



**A Grain of Truth: The Gluten Summit  
Presenter: Dave Asprey, Entrepreneur, Writer**

**Biohack Your Own Brain to Optimize  
Health and Performance**

**Dr. O'Bryan:** Well, hello, everyone! And, welcome to another addition of A Grain of Truth, The Gluten Summit. And, I am thrilled and a little nervous about today's interview because this is an interview that's going to transition and impact the world of science that we've been hearing about with the practical applications in a way that I think most of us have never heard before.

And, for me, personally, when I heard this, it rocked my boat. And, I'm a nutritionist. I'm a board-certified nutritionist. And, this rocked my boat. I had never heard anything like this before. And, as a result, I said, "I've got to have this guy on our show to share this information with people to consider."

And, I thought of an analogy about Dave. And, this is such a new world that I'm experiencing that I never grew up with. As some of you know, I'm sixty-one. So, the world of computers, there was no such thing as computers when I was in college and doing my doctorate work and post-doctorate work. And, I think of what's happening today and things that we have available. For example, Siri. For those of you that have iPhones, you know that Siri is a voice on your iPhone. You ask her a question, and she pulls up the answer within five to ten seconds on anything because she goes through the internet and she pulls up the answer. And, I'm just so blown away by all of that that what's happened in the last ten years expands my consciousness every time I think about this, let alone what's going to happen in the next ten years because, as we know, knowledge increases exponentially, not just one plus one plus one. But, one plus one equals three.

And, when I was thinking about interviewing Dave, the vision that came up was a comet going across the sky. And, I feel like I'm on the tail end of the comet holding on for dear life in terms of being aware of the new technology that's coming out, and probably use it. And, Dave is riding the head of the comet. This is like if you remember in the movie "Titanic" where she's out on the bow of the ship and closes her eyes and spreads her arms and opens her eyes and the whole universe is in front of her. Well, our guest today **[2:30]** is standing out on the front of the comet. And, how do you apply this technology to our everyday lives?



So, it's a great pleasure to welcome Dave Asprey to our show. Dave runs The Bulletproof Exec blog about human performance. And, there's so much more I could say about that. But, I'll just start by saying welcome, Dave, and thank you for being on the show.

**Dave Asprey:** Tom, it's a great pleasure to be on the show with you today. Thanks for having me!

**Dr. O'Bryan:** Thank you. So, to begin with, could you tell us, what is Bulletproof Exec?

**Dave Asprey:** Bulletproof Executive is a blog and a podcast that is now seen by millions of people. The podcast has been ranked number one on iTunes in health. There's about fifty episodes. And, the blog gets about 600,000 people a month who come to learn more about how to upgrade themselves from like a cellular, biochemical perspective, but, also from a neurological and even a cognitive perspective.

My background is computer hacking. I helped to create modern cloud computing as we know it. And, I've spent my career as an executive in Silicon Valley innovating and disrupting technology fields. Along the way I lost 100 pounds. And, I added more than twenty points to my I.Q. And, I went from being a very overweight, antibiotic-laden, sickly young man, to be perfectly honest, who succeeded despite all of that.

And, along the way, I spent \$300,000 upgrading myself. And, it occurred to me that it's just not okay that I suffered as much as I did, and it took as much time and as much money and as much effort to bring myself back to the natural level of health and performance that I think everyone has. It's just that it's been blocked by a whole bunch of different things.

So, I put the research out. I also run an anti-aging research group. Or, maybe more "education group" is the right word, a nonprofit that's been around for nearly twenty years in Silicon Valley called the Silicon Valley Health Institute. And, we've got ten years worth of video online for free of lectures on all sorts of amazing health topics.

So, I believe very strongly in sharing this information. And, people like it. And, people who maybe wouldn't normally learn about gluten intolerance come to the blog because they want to learn about how to look better or feel better or perform better. And, then, suddenly they realize that gluten and many **[5:00]** other things may be a part of the equation.



