dishes, just none of the weird soil and crap oil. If it’s made out of raw vegetables chopped up finely with enough good fat in them, like avocados, that’s some of the healthier food out there. Right? So I’m pretty good in the kitchen with raw food. And the problem is, you add nutritional yeast to it, it makes it inflammatory. It’s just not very good for you.

JR: It’s just those kale chips? You can get the regular kale chips but they aren’t quite as goddamn delicious.

DA: I’m sorry, Joe.

JR: Those motherfuckers. I knew it couldn’t possible be good for you.

Brian Redban: You’ll be fine, if you die from cheesy kale chips you’re probably not going to...



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

JR: Well he's not concentrating on dying Brian, he's concentrating on maximizing your potential. And that's why I think that is so fascinating.

DA: If you ate cheesy kale chips every day for the rest of your life, compared to potato chips, you fuckin' rocked it. Ok? That's why everything on the Bulletproof diet is a spectrum. It's like, "This is better than this, and this is better than this." So you don't have to be perfect. If you want to identify a goal post for perfection and just kind of move in that direction, you'll be way better off. Most people fail on their diets because they feel like, "Oh I did it wrong, I lose." I'm like, "You didn't do it wrong, you could have done it a lot worse." You could have done it better. But, you're somewhere in the middle. And the truth of the matter is I'm always in the middle, too. Ok, I had a grass-fed cow, but was it slaughtered by an ordained minister? Hell if I know. But there is probably some way of making it slightly more perfect. Was it massaged every day?

JR: I wouldn't want a minister to kill my cow. Get away from my cow dummy!

DA: I actually tend to agree with you. Like, I don't know if I need my cow to be blessed by some church. Yeah. But there has to be like some bizarre thing that you could do that's better.

JR: But then again if someone really believed in the blessing, maybe they would impart some sort of an energy into the thing. That sounds ridiculous but what we were talking about before, about people having some sort of environmental effect on all the people around them, you don't want some asshole killing my cow?

DA: I'll tell you flat out. I do not want a cow that was tortured



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

before it was killed. It changes the hormones, I think it changes the taste. There's an energy thing there. Call me a psycho-hippie or whatever, but I've done a lot of intuitive training of my heart and other parts of my body with electronics. And there's something not right about some sadistic asshole torturing your cow, killing it, and then feeding it to you. On its face it's wrong.

JR: Well, it is. Have you ever seen the way they do kosher cows?

DA: It's brutal with those machines?

JR: It's fucked up, man. It's crazy. Well, it's supposed to be done by a rabbi. A rabbi is supposed to slice the neck of the cow, but you're supposed to do it that way. That's how you kill the cow, you slice it's neck. It takes a while for them to die. It's not fucking pretty. There's videos of them trying to get up, and falling down. And trying to get up...

DA: You should see the kosher machines. They do have kosher machines.

JR: Oh they do now? Do they bless it?

DA: Yeah. It's been blessed because it's approved for kosher. But it's even worse because the cows go in, and they kind of just rip their throat out with a rod. It's one of the things where people. Think that, you know, "Oh Dave is the opposite of vegan." I'm like, no. I care a lot about the quality of the animals I eat and the quality of the food I eat. I also care about the quality of my life and what I'm going to do with it. If I'm slowing myself down by eating inappropriate foods. There's also another thing we got to talk about if we're talking about animal suffering. I'm in Tibet I spend a couple of months (actually three months) walking around Asia,



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

visiting monasteries and stuff. And I went to this monastery, vegan vegetarian diet, actually it was vegan for like 10 days. I'm farting like a machine the whole time. And then afterwards I got to another monastery in Lasa. And there is this giant Yak skin on the prayer pole in the middle of the monastery. So I asked the head lama guy, I said "Ok, you're a hypocrite. You say no killing and you've got a dead animal hanging on your prayer pole. What's the deal?" And he just looked at me the way Buddhist monks kind of do and he laughed and said, "Oh, one death feeds everyone." And then he walked away. That was his whole thing. And I thought about that. If I eat two lbs of grass-fed beef everyday for a year, I kill 0.7 animals in the entire food chain. If I'm vegan and I eat soy nuggets, every bowl of soy nuggets is killing hundreds of animals. Because the tractor goes through and cuts down the soy, we're not even talking about what it did to the soil microbes. But it cuts down all the soy, it chops up the bunnies and their cute little faces, and the turtles and the grasshoppers and the worms, and all the other stuff there. And basically if you look at the number of animals killed to bring you a bowl of grain, it's way in excess of what grass-fed beef does. The vegan argument is like, "Well there isn't enough grass-fed before for everyone." I'm like, "Yeah that's because people don't ask for it." If you ask for it we'll turn the golf courses into basically like grass-fed beef manufacturing plants. There's plenty of them out there to do that by the way. There's people who have done the math.

JR: But it would be a smaller cow, you wouldn't have nearly as much fat, and the taste is different. And Mrs. Rogan doesn't like the grass-fed beef. I tried to cook the grass-fed beef, she doesn't like the taste.

Brian Redban: Can we just say this podcast is grass-fed now? By how many times grass-fed is in it?



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

JR: It's stamped. [Laughter]

BA: I would eat a bowl of gravel if I could perform well on it. I have no dogma about this. I don't care. Food for me is just optimal food for human potential.

JR: That's it? Not just delicious as well?

BA: I love the deliciousness. I have a cookbook out for god sake.

JR: Oh do you, what is it?

DA: It's called *The Upgraded Chef*. It's about how you cook stuff fast so you have the least toxins and you perform better on it.

JR: This is so fascinating. Was this a long journey for you?

DA: Oh, dude. Yeah. For 15 years I spent a quarter of a million dollars upgrading myself, and I started tracking how I felt. And how I was performing, was I gaining weight or losing weight? And did my joints hurt? And all this stuff. And I came to the conclusion that you can't change just one variable and expect something to work. You got to change a lot of variables at once and they just start adding things back in. Let's say you're allergic to just milk and wheat, which so many people are. "Oh this week I'll eat no wheat." Nothing changed. "Oh this week I'll eat no dairy." Nothing changed. So you assumed nothing happened. The problem is there are many things that cause inflammation. At it's core the Bulletproof diet is about reducing inflammation. And here's the secret; when you look at a food, there's three ways of looking at it. The first one is does it have the right macronutrients? If I needed to eat some protein, or I needed to eat some fat, is it in there?



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

Here's the funny thing people don't think about so much. If we said, "Look, you need to get 200 grams of protein today." We generally say, "Yeah. Yeah that's good." But wait a minute. This vile of protein is the protein that's in a black widow spider's venom, and this is an egg. How many grams of protein do you want to eat today? The bottom-line is, different proteins do different things to your body. So you got to pick the right protein in there, and then the fats. Do you want hydrogenated vegetable oil, or do you want coconut oil? They are totally different on what they do to your body. So first you got to get those sorted out. Then the second way you look at your food, is [through] something called anti-nutrients. And this is something that most modern nutritionists just don't pay attention to. Paleo people know about some, but not others. What's going on there is food has a defense mechanism built in. If you're a grain, your job is to reproduce and that means you coat yourself in pesticide to keep the bugs from eating you so you can reproduce. It's natural pesticide. It's called phytic acid and it inhibits whatever eats you. It inhibits their ability to absorb minerals from your food. So now when I look at food, does it have the right macronutrients? Does it have poison in it? If so, then I don't want to eat it. And finally, does it have a lot of other stuff? Like B vitamins and minerals, and the other micronutrients. Guys like this "Andi" guy, the Aggregate Nutrient Index guy at Whole Foods, [Dr. Joel] Fuhrman. Who by the way thinks kale is basically next to God. He puts liver at a very low number on there. Yet, liver has a lot more nutrients than kale does. The problem is he decided to divide by calories for reasons that I don't quite understand. What's going on there is a focus on micronutrients, ignoring anti-nutrients, and ignoring the function of food as fuel.

JR: And they're also doing that because they have a pro-animal sort of agenda.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: Oh yeah, there's definitely agenda behind it.

JR: There's a lot of people who I've had conversations with who are vegans. And they'll tell you it's strictly for health purposes and then I bring up fish oil. And most of them, they don't take fish oil. And I say, "Why? If it's just for health reasons, fish oil has been shown to be very, very beneficial." But it gets squirrely. They start talking about eating flax seeds and shit.

DA: You know if you're going to eat flax seed, flax seed oil oxidizes the second it sees air. It's incredible unstable. Even in ayurvedic medicine, they tell you that flax seed oil is a drying oil and your body can convert that to the healthy Omega-3s at a ratio of 40 to 1. For 40 grams of flax oil, you get one gram of the good stuff. And you have to dispose of the other 39 grams which cause inflammation in the body.

JR: Whoa.

DA: That's why I don't recommend flax oil.

JR: But that's the difference between fish oil, it actually counteracts that. And it fights inflammation, which is why it's so great for grapplers.

DA: Oh, its huge. Yeah.

JR: Jiu-Jitsu guys are always [taking fish oil]. A lot of guys who are doing cross fit as well need heavy doses of fish oil.

DA: Yeah it's an anti-inflammatory. It's good stuff. But I tell you if you use krill it's going to work a lot better.



Biohacker Toolbox JRE Transcript

[Transcript of JRE #274 w/ Dave Asprey](#)

JR: Krill?

DA: Krill has the same EP and DHA but it's phosphorylated. It's bound to phospholipids which means your brain can use it directly. Fish oil has to be phosphorylated, meaning you need to get extra phosphoserine or choline to do that.

JR: So you have to take choline supplements if you take fish oil to get the optimum effect?

DA: Or maybe just eat eggs.

JR: Eggs have choline?

DA: Yeah, here's the thing. Some of the super strong choline supplements, there's no question they have a really beneficial effect in most people. In some people, too much choline has a reverse effect. It's probably maybe a third of people. So this is one of those things where if you get it in your food you're good, and if the choline supplements make you feel really good, which they do for a vast majority of the people. I'm a fan of choline supplements in general, I recommend them on the blog. You've got that ingredient in Alpha Brain. By the way, that's just a killer list of nootropic ingredients. I fully approve that. That's a Bulletproof level supplement for sure.

JR: Awesome. Thank you.

DA: The thing is though if you're one of those choline sensitive people you might not want a ton of choline. You want to limit yourself to a certain amount.

JR: Yeah we've had issues with that. With people getting really



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

sensitive. Some people get headaches.

DA: Some people get jaw tension, some people get headaches. Yeah and those are the people who are choline dominant. But here's the kicker; you get those people to take [aniracetam](#) like I have on my site. Aniracetam uses up extra choline. So that's an interesting way of using a smart drug. This is actually a drug, not a natural substance. But it's one that will bring your choline levels down, which means you can benefit from the other stuff that's in AlphaBrain. But you also get this boost from the other type of nootropic.

JR: How many different things do you take a day?

DA: I take probably on an average day about 40 pills.

[Laughter]

JR: See, I told you I'm not crazy.

DA: No, here's the crazy number. When I was really getting my health all the way where I wanted it, before I was where I am, I did one-hundred and eighty-seven pills a day for several months.

JR: Now what about the actual capsule itself, what are those made out of? Gelatin? Is that no big deal for your body to process?

DA: You actually need gelatin. Our diets are gelatin deficient right now.

JR: Oh really?



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: Yeah. We eat all the muscles in the animal. But in the old days your Mom would boil the chicken and you'd eat all the cartilage and all that. So I actually carry gelatin and kolatin on the side. Because when people eat that stuff their joints get healthier. And there is another thing. This whole electrical part of the body is not well known. But you know all those acupuncture meridian points and things like that? Well electricity flows through your skin not just in your nerves. And you need collagen in your skin in order to bring the water into your skin so you can carry electricity efficiently. So when you eat enough collagen, in the form of gelatin, Knox blocks, whatever... I have grass-fed gelatin that I use... but you do that and you actually function better on many levels. Including on the inflammation level.

JR: A lot of fighters are starting to take Jello. I noticed it when they did this sort of "Cribs" thing with Minotauro Nogueira, the guy who just fought recently in the UFC this past weekend. They went to his house and he had like a stack of Jello.

DA: Yep.

JR: He said like, "This is make me feel good."

DA: Yeah. It works. Even for sleep sometimes it helps.

JR: Jello? I did not know. Wow.

DA: The problem is industrial Jello is disgusting, you don't even want to know what's in there.

JR: What is in there?

DA: They're taking hooves, and snouts, and all these... it's like the



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

baloney of protein powder.

JR: It's not good.

DA: Well I mean, it's better than no collagen.

JR: What's the best made out of?

DA: The best is made out of the skin of the animal.

JR: The skin?

DA: Yeah. So that's the sort of stuff that I use typically. In fact next week I'll have a listing for the best kind of it. I've been exploring collagen for years. So you can take straight collagen or you can take straight gelatin, and it's just a question of basically how you want it to taste and how you want it absorbed into your food. The old days we would make soup from bones, but it was too much work. So what you do now is just take a couple of scoops of collagen powder and just put it in your smoothie, or put it in your soup and you've got all the benefits of bone broth with none of the trouble. It's just too much work to make all of that broth.

JR: Now, it's just a process? They just take the leather, the outside, and turn it into...?

DA: They take the outside and they expose it to enzymes and acid, and that breaks it down. And it's kind of a useful food. It's one of those things that we used to fight for a hundred years ago because you had to get enough of it and it was one of the ways of using the whole animal. Now we just toss it mostly.

JR: So in your opinion, with all the things that you've researched



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

what you've found is that you can't even just... like eggs is not good enough, fish is not good enough... you need animals. You need mammals. You need cows and shit.

DA: Yep. At least some of the time I absolutely believe that. I also believe, let's face it, you kill a chicken... dude, one meal to kill an animal. And chickens have the worst lives ever in my opinion. Unless they're like super-pastured crazy expensive chickens. You want to see a tortured animal? Modern chickens can't even stand up on their own because their breasts are so big. They're one of the most tweaked species.

JR: Yeah they're pretty tweaked. It's pretty fucked up when you see one of those gigantic chicken farms.

DA: Yeah.

JR: And they're all stacked on top of each other.

DA: And just crapping on each other. Yeah.

JR: It's gross.

DA: So I see these people who are like, "I could never eat red meat." Dude. One animal will feed two people basically, for two years. If they're eating normal amounts of it. That's less death.