**Dr. O'Bryan:** Yes. So, of course, for some of our listeners... This is a very basic concept or term. And, please excuse the simplicity of it. But, can you explain what hacking is and what biohacking is?

**Dave Asprey:** Hacking has kind of a bad connotation because that's what computer hackers, those bad guys, do. But, the real hackers who started out are the guys who built the internet. They're the guys who built most computers. They're the guys who built the iPhone. They're people who see the world in a different way.

And, they say, "Oh, there's a problem? How do I get around it?" And, they usually have a systems thinking perspective on it. So, a typical non-hacker person would say, "Oh, there's a door. I guess I'm stuck." And, a hacker will say, "Is the lock pickable, or can I go through the window?" And, it's about this sort of unstoppable way of thinking where everything is a system.

You probably wouldn't know this unless you're in the field of computer security. But, in the movies, someone will say, "Oh, I need to get in. I'd better hack the firewall." But, a real hacker actually goes to the parking lot and actually drops a really expensive USB drive in the parking lot. Knowing an employee is going to pick it up and plug it into their computer, unknowingly infecting their computer.

**Dr. O'Bryan:** [Laughs]

**Dave Asprey:** So, there's ways around. And, when you have that mindset, it comes from engineering, and it comes from Silicon Valley culture. You can apply that to the human body. And, we build models that include all sorts of variables that are unknown so far. It's different from the art of practicing medicine, which I'm married to a physician. And, I very much respect what doctors do and what you do, Tom. And, there is a shared element of troubleshooting.

But, there's also maybe a little bit of irreverence that's built into the hacking culture. And, it shows through in biohacking, which is the idea of taking these systems thinking techniques and applying them to different processes in the body to see how it affects the whole system. So, it's kind of at the cutting edge of what people are doing with themselves.

If the old school was, "Make sure you jog a little bit every day and eat a sensible diet," the hackers are saying, "What's the least amount of jogging I can do every day in order to get the most benefit? And, what exactly should I be eating in order to have the most energy, the least body fat, and to not have to worry about eating and still enjoy my life and what I do?"



So, it's a way of just kind of taking it to the next level. And, what we learn from biohacking trickles down into the stuff that [7:30] everyone can do, just like the thing we learn in Formula One race cars end up as seat belts and airbags fifteen years later in the Toyota Camry you may drive.

**Dr. O'Bryan:** Well, that is an excellent explanation. And, thank you. It really helps me understand what biohacking is. And, I guess the terms that I would have used were "thinking outside the box." But, it's much more elaborate than that. You're telling our listeners that by exploring your own health this way, you increased your I.Q. by twenty points and you lost over 100 pounds?

**Dave Asprey:** Yeah. I weighed 300 pounds in my mid-twenties. And, I lost about fifty pounds in three months when I made some changes, which included inadvertently removing gluten from my diet. I didn't realize that that was an important variable. And, then, the other fifty pounds were really difficult to lose. And, that's where I learned about the weaknesses of the Atkins Diet.

And, I learned about other things that affect inflammation in the body, and really drilled down into all causes of inflammation that I could identify, and looked at the importance of each. And, then came up with a stack-ranked Bulletproof Diet, which is absolutely gluten-free. But, it includes a lot more other small toxins that you wouldn't think would have an effect on you. And, it turns out the first place you'll have an effect is on cognitive function and mental performance.

And, if it's something that makes you feel sick, you're pretty far down the pipe because the first things that happen are very subtle changes in the way your body moves. Biohackers, by definition, focus on data. So, it's really important to have a sense of wellness. How do I feel right now? And, you can say, "On a scale from one to ten, how do I feel?" And, then you can see how that changes on a daily basis.

But, it's even better if you measure it with blood tests, or you measure it with electricity, or you look at your weight every day. Or, you do any of these other things that enable you to get outside yourself to build more self-awareness because now you can look back on the data and say, "Hmm, I didn't realize that that happened to me. But, clearly it did." And, that dawning realization gives you power.