JR: Yeah. But it's a big death. It's like nobody has a problem with killing ants. People are not going to go out making protests in front of stores that sell Raid ant killer. They don't give a fuck about them, they're too small. It's like we have a thing. You can take an ant, like you find an ant on our counter [pokes countertop] you can do it with your finger, do that and just flicked it on the ground like it



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

went away. You can't do that to a rat. You can't hit a rat with a hammer and then just throw it on the floor. No, you got to clean that thing up.

Brian Redban: And you can't do it with a snail. Remember when I made that snail video and everyone got pissed off at me?

JR: Yeah, you can't kill a snail. A snail is big enough. If you stomped on an ant no one would give a shit. But you killed a snail and they're like, "This son of a bitch!"

BR: I put a snail on a Listerine strip and it was awesome.

[Laughter]

JR: The thing about cows is though (by the way he's [Redban] almost forty) is that they're big. And you know, an ants tiny and it doesn't really bug us that you can buy poison for ants anywhere. If you could sell cow poison at the store people would freak out. Because you can't just kill cows like that.

DA: But you can buy rat poison.

JR: Yeah, they're cunts. We don't care about rats. But then, these people have rats for pets. And you're like, "Man, there's lots of people who actually lived off rats. In, where was it... Peru I believe?"

DA: Guinea pigs?

JR: Yeah, Guinea pigs. They're like super common. Your po.

DA: I've eaten a Guinea pig.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

JR: What is it like?

DA: In Peru, yeah. I went down there to do ayahuasca with a shaman.

JR: Wow. They have Guinea pig food?

DA: Yeah it's native there. They are let me see...the technical term for it? Fucking disgusting.

JR: Really?

DA: There's like no meat on them, and they stuff them with rice and vegetables.

JR: They don't taste good?

DA: There's like five bites of meat on a whole Guinea pig and it doesn't taste very good, the bites you can get. And the rest of it is just bones and skin. It was profoundly gross.

JR: Yeah. Those people were just trying to get by. That's some tough times. What I saw was this Anthony Bourdain show, and they went over to this guys house and they had Guinea pigs running all over the kitchen like constantly. They were every where. And they would just pick one up take him over and, snap, kill them, gut them and start cooking them. And all these other dumb fucks are just running around. They're like their pets practically until they get killed. You say it's awful but they have a constant supply of meat. Your point of view living in Burbank is very different from their point of view.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

BR: They're too adorable though.

JR: Yeah, these houses don't even have windows dude.

DA: I use to have them as pets. They are kind of cute. I guess if I was hungry I'd eat one.

JR: You have children and your children are hungry, you're going to eat the fuck out of some Guinea pigs. And there everywhere dude. They had like 30 of them.

BR: Have you had cat?

DA: Not on purpose but I've been to a lot of taco trucks. So I'm not sure.

JR: Whoa. Do you think taco trucks really serve...

BR: Hell yeah.

JR: Really?

DA: Depends on where you are...

JR: I have this theory. Tell me if this theory makes any sense at all. But I have a theory that things that are difficult to catch are good for you. Like wild fish, wild game, things that run quick like deer. Deer are very good for you, because they run fast., they're trying to get the fuck away because they know they're delicious. They know they are highly sought after. And then things like cows, who probably just stand around, probably not as good. Is there anything to that theory?



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: I don't buy it.

BR: Yeah, I don't buy it either.

DA: Here's why; the things that can run really fast and sprint don't have enough fat on them. When the Indians would kill a Buffalo, the first thing you would eat was the big fatty hump on the back and then the liver.

JR: Oh, that's a hump? It's fat?

DA: It's solid fat.

JR: Is that for storing food for them?

DA: Yep. In fact, if you take a real grass-fed Buffalo that fat is orange. Almost like a salmon color. Most of the Buffalo you buy they finish on grain because no one wants to buy orange fat. I'm like, "Man, give me a big old two pound chunk of orange fat."

JR: Most of it finishes on grain, or all of it? I mean, can you get it that finishes on grass?

DA: I've asked a few butchers at really high end markets about that. They were like, "Yeah we tried it one time and we had to throw it out." No one would buy it.

JR: That's so ridiculous.

DA: You could probably order on line just to make sure it was grass-fed.

JR: I need to get that. I need to get that just to find out what it



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

would taste like.

DA: It's pretty delicious. When you get like real fat.

JR: Bison is good, man.

DA: Even if you take the fats in good quality butter versus crap butter... I've had vegetarian friends and I'm like, "Come on over. I'll make some of my soups for you." Its butter, and I use the MCT oil. In fact next week I've got my [Bulletproof MCT oil](#) on the shelves. I'm super stoked on that.

JR: What is it?

DA: It's a six times stronger extract of coconut oil. It's two of the medium chains, the ones that are most responsible for losing weight and for cognitive function. That's all that's in there, so you could make mayonnaise from it and stuff.

JR: And how is that created? They take coconut oil and process it somehow?

DA: It's centrifuged. We spin it and then we pull out just those ones. I have the only brand out there, anywhere.

JR: How does it work? How does that centrifuge work?

DA: Basically, you just spin it really fast. Same way you do your blood tubes to separate out the plasma and the cells. When you spin it the different weights of fat line up. So we pull out the two most precious ones in the middle band there, and then we take the rest of that and give that to other people.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

JR: That is ridiculous. And this is coming out right now?

DA: It should be on the site right now. You can pre-order it. We just put it up.

JR: Is it *the* Bulletproof Exec or just BulletproofExec.com?

DA: It's BulletproofExec.com.

JR: BulletproofExec.com. And you have your whole story is up there of how you...

DA: Yeah.

JR: So for folks who don't have the patience to go and listen to this podcast again there's a fuckload of information on this site. As well as, not just the Upgraded MCT oil, you've got Upgrade Coffee, everything's Upgraded. *Upgraded Chef*.

DA: Yep. And here's what it means when it's upgraded; I'm looking at the whole process of making something and how you make that process as good as it can be. My background, I really am a computer hacker. I've studied computer science, I work in computer security. I'm not an actively a hacker, I'm an executive but I understand the mindset of changing a system to get the outcome that you want. It turns out to make the coffee, the problem is actually how the beans get turn into green coffee. That's where most of the problems happen. So I went through and I learned all about this stuff through multiple disciplines, pulled it all together and said, "What if I created this new process for making the coffee that didn't have the toxins in it? And you look at that. We're about done with the study where we're getting advice from Stanford University on the cognitive function of this coffee.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

So we're comparing normal coffee versus this upgraded coffee to show what it does to your response time and your attention. We don't have enough results to be statistically significant yet we're [still recruiting people](#). The results I have say, "Yeah, it works." So this is real stuff and every step of the way when you create a food, it tells you how that food is going to make you perform. And what I'm trying to do is help people understand if for one day they could have the best day ever, where their energy and their focus and everything is super clear and they feel like a great golden god... if you do that one time you know you're capable of it and you can start working towards that. Most people I know have felt like crap without knowing it most of their life. They've never had a wonderful day. Once you have that day, you can learn how to kick more ass repeatedly. So it's like, get all the crap out of your diet, just do it right for a week. Then just see what can happen. Look at the comments on my blog. People, they do this and it takes like six weeks. It's not that hard to do. All of the sudden, you have twice the energy you have before. That's what I'm looking to do for people.