**Dr. O'Bryan:** Yes. It takes it out of the realm of just how you feel. And, the more biomarkers that you can use consistently and compare, you've got more evidence of whether you're on track or you need to tweak it a little bit and modify it.



**Dave Asprey:** Well, there's something that I didn't realize. **[10:00]** And, there's two models. There's the Quantified Self model of behavior change. And, this has become really popular. And, there, you gather your data over a period of time. And, then at the end of the day or end of the week or end of the month, you look at your data and you say, "Hmm. What happened?"

And, let's say that you figure out, "You know, on days when I eat a bagel in the morning, later at night, I feel a different way. Or, the next day I gain a pound." You end up gaining a conscious realization that something's happening. So, then you decide over the course of the next month, "I'm going to change my behavior consciously to not eat the bagel." That's pretty cool except that we also know willpower is a finite resource. You can only use so much willpower to say no to the bagel before the bagel is going to win. And, this is why I failed over and over to lose 100 pounds. So, you end up on this kind of vicious cycle where, "Okay, I have conscious understanding. I have a desire to change. But, then the change doesn't happen, and something's blocking me."

And, what a biohacker would do is say, "Well, obviously there's still a built-in desire to somehow eat that bagel. So, where does the desire come from, and how do I turn it off?" And, that's one of the things that's at the core of the Bulletproof Diet. If you have food cravings, something's not right with your diet. You need to fix it. But, a biohacker using data might also say, "What's happening in my nervous system? When I see a bagel, is there a change in the under-350 millisecond window?" And, if you're hearing this, you might go, "Huh? What's a millisecond?" Oh, that means a third of a second. And, you might also be saying, "How would I possibly know?"

But, would you believe there's a \$99 censor that you can clip on your ear that tells you when your body goes into fight-or-flight mode? And, I use that with my Bulletproof Executive coaching clients. And, it's pretty amazing to have that understanding that your body, in less time than you can think about it, will go from relaxed to ready to run away or fight. And, I have no idea if a bagel puts you in fight-or-flight response. It probably doesn't. But, your nervous system is telling you to eat the bagel faster than you can tell your nervous system not to eat the bagel. And, this is why it sucks your willpower.

So, a hacker says, "All right, we've got to break that cycle." And, so the biohacker's perspective there is let's figure out how to turn off hunger. Let's look at leptin levels. Let's look at the effect of different foods on hunger. And, I've gotten to the point where **[12:30]** I can look at things I don't want to eat, things made out of gluten, things made out of Frankenfoods and corn, a lot of processed junk foods basically...I look at those, and my nervous system doesn't go, "Ooh, food. Eat that," and then my conscious brain goes, "Oh, no, don't eat that. That's not good."



I look at them and I've reprogrammed the nervous system where I say "That's not food." So, there's no effect from the bagel. I look at it like, "Yes, it's a bagel." But, it's not, "It's a bagel! Better not eat that!" because the desire to eat it has gone because I've gained control of parts of my nervous system I didn't have.

**Dr. O'Bryan:** Yes. And, prior, my personal experience on that, and I've used this as an example with patients so many times is that it took me seven years to give up my mother's Christmas cookies. Seven years, because I'd say I wasn't going to eat them. But, then, Christmas would come along. And, we would go back home to visit. And, there were these cookies. They smelled great. And, I'd go, "Oh, I can have one." And, I'd have one. And, I'd have a couple. And, then, I'd feel lousy afterwards.

But, it took a lot, a number of repeated experiences where I retrained myself. And, this is without having any of the tools you're talking about. It took me an extended length of time repeatedly of, if you will, me falling on my face. But, now, this technology that you're referring to, we can accelerate that learning curve and have monitors to show us when we're on track and when we're not before we actually take that fall. Would that be an accurate way of saying that?

**Dave Asprey:** The monitors help. But, there's more. Where does the desire come from? Is it a biological phenomenon? Or is it a neurological phenomenon that's sort of happening? And, it's both. There's an emotional association with food. There's an automated program running in every person which keeps your body alive, the same as any....I like the labrador example. Any labrador retriever out there will say, "Hmm, oh, could that be food?" It doesn't matter if it's a spoiled chicken wing that it found in the trash or some sort of concocted dog biscuit thing. "I think I'll eat it." And, it feels an intense desire to eat it. And, it does, and it begs for the spoiled chicken if you don't give it to him.

So, you have that part of your brain that you share with the labrador, which is the mammal brain. And, struggling with management of that is one thing. But, one thing you can also do is you can choose the types of foods that turn off that craving. **[15:00]** And, if the body feels like it's starving, the craving will happen. If you get rid of the starvation biochemically, then, literally, the brain says, "I don't really need that right now."

And, I've worked with clients where, in three days...in fact one of them who stands out in particular, she had no food in her house because she had such strong cravings, she knew she would eat it. Really massive sugar addict. Ate cookies all the time. Three days of--in this case it was Bulletproof coffee in the morning--and she lost all food cravings. Her body got the fat it was craving, and she was done. She could look at food and the



food lost its power. That's also biohacking even though we didn't measure her nervous system. I had her do that at night. But, that was a different thing.

**Dr. O'Bryan:** Yes, that's such a great example. It leads us right into how we develop such deficiencies and cravings unknowingly. And, so many people are craving good fat because we think fat's bad for us. Fat is not a four letter word. Fat is not bad for you. Fat is not bad for you. Bad fat is bad for you. And, our bodies need fat.

So, let's go there for a bit. And, let's talk about your ideal breakfast and what's the science behind it.

**Dave Asprey:** The ideal breakfast for me and for people who are in good health from an adrenal perspective...If you're in stage three or stage four adrenal exhaustion, you probably don't want to do what I'm going to recommend. But, for everyone else, this is magic. What you do is you wake up in the morning, having not eaten anything since dinner the night before, and you make a cup of coffee using Upgraded Coffee beans. This is a kind of coffee bean that has no detectable mold toxins in it.

I invented this process for making coffee. We've quantified the difference between these coffee beans and generic, normal coffee that you would buy at the store or at a coffee shop in an IRB-approved study measuring cognitive function with this coffee versus others. There's a big difference because you're looking at what coffee does to inflammation in the body.

From there, you brew the coffee, and you blend grass-fed unsalted butter. The simplest, easiest to find is from Kerry Gold. It's Irish butter available at common grocery stores in the U.S., all across Europe. And, if you're in the Southern hemisphere, your best bet is Anchor Butter, which comes from New Zealand, and is also grass-fed.

So, you blend at least two tablespoons and up to six, **[17:30]** if you are really fat-deficient. Some people crave a lot of fat if they can digest that much fat. And, then you add Upgraded MCT Oil, which is also something that I manufacture. It is six times stronger than normal coconut oil in delivering specific medium-chain triglycerides that the body uses for energy.

The reason you do this...If you have that for breakfast, you blend it. It's really delicious. It's frothy and creamy and satisfying in a way that you haven't felt before. Well, you drink that and then you realize you have amazing mental focus. You have zero desire for food. Snacking is not even on your mind. And, by about two o'clock in the afternoon, you realize you could eat. But, you're not going to die if you don't.



And, it's liberating to feel that way for the first time because I spent much of my life, I'd have to end meetings early at 11:45 because if I didn't get something in me, I was going to eat the guy sitting next to me. You get severe cravings. You get tired. You get angry and cranky and moody. And, you can't perform. And, if you're dealing with your kids, you're going to yell at your kids. And, if you're dealing with your boss, you're going to yell at your boss. It doesn't really matter. [Laughs] It's not good for you!

So, when you do this for breakfast, it causes a couple things that you wouldn't expect. The first one is that you get the benefits of intermittent fasting, which is a relatively new protocol that's just gaining awareness. And, in that model of eating, you eat a normal amount of calories every day. But, you eat them in a window that's only, say, six or eight hours long.