JR: And when you have twice the energy you get twice the shit done.

DA: I tell ya, I'm a full time executive. I wrote this book. Wiley is my publisher, Gary Taubes introduced me to my agent in New York, it's a tier one book with 1,300 references. I started the Bulletproof Executive blog, which is in the top 25,000 blogs now. 150,000 people a month see it. And I'm a dad. I have two young kids. I see them on a very regular basis. For me to be able to do all this stuff, I could have never done this in my mid-20's. It's because I trained my brain, I got my mitochondria functioning, and I got my hormones functioning.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

JR: You looked at the body as a computer system.

DA: Absolutely.

JR: Are you the first guy to do that?

DA: You know, there aren't that many computer guys. I'm 40, and the oldest computer guys are like 65. Right?

JR: Right.

DA: So certainly we've talked for years about this. The whole cyberpunk thing which I did admit I was a part of, you know, mirrored sunglasses and stuff like that. But I'm one of the early guys. A lot of the Russians, the Russian space program did a lot of this stuff. This is a device, it's an older one, but it's the only one you can get the does programming where you can pick the frequency. I'll run a current across my brain. This is actively the same thing you do to a computer. When you do that, you can put yourself in the gamma state that's really hard to get into. You just stick the electrodes on your head and it works.

JR: And that puts you in a gamma state? And what's the benefit of that?

DA: Gamma state is actually a state where the Dalai Lama just announced a cash reward for anyone who could help him get into a gamma state in less than four hours because that's how long it takes him. He's looking for neuroscience ways to do that. So you stick these things on your forehead...

JR: Has the Dalai Lama tried isolation tanks?



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: I don't know, but it wouldn't surprise me. He's pretty open with his neuroscience stuff. But you hook this thing up, you turn it on like that and now it's running...

[Brian plays sound effects of electrical charges, Laughter]

JR: It sounds like you're Frankenstein or something. What are you doing? It's alive!

BR: It's alive! And it's grass-fed!

JR: It's systematic and grass-fed. Drink.

DA: So what you do with something like that is, literally, you are changing the waves in your brain like a computer.

JR: And what is the benefit of that again? When you put that on, what does it actively do to you?

DA: It depends on what setting you put it on. If I'm going to be writing a lot, I'll put it on a gamma state. You're just in this focused, amazing, kind of flow state. Although alpha is something that is more recognized as a flow state. So you can control what state your brain is in. If you want to get rapid recovery during sleep? If I'm only going to sleep two hours I put that on. And I put it on 1.5 Hz, which is associated with deep sleep. When I wake up, I feel really good. I didn't get all the benefits of memory consolidation and dreaming.

JR: Do you sell this thing?

DA: No. You can just buy it.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

JR: Do you explain it on your website or anywhere?

DA: Yep. I have a top ten brain hacks video. It's a talk I gave at South by Southwest [Music Festival].

JR: I would love to try that. So it's giving you a low level electrical signal? And what does that do exactly? It's touching the head, so it's sending electrical waves into the brain?

DA: It's just running a slight current back and forth.

JR: It's running electrical currents into the brain? Should I try it?

BR: I got one. You got me one a while ago.

JR: We were trying to get you to quit smoking. It didn't work. You didn't even use it did you?

BR: No, I used it a lot. It shocked me.

DA: Stick those things on your forehead.

JR: Yeah, it clips to your ears right?

DA: Yeah. This one used to have ear clips but I use the temple thing just because they're easier. And this is actually a 10 year old device. The problem is most of the new ones have only one frequency, and this one lets you adjust the frequencies, which is helpful.

JR: Ok, I'm putting it on my head.

DA: And hit the power button on there. Or just hand me the



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

controls if you want. I'll power you up.

JR: Alright, that feels weird.

DA: There's a volume control right here...

JR: It's stinging my head. It feels like there's a bee.

DA: Ok, turn that volume control until it doesn't sting.

JR: It feels like a bee who's playing a game of "just the tip." The bees playing "just the tip" with his stinger. He's not quite stinging. C'mon, man... Yeah, it feels interesting.

DA: Turn it down so it doesn't hurt. That's for sure.

JR: What is at now? Oh, I turned it up. Is that bad that it hurts?

DA: No, it's not bad. But it'll still work if you just have a little tiny tingle.

JR: You know what? To get really smart, if I have to suffer through a little bit of pain, I'm down.

DA: If you do this for 15-20 minutes, for the next several hours the Alpha in the front half of your brain will be much higher than it was before.

JR: Why doesn't anyone know about this? This is ridiculous.

DA: An iPhone could do this. I'm serious, it wouldn't be that hard.

JR: What? This could be an app?



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: Well, I mean you'd have to set the iPhone up to do that. But this whole quantified self thing that I do, there's a whole bunch of people looking at this stuff.

JR: How long before the government arrests you for all this? So you can create super people?

DA: The only thing that I've invented that's like new is some of the training techniques are different. But I didn't invent cerebral electrical stimulation. The Russians did in their space program. The reason this came about is because they said, "It costs a lot of money to send a cosmonaut up into space, what if they didn't sleep? We could send one-third less cosmonauts." So they built this.

JR: I have one of those Turbosonic machines. I know you've talked very highly of those things, too. Tell me what those do. Because somebody told me when I bought it and I forgot. But I use it all the time, it's awesome.

DA: Those things rock. I'll tell you flat out if you can afford 12-15 grand, buy the Turbosonic. I've used one for almost a year. It's the most programmable, and it's the quietest. But it does the same thing these other ones do. Anyone of the ones that vibrate you up and down only are going to have the same effect. There's a bunch of cheap ones that do a side to side rocking that messes up your lower back. And also they tend to break; I've broken welds on a couple of the cheap units.

JR: It's some sort of a sound wave, right? A speaker mechanism.

DA: It's not really a sound wave with Turbosonic, but it is a



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

speaker mechanism. You've seen a heavy duty subwoofer [signals motion of a subwoofer]... What's going on there is they took the sound baffles off, but they left the speaker coils. So it moves you up using that really efficient way of moving that a speaker uses, so it's very precise. The one that I have, it cost 10 percent as much to make it within reach of the normal person, it uses a motor. So it's louder. But it has exactly the same up and down vibration that the Turbosonic would have. And there's another brand called ""Powerplate"" out there and they're all based on similar principles. And that's when you vibrate the body like that, you're triggering something called paizo electrical signals in the bones, so it increases bone density. Your muscles have to keep tensing and releasing, tensing and releasing, so you can actually build muscle on those. Especially if you hold a kettle bell, you know just hold it out like this, all the sudden you're 30 times a second doing this...and I hate to say it but this is like the adult version of the shake weight. It's powered and it seriously works. And the final thing you get from this has to do with lymphatic circulation in the body. We have this whole waste elimination system in the body called your Lymph system. And the way the lymph moves, you have to move your body. This is why people say, "Oh, you have to move. Movement is so important for you." Movement is important because it moves lymph. Not because it burns calories, or doesn't burn calories. That's a distraction.

JR: Movement doesn't burn calories?

DA: It burns calories but that doesn't make you lose weight. Like compared to a short high intensity interval will make you lose more weight than going for a walk that burns more calories than the high intensity interval. It's a hormonal effect you're getting. This is like Dr. Doug McGuff's work, from *Body by Science*. There are definitely enormous loads of research that are about caloric



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

consumption from exercise and diet, and they don't line up for weight loss. In fact I have a really good blog post about that.

JR: Whoa.

DA: In fact the blog post is called "It's not the calories, stupid" and it's a response to a New York Times piece where they actually wrote "It's the calories, stupid." Even though the study they had written about showed it wasn't the calories. Different people ate the same amount of calories and gain different amounts of fat. How did that happen? On the vibration plate of course you're burning energy, but you're moving all the lymphatic fluids in the body, and your micro-capillaries are getting stimulated, too. Parts of you get shaken that might not normally get circulation. So you typically feel like a burst of energy when you're done with it. And you tend to slim down. I noticed especially if you have inflammation going on. Because of my health background, I still get inflamed. I eat the wrong stuff, I puff up. You do that [vibration plate] and it helps you to dump the extra inflammation. So it's amazing. Detox, plus exercise, plus general stimulation of your body all at once for fifteen minutes a day, it's a total bargain just in terms of time spent. Whether it's on a Turbosonic or the [Bulletproof Vibe](#), they both achieve the same kind of goals. But I'll tell you flat out, you've got the Cadillac or the Mercedes. The Turbosonic is the best made anywhere.

JR: Yeah I do like a ten minute shake down before I work out. And I really like it.

DA: It feels good doesn't it?

JR: Oh, it feels amazing. Yeah.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: I love that feeling.

JR: It's amazing. When it's really going fast... for folks who have never tried it before, if you're anywhere near Venice the Float Lab has it. Crash is the one who sold me mine. He's the mad scientist ladies and gentlemen. They're giving me an updated tank ladies and gentlemen. There's a new tank that Crash has created.

DA: Nice.

JR: He's a mad scientist. He's a crazy man. But he runs the FloatLab. The best isolation tanks, bar none in the world.

DA: I might get one. I'm looking at it.

JR: You need one. How the fuck do you not have one?

DA: I've been looking at building one, but because I moved up to BC a couple of years ago I'm looking to get a ranch. So as soon as I get the ranch, I'm getting a good tank. I don't want to move into the place where I'm living now.

JR: Son, you should have it. Crash will set it up and do everything for you. You should have one right now, especially you. How many times have you used one?

DA: I've used a float tank once like, 10 years ago.

JR: How dare you, sir. Hooking up these fucking electrodes to your brain and you're not even taking advantage of one of the craziest pieces of machinery...

DA: Oh, I love it. It's a huge thing.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

JR: But you only did it once!

DA: I only did it once, but it's a question of where you live, right? If there's not a float tank near you... Yeah. It's on my list.

JR: For me it wasn't. I did it once and I was looking to buy a house, and one of the prerequisites for the house was for it to have a room for the tank.

DA: Yep. The house I'm looking to buy now, same thing. It's got to have space.

JR: I have to have space for a pool table. I have to have space for the tank. That's non-negotiable. Everything else, I can lift weights at a gym. But I need a tank at my house. It's hard to find a tank if you don't live near Venice. The tank for me is something that anyone thinking about improving must have. For creativity it's a fascinating tool. For self-introspective thinking, it's just amazing.

DA: In fact it's one of those technologies, and there's a whole bunch of them out there. That allows the prefrontal cortex, the human part of your brain that you think of as you, to become aware of that really fast "reptilian" brain that runs circles around you. You can't even see it happening until you get rid of all the noise.

JR: Right.

DA: And when you get into that float tank, all of the sudden you do that personal exploration, you can do amazing things there.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

JR: You can do amazing things and you learn amazing things out about yourself. You start making these drastic improvements in the way you look at things in there. Because it's so self-analytical, it's so self observational when you're in there. And you look at it and you don't have anything going on with your body so you're just alone with your thoughts. And you have to address them. You can't get confused and separated with busy work. You're not going to. Within 20 minutes anything that's really fucking with you will come to the surface.

DA: Have you ever played with neuro feedback?

JR: What is that?

DA: This is when you hook electrodes up to your head and you get the signal from your brain. It's on par with the float tank. In fact I've had my own EEG since 1998.

JR: Whoa.

DA: At home, because it's that impactful. What you do there is your brain, it's unable to see itself. Your brain can see the whole world around you, but it doesn't have nerves inside itself. That's why you see in brain surgery you can take the top off your head and poke at your brain and it doesn't hurt. There's no nerves in there. There's nerves in your arm. You cut your arm. What's going to happen is, well there's nerves there, and the arm heals relatively quickly. We get these traumatic brain injuries they don't heal very well, because the brain doesn't even know it's broken. It's incredible good at the world, and incredibly bad at itself. So what you do is you get this signal from the brain, you play it through an amplifier, it turns into music, and it plays the music back to you. And when you think about something the music gets



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

louder, and when you think about something else the music gets quieter. So you can teach the brain to think in a new way. I've done extensive neuro feedback training. Literally, seven days was the equivalent of 40 years of daily Zen practice.

JR: What?!

DA: This was a really hardcore, intense seven days. It was the hardest thing I've ever done. It cost me 20 grand. I was hooked up to an 11 million dollar EEG machine at least half that time. But I mean, you want introspection, when you hear a sound your brain can't help but optimize itself. It tells you when you're doing it wrong. If you think of the meditation path that people are on they're like, "Oh. I meditate this way. Oh, I did it wrong for 5 years. Sorry." Then they do it over here and they sort of meander. And you know, their teachers tell them, "Try meditating this way." Well, what if there was a computer and it lit up the path. So like, on either side of the path the sounds get quieter on either side of the path. All of the sudden you can do meditative types of things to yourself that would take you years of focus practice. You can do it in days. And because synaptogenesis, this part of the brain that makes new synapses happens within 20 days, you can totally rewire your head in short, short amounts of time--- unbelievably short.

JR: So you rewire your head by use of electrical frequencies that you can literally program it to do exactly what you want it to do.

DA: Right. But we're not putting the frequencies into the head. All we're doing is we're using it like a mirror. Because the brain doesn't have any nerves inside itself, the brain will on its own figure out, "Oh my god. That sound, that's me." And it will start doing things to adjust how it works. For things like ADD, people



Biohacker Toolbox JRE Transcript

[Transcript of JRE #274 w/ Dave Asprey](#)

who have like been hit on the head, these guys they improve very dramatically. But the kind I did is correlated with a 12 IQ point boost that's stable a year later. And like 50% more creativity.

JR: What?!

Brian Redban: Whoa, that's amazing.

JR: What a minute. [Repeats in shock] What do we have to do? How would I get in on this?

DA: Well, I'll hook you up with the guy who does it. He runs a private facility.

JR: How much time does it take?

DA: It takes seven full days, and it takes 15k plus travel expenses.

JR: Sounds like I'm getting robbed.

BR: Is it behind a Seven-Eleven? In an alley?

DA: The guy is an ex-faculty member from UCSF, he's been doing this for 35 years and runs a private facility. By the way, you are getting robbed. This should be available on every street corner, and it should be in every school, and it should cost about three-hundred bucks. It would transform society. The fact that it costs 15k pisses me off, which is why I'm not telling you his name right now. It would shut his website down right now anyway.