So, you skip breakfast. You have a late lunch. And, it's big. And, a dinner that's big. I've eaten using intermittent fasting or the modification that I created--Bulletproof intermittent fasting--for, wow, it's gotta be four years now. Five years now, maybe. And, the cool thing is that when you do this, your body gets just fat, it doesn't think that you stopped a fast. Only protein or sugar makes your body think you've stopped fasting. So, you get benefits of cellular autophagy. And, your cells normally burn glucose all the time, especially if you eat a normal Western diet high in carbohydrates and gluten and everything else.

When you are fasting because you slept all night without eating when you were asleep, and then you take this medium-chain triglyceride oil, the Upgraded MCT, it causes your cellular energy to form via an alternate pathway. It takes about 26 steps for sugar or glucose to turn into ATP in your cells. When you use the upgraded MCT, there's an alternate pathway **[20:00]** where ketones form directly from the MCT. And, they turn into BHB, and then co-enzyme A, and then ATP. So, it's a shortcut into the Krebs cycle.

Imagine if you were, say, driving a hybrid car. You can run off just the battery. You can run off just the gas. Or, you could run off battery and gas at the same time. If you wanted the most power and the most metabolic flexibility there, you would want the option to do all of the above. Most people have never really experienced what it feels like to run off gas versus electricity. And, in my opinion, fat is a better form of gas. And, electricity is more of a sugar thing. Or, maybe you can flip them around. It doesn't matter. But, if you're only burning one form of fuel instead of two, you're not feeling very good.

And, your brain, in particular, really benefits from these triglycerides. Gluten has probably done the damage to your brain. And, it hurts mental focus. But, when you get ketones in there, you can actually make energy in areas where normal glucose



metabolism doesn't happen in the brain. And, the effects are so strong that it's hard to imagine. But, I don't know anyone who hasn't felt it, except a couple people who got too stimulated because, literally, their thyroid was under active. And, when their metabolism turned on, it turned up their thyroid activity to the point they felt flighty. And, they had to back off on the MCT or back off on their thyroid meds. You can imagine how amazing that is.

**Dr. O'Bryan:** Yes! Let me just summarize for our listeners. Now, for the practitioners who are listening, I know there are many thousands, I'm sure they followed that completely.

And, for the general public who is listening, there's a couple of things you should know. And, one is that there are many studies that show one of the ways to enhance the field of what's been referred to as anti-aging, maintaining your youth and vitality, maintaining optimal function, is by calorie restriction in terms of fasting.

There's no question that when we fast, we turn on genes for survival. So, we become much more deficient in the use of the calories that we're taking in. And, we don't eat as many calories. And, in the last five, maybe eight years, papers have been coming out that have been talking about short-term fasting that Dave is referring to, which is, after dinner, you don't eat for at least twelve to sixteen hours. **[22:30]** And, during that time period, your body will start to turn on the genes for survival or longevity. And, there are many papers coming out on that now that talk about this concept. So, what Dave is referring to--and he's being very kind about it and not going over our heads--is well-versed in science.

And, in my introduction, I said that I was blown away by meeting Dave Asprey because this is the concept that he introduced me to, of using butter, lots of butter in your coffee. I couldn't fathom it until I tried it. And, I tried Dave's coffee every day for a week. And, I'm convinced. It's very difficult to say everyone should do anything. But, I do believe that a large percent of the population, if they try this approach, they're going to find that they function better, their energy is up, their brain is working better.

This is revolutionary and, once again, standing at the head of the comet as it's going across the sky in terms of concepts. I've never heard this before meeting Dave Asprey, and I want to reinforce, listen to this with an open ear. Go back. Rewind. Listen to it again. And, try it for yourself. And, I think you'll be startled by the results from it.