JR: Yeah. We will crush your website, son. That sounds like, really, for seven days though it doesn't sound like a rip-off if it turns you into a super genius it sounds like a bargain.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: It does, I mean I had already done a lot of work on myself but I came out of there and like... That voice in your head, that thing that gets in your way, it's your bitch when you're done.

JR: So you can go there and it just completely rewires your brain in seven days?

DA: It is hard work, don't get me wrong.

JR: What do you have to do? What is the hard work?

DA: Well, you sit there in a dark room with a speaker on either side of your head, and eight electrodes glued to your head, and then you do whatever you have to do to make the sound louder and the score go higher. And the first three days your brain is just doing its thing. And then after that you have to dig into your most intimate... it's just like in a float tank.

JR: My ultimate fantasy would be that I go there and I'm like super gifted at this and I break the whole building with sound.

BR: Oh yeah. I know right?

DA: We're getting to that point.

BR: Joe, do this. I want you to do this. I think it's a good idea.

DA: I'll do it with you. I've actually been thinking about going back.

JR: Really?

DA: Yeah.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

BR: Can you lay on top of each other? [Laughter]

JR: What if you're like an intellectual vampire and I get dumber and you get smarter?

BR: What if he hacks you? That's what he's trying to do.

JR: That's what I'm saying, man.

DA: Joe, I'd like to remind you. You have my electrodes on your forehead right now. It's already been done.

BR. Nooo! [Laughter]

JR: I'm not susceptible to this shit, son. You're going to need something a little stronger for this fat head.

BR: What is this thing, I think I saw it on your twitter, about you paying to get hacked? What was that all about?

DA: Paying for what?

BR: Maybe, hold on. Nevermind.

JR: You mean bio-hacking? How much he spent bio-hacking?

DA: Oh, the quarter million dollars?

BR: Yeah yeah yeah.

DA: Yeah, ok. So over the last 15 years I've spent a quarter of a million dollars on everything that I can think of that improves



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

human performance. I'm like, I'm just going to do it. So 20k, actually I've done it a couple of times. So 20k and 25k went over there. I've taken ungodly numbers of supplements and smart drugs. I've tried all kinds of electronics, I have a whole mad hacker bio-laboratory at home. Like I've got my vibrating plate, I've got an ozone generator, I've got a couple different EEG machines.

JR: I have an ozone generator in my tank setup. Because Crash uses it to purify the water.

DA: That's the best way to purify water.

JR: Powerful Crash.

BR: Are you sponsored by grass to pay for all this? The Scott industries or something? [Laughter]

DA: It's actually BC Bud that sponsors me.

JR: Have you ever looked into eating cannabis?

DA: As a food?

JR: Yeah.

DA: I've looked at eating hemp. You mean eating hemp, or eating cannabis?

JR: No, actually cannabis. When you don't cook it it's not psychoactive, but when you eat it the psychoactive plant of cannabis if you eat it does not make you high. But it's incredibly healthy. Super beneficial.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: Oh, interesting. I've never tried it, but it sounds kind of cool.

JR: It's supposed to be really great to juice as well.

DA: Interesting. That's really cool.

JR: Well, if it was legal it would be so easy and cheap to grow that you could literally eat it that way for health. Smoke it, do whatever you want to do with it. The reason why it's such a commodity is because it's illegal.

DA: Yeah, it's ridiculous.

JR: It grows everywhere. You could throw it out the window and it's famous. People have been driving their car, throw a joint out the window, and six months later there is a giant bush of marijuana growing there. It really is a super hearty plant.

DA: And the protein in there is really high in IGG, it's great protein. It's a bit high in Omega-6 fats if it's all you're going to eat. But certainly if you eat some of it, it's fine. But if you get some of that protein, in fact I would say it is the best plant source protein that I know of, for any of the plant source proteins.

JR: It's very digestible too. That's my favorite part of it. It's one of the few things, hemp with coconut juice and coconut oil. But I use it with C20 baby, C20 coconut juice. Because it is my favorite. If I can't get raw.

DA: Raw is awesome.

JR: Raw is tight enough to fuck with. If you can get raw, but it only lasts for a little while. You can't really keep it in the fridge. But that



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

hemp stuff, the Hemp FORCE protein powder that I use, you can take it and go to the gym an hour later. It's the only thing that [with] I can do Jiu-Jitsu an hour later. Because it's so easy for the body to digest. It's just not taxing at all. The stuff we use too is the most expensive. Because it has the highest ratio of protein... like some of them are more coarse.

DA: That's what you want to do. Yeah.

JR: Yeah, it's really super easily digestible. But illegal to grow. But not illegal to have, or sell.

DA: Thank you Canada, right?

JR: Well thank you United States for saying that it's illegal to grow a plant. You dunces, you know, at Onnit we could have had a farm. But the government has clearly said we will lock you in jail if you try to grow this plant.

DA: Monsanto needs to make genetically modified pot. And then it will be legal to grow everywhere. [Laughter]

JR: Yeah, but then they'll probably fuck with the pot and the pot turns into a Nazi.

DA: It would turn you into an octopus or something.

JR: Yeah. It's going to do something to you. It's going to ruin you.

DA: I hope they don't do that. In case anyone there is listening.

JR: Yeah. Please Monsanto. Leave weed alone. [Laughter]
Concentrated on sweet potatoes or whatever the fuck you're



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

doing. It's a scary ass company, man. Somebody needs to get those people some mushrooms.

DA: Amen.

JR: Get those people some mushrooms and understand the impact of your decisions, just to put 1's and 0's.

DA: There's some serious therapeutic value to medicinal mushrooms. Yeah.

JR: Fuck yeah there are. John Hopkins University showed significant improvements to peoples personalities years later.

BR: How many kilo-bytes is Joe's brain being downloaded at? Is that like a 32 mb file, or?

JR: I'm feeling pretty smart right now, Brian.

BR: No but he's just copied and pasted it.

JR: I did? I don't even know what my own memories are.

DA: I'm actually on my iPad here looking at what he's thinking about, and I feel dirty Joe.

JR: I'm dirty. I'm a dirty boy.

BR: Black cocks.

JR: It's not black cocks any more. That's a flash back. [Laughter] Flash back from the past, man.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: Are you feeling anything from the electrodes?

JR: I don't know. You know, it's hard to say. I don't feel bad.

DA: It can be pretty subtle. You know, just see if you're in the zone a little more for the next few hours after this.

JR: Yeah. I think it feels cool. I like it. I like the fact that I think it does something for me. But this other thing, this seven day jammy. That sounds fucking... how many hours a day?

DA: Pretty much most of them. When you get there you check in your watch and your cell phone and you just do it until you're done. You don't even pay attention to time. Time goes away and all you're focused on...

JR: How many people have done this?

DA: Ten-thousand.

JR: Ten-thousand people have done this and they've all reported similar results?

DA: US Army Special Forces had this guy train them for seven months straight.

JR: So it's like a Jason Bourne type thing? Really? So there is a way you can go and you sit down in the fuckin' place for seven days and there's a permanent change in your IQ and your creativity.

DA: Yup.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

BR: Let's start a Kickstarter for you Joe. We're going to make a movie about this.

JR: Damn it. Son of a bitch. I don't need that man.

DA: Joe, I'm telling you man. For you, you talk about ADD that you kind of have in your brain that's a comedian brain, it's all over the place...

JR: Yeah.