**Dave Asprey:** I would love to take credit for Bulletproof Coffee. And, the truth is I did invent this recipe, especially with adding MCT oil. And, I spent a lot of time in the kitchen working on it. But, the real genesis for this idea came from another group of



biohackers. And, that's the Tibetan Buddhists. They didn't have cool sensors and scales and Google. So, what did they do? They sat still for years on end, and meditated and asked themselves, "What's my brain doing now? What's my brain doing now?"

I went to Southeast Asia. I traveled to Mt. Kailash, which is the headwaters for the Ganges and Indus Rivers, and the most spiritual mountain for Hindus and Buddhists. I'm not Hindu or Buddhist. But, I thought it would be kind of interesting to see this amazing place that's held by billions to be sacred. So, I took five days and a four-wheel drive across Tibet to get there and had an amazing experience.

But, when I got there, it was very high altitude. And, I've done high-altitude [25:00] mountaineering. And, I realized, I'm a little off. But, then, I had some yak butter tea, the way they serve it in Tibet. And, I felt amazing. I really just felt like I had been awakened. And, I realized, why is it that all these people live in one of the most harsh environments I've ever seen where people survive for many generations, their primary food source is yak butter? They drink like twenty cups of yak butter tea a day! And, when I did it, I felt so much better. I came back to the U.S. and said, "How do I get the effects I felt there?" And, obviously, there's no yaks.

So, I started looking at tea and coffee. And, I realized there were problems with mold toxins in coffee, which, by the way, cross react with gluten. So, I invented a coffee that doesn't have the mold toxins that cross-react with gluten because I am gluten-sensitive. And, I am extremely sensitive to mold toxins. I know they're in the coffee. And, since then, I've done lab tests. And, I've looked at lots of research. And, we have a global problem of mold contamination during coffee processing.

So, I made a new coffee process so I could drink the coffee I wanted. And, when I put it all together, it seriously upgraded my life. And, I have so much energy now. Keeping in mind that I used to weigh 300 pounds. I had brain fog. I had ADD. And, many of the symptoms, even, of Aspergers' Syndrome, back when I ate gluten, when I had mercury toxicity and I had all these other health problems going on.

So, to be able to get to where I am now at forty with more energy and more focus than I ever had when I was twenty, I'm really profoundly grateful for that. And, the idea really did come from a five thousand plus year old recipe for yak butter tea.

**Dr. O'Bryan:** Well, thanks for that, Dave. And, I have had yak butter tea myself. And, I didn't realize at the time why I felt so good. But, you've just connected some dots for me with that. It make a lot of sense.



And, for our listening audience, when Dave says your energy goes up, this is not a stimulant. This is not the caffeine of coffee that's keeping up your pulse that you're going to crash from. This is the result of the medium-chain triglycerides. For those of you that have the interest, Google "medium-chain triglycerides and brain function," and you'll see the studies of reducing the progression of Alzheimer's, arresting Alzheimer's, enhancing brain function. Medium-chain triglycerides found in coconut oil [27:30] and coconuts in general are a food for the brain.

So, between that and with the butter, you add those to this mold-free coffee, which, by the way, if I drank regular coffee, I would get headaches. I could drink espresso. But, I could not drink regular coffee ever. And, I tried Dave's coffee. I didn't get headaches from regular coffee. And, now I understand why. I never knew why before. So, I want to emphasize this is not a stimulant effect that he's referring to that you'll crash from. This is actually enhancing brain function by giving the brain the nutrients that it needs.

**Dave Asprey:** In fact, Tom, there's three big effects that I've been able to identify in this recipe. One of them is what you just referred to, the MCT oil. The Upgraded MCT that I use certainly has the effects you just talked about. But, butter itself, when it's from grass-fed cows, especially if you can get good-quality cultured butter, which would be the silver-labeled Kerry Gold instead of the gold label that has salt in it, cultured butter is the highest in butyric acid. And, butyric acid is a short-chain fatty acid.

And, there are studies showing that short-chain fatty acids reduce inflammation in the brain. They also are responsible for a lot of healing in the gut. So, if you're looking at healing the gut, what you end up doing is adding short-chain fatty acids. So, you