DA: You don't lose any of that creativity but it becomes malleable for you. My performance, I did this in like 2008 or 2007...anyways, mid-2000's... I don't know. I came back. I drive fast, I've always driven fast, I'm a very safe driver. But when someone in a Prius cuts me off, it pisses me off right? It's always the Prius' that cut you off. So you're like, you know, "You son of a bitch!" And when I'm done with this, I came back and I'm like, "Oh, someone in a Prius cut me off." But with zero emotional costs. All the energy that I used to waste at getting pissed off at people about stuff that didn't matter completely went back went back to productivity and just kicking more ass. It's amazing what happens when you just teach your brain that you're the boss. You tell the little reptile brain in there to shut the hell up and to do its job. To keep you from burning yourself to death. To keep you from falling off a cliff. But to not be pissing you off the rest of the time for no reason.

JR: Is it possible to do that without sitting in a room for seven days getting blasted with sounds? Give me some sounds Brian.

DA: There you go.

JR: Is it like that?



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

DA: It's kind of like that. Except it's more like an orchestra, or like a string instrument kind of thing, or a synthesizer. Yeah. It's not binaural beats. They're not putting anything into your head. It's all you controlling your head. All they're doing is playing back to you, so you can... It's like if you had a real time read-out in your iPhone right? Here's what my brain is doing right now. Right? Then you could look at it and be like. "Oh. My brains getting bigger. It's getting smaller. I'm getting happier." It's like that, but it's coaching you to move in the right direction so your brain will be in the same state as someone doing 40 years of Zen meditation.

JR: I had an experience once when I was on a psychedelic where I started thinking negative thoughts and the imagery that I was seeing got dark, black, and green and started folding into itself. It looked bad. It looked like rot. And then I realized it and I forced myself to relax and let go and think positive. And then it all, "Boom!," it blossomed right in front of me. Like this incredibly beautiful geometric flower just blossomed right in front of me. And it was like a lesson to me of the actual power of thinking. If you do think negative, it's not if you think negative and do nothing, nothing goes wrong. No if you think negative, you're getting negative energy in your life.

DA: Yeah.

JR: There's no doubt about it. That's a real...

DA: There's a cost to you. Yeah.

JR: Yes, that thought process. The concentration on anything that's negative is not good for you. It's just bad period. And I could see it in a beautiful geometric form. It was very strange. But



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

profound and it taught me something that I took from that day and slowly applied to my life.

DA: When people realize the effect of their negative emotions, like if I was sitting here right now thinking the entire time, “Gosh this Joe guy is a total prick. I’m just glad I’m here.” Or even if I was acting all nice but thinking really negative things about you, it would cost me more than sitting here and being like, “This is fucking cool stuff to be talking about.” Right? Or just sitting here and really be thinking nothing and going through the motions.

JR: You would feel it to.

DA: Yeah.

JR: Have you ever done an interview with someone and they were kind of douche?

DA: Totally.

JR: And you felt this weird feeling or where they weren’t trying to be nice to you?

DA: It’s not authentic even if they’re trying their best right? We all pick that up. We all know it. But then the scientific part of our brain that likes to ignore the brain stem altogether gets all pissed off, and we try to pretend like, “Oh it’s just me.” But it’s not. And here’s the thing. We can measure this in your body, your heartrate variability. People thinking negative thoughts, their heart rate is low. For people thinking positive thoughts it goes up. And you can actually exercise those thoughts with a two-hundred dollar little device... the MWave2.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

JR: And it's also the way you think about life. It sets patterns. And these choices sort of set these patterns that are easier to follow the next time, and it becomes something that's sort of a path that you ordinarily go on. And if you can figure out how to get that to a positive, you will benefit.

DA: In fact you know what this is? You can lift, muscles, work on your biceps, right? You can do the same thing to your brain. And it takes about twenty days of doing something everyday for new synapses to form. And when you do that, you can work for the synapses for compassion or forgiveness or just calmness and being in the zone. Or you work on once you're being pissed off and cranky. Right? And wherever you put that energy, those muscles get stronger. So you want a bigger amygdala, be pissed off all the time. Your amygdala gets bigger.

JR: Is the amygdala bad?

DA: It's not necessarily bad but if it's over active it makes you pissy and cranky all day.

JR: I bet Joey Diaz' [amygdala] is fucking huge. I bet his amygdala is like his balls. [Laughter] I bet it's just completely oversized.

DA: That's a serious Twitter [post] right there. [Laughter] His amygdala are like his balls are.

JR: Oversized, ready to explode. Joey will get mad if you have the wrong fuckin' salad dressing on the table.

DA: Yeah.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

JR: He'll kill you. [Laughter] He'll kill you if you try to give him ranch dressing with wings he'll kill you.

DA: It's one of those things where your brain is a muscle and you work it out. What I've found is that with electronics like that you can work out just the right parts. The heart rate variability, when you do that, you work out alpha in the front of the vein, you live longer. You perform better. You've got all kinds of sports athletes now using heart rate variability to look at overtraining states. You over-train and your body gets weaker. But here's the weird thing as a coach who uses this with my clients; I hook them up to the emWave it's a little clip on their ear, it just looks at the space between their heartbeats. And I tell them, "Make the light turn green on this little machine." And they're like, "How do I do it?" Breathe in, and breathe out. It's pretty easy. 5 seconds in, 5 seconds out. It turns green. Great, you got that. Let's turn it up to the next one. And then I say, "Now you got to focus on your heart." Ok, this is ridiculous. I'm not that much of a hippie. Focus on your heart and breathe in through your heart. And they're like, "Really?" I'm like, "Yeah. Just do it." Ok. And the light doesn't exactly turn green, I'm like, "Great." Breathe in through your heart and now think about puppies. And the damn light turns green. Ok, I don't like it that the light turns green. But they have to think of something that makes them go, "Awww." Like their first born, you know, the way their mom hugs them. Whatever it is, when you consciously bring that thought in and that feeling in, it changes the way your heartbeats. And you can see it on a little green light. There's no question of the fact that it changes your physiology when you change what you're thinking of. You can see it. And shows you how much power your thinking has over your physical body. When you do that, and you do that regularly for about six weeks, ten minutes a day, you build the synapses for being happy. Because that's what you're teaching yourself to



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

consciously do. And when you're done you can walk into some meeting where there is some asshole yelling at you and you realize you're starting to get stressed and you want to kill the guy... and you're like, "I'm just going to turn on happy." You still care that he's yelling at you. You're still going to do what you're going to do. But you're totally in control instead of that party who is like, "I got to kill this guy now." No, you're like, "I'm going to kill this guy at just the right time or whatever."

JR: Right. Yeah. Like when someone's talking at the movie theater and it just grinds at you, and you're just ready to fucking kill them. [Laughter]

DA: Yes.

JR: Dude, you dropped some serious science on this podcast today. I don't know if there has ever been a podcast where I know I have to go back over it with a notepad. I've got about fifty different things that I need to look into now. This has been really crazy. Thank you very much.

DA: It's been fun, Joe. Thank you for having me.

JR: Fucking incredible fascinating guy. And go to [BulletproofExec.com](#) folks. All of Dave's stuff is up there, all the different articles, all the different products, the [Upgraded coffee](#), [The Upgraded Chef](#) book he wrote, the whey protein that's made with [grass-fed beef](#), and the Upgraded MCT oil that is just coming out now. And if they want to follow you on Twitter its @BulletproofExec on Twitter?

DA: Yep.



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

JR: Dude you got to do this again man.

DA: Anytime Joe.

JR: This is amazing. This is really amazing. By the way, Mac Danzig wants to debate people that say (he does) he said as a vegan he wants to debate people from a health point of view. But I think he might get trounced.

DA: I told him to bring it on twitter. So, it'd be cool.

JR: I love Mac, but he might be out of his league.

DA: I've converted about three dozen vegans back to eating meat at least some of the time.

JR: Well makes a real noble guy. He really is legitimate. He's the real deal. And I think his issue is with factory farming. My issue with the people who say you should kill animals is guess what, there is a responsibility at the top of the food chain ladies and gentlemen. You going to have to either castrate all the males [Laughter], you're going to have to control population somehow. You're going to have to pin them up. You're going to have to do something because you can't just have no predators. And if you do just have all these game animal wondering around like deer, and cows and there is a giant surplus of them because no one is eating them anymore, you're going to have predators.

DA: They're going to eat your vegetables, too.

JR: They're going to eat your vegetables. They're going to die of starvation. What are we going to do? We're going to be babysitting all the cows until the rest of time? We're going to have



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

to figure out how to manage cow societies? [Laughter] You don't live forever if you don't eat them ladies and gentlemen. I agree that factory farming is disgusting.

DA: Yes.

JR: It's horrible and horrific. But uh, cows don't live forever and they're delicious. And there is a reason why they taste so good. Because something has to fucking die to taste that good. You don't get that from beets. You don't get that from celery. Although I do love celery. And I do love kale shakes. And if you go to Onnit.com, O-N-N-I-T, the Blendtec blender. What we did is I talk about the kale shakes I drink every morning so often on the podcast that I have all these people taking them and they're like, "What's the best blender?" For years I was using a Vitamix which is awesome. If you can get one of those are awesome, too. But it turns out the Blendtec are supposed to be the best. That's what everyone says.

Brian Redban: Are they cheaper than the Vitamix?

DA: You're dead on.

JR: They're the best?

DA: I've been using a Blendtec for a long time. And if you're going to make [Bulletproof coffee](#) the right way, you want a Blendtec. So they go to your site. They should buy the Blendtec. Because you get the creamiest foam in a real blender like that. You cannot beat that blender. Great choice

JR: Ok there you go Dave Asprey approved. [Onnit.com](#) O-N-N-I-T. If you use the **codename Rogan** you will save ten percent off



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

any and all of the supplements. That does not go with battle ropes, and kettle bells and all that shit. We sell all that stuff as cheap as we can, and it's all the highest quality kettle bells, the highest quality battle ropes. And of course the Hemp FORCE protein powder. Which will NOT make you test positive for THC. Thank you also to Ting.com for sponsoring this podcast. Go to Rogan.Ting.com, sign up and you will save 50 bucks off of a cell phone purchase. And they have really top of the line Android cell phones including the Samsung Galaxy S3, which is the one I've been using.

Brian Redban: Which is grass-fed also. [Laughter]

JR: Grass-fed. Totally grass-fed. And organic, and systematic. And it's the best fuckin' screen I've ever had on a cell phone. It's so hard to even go back to an iPhone. I can try to go online with it, it love it.

BR: Send me one Ting!

JR: Yeah, Ting! Hook it up with Brian Redban please.

BR: I need to... play with it.

JR: The service Ting is a beautiful company. What I like about it is what they do is they use the Sprint backbone. It's a real legit major provider, that has coverage everywhere. But they give it to you with no contracts. You can quit it anytime you want. Your minutes roll over into the next so you get credited. Let's say you get X amount of minutes and you only use half of them. Well, they credit you on the next month. You pay less. It's a super fair company. And of course it's Sprint so it's solid service. They have no contracts. You and your wife or your friends, you could get a



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

contract together and you could both share minutes. I mean it's as nice as you can make a company that's selling you cell phone service.

[Car outside building honks.]

JR: This guy's mad. He fuckin' hates Ting. [Laughter] I don't know what your deal is Pal.

BR: You jerk!

JR: But you need to back off. Oh, also for my boy John Rallo, if you're anywhere near Baltimore, Maryland on Saturday, October 20th. This Saturday, my friend John Rallo is running something called "Shogun Fights" and he's going to have Frakie Lester versus Calabar as the main event. 11 total fights. Renzo Gracie is going to be there. Donald "Cowboy" Cerrone is going to be there. And big Dan Miragliotta is going to be one of the refs. He's a great guy and a very good ref as well. And there is usually about 5,000 people at these events so if you want to get tickets you've got to jump on that shit. They're really fun to watch, if you've never been to a regional show. A lot of the guys you see in fights like Shogun Fights are guys you will see one day in the UFC. That's absolutely their goal, and there is going to be a lot of talented fighters on this card. It's a really good opportunity to see fights live, and to catch people early in their career. Who knows, you might see somebody from this card, they might win a title one day. It's very possible there is some really, really high level talent and John Rallo is a good buddy of mine. And he is one of Renzo Gracie's black belts. So he is a very good judge of talent. And this is his promotion. So for my boy John Rallo go check out Shogun Fights, ladies and gentlemen. [ShogunFights.com](#). Thank you to everybody who listens to this podcast. Thanks to all the cool messages I get on



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

Twitter. Thanks to all the cool people I run into out there in the field, in the wilds of the world.

BR: Can I mention we just put on Dayton, Ohio on sale for the Deathsquad tour with me and Tom Segura.

JR: Tom Segura now!?

BR: Yeah. And Doug Benson is going to be in the Columbus show, but that's at Deathsquad.Tv

JR: Deathsquad.Tv is also where you can get Brian's funky cat t-shirts. Dos of them available. You still have some of the original ones right?

BR: Nah, I only have triple fat sizes.

JR: Oh, you fat fucks. Go out there and buy them if you're a big fatty. Or get some MCT oil in your life, son. And get on with the new program. Deathsquad.Tv is that. And Higher Primate of course, my t-shirt line which is updated. We got all new ones. I'm hiring some people and shit. So I'm trying not to run out of shirts anymore. I really appreciate everyone buying them though. Higher-Primate.com. New designs coming my man Mike Maxwell made some dope ones. Alright we'll be back tomorrow. Tomorrow we have David Seamen, don't laugh... and David is also bringing with him a reporter from RT and she is going to breakdown more reasons why the government should be listening in on this show. Her name is Abby Martin and she seems very cool. She's going to come in tomorrow with David on the show. And Wednesday we got Victor Conte and that should be fascinating. He's the guy from the BALCO scandal where they got caught taking the steroid that was undetectable and he's going to break down performance



Biohacker Toolbox JRE Transcript [Transcript of JRE #274 w/ Dave Asprey](#)

enhancing drugs in professional sports. And he's going to explain to us what the fuck is going on you dirty bitches.

BR: You need to start selling us Bulletproof jackets, I think.

JR: And with that fucking zinger ladies and gentlemen, thank you everybody. You guys are the shit we love you. And we'll see you soon. Bye.

Joe's product mentions:

[Onnit.com](#) and use the **codename "Rogan"** you will save 10% off all these supplements, like [Alpha Brain](#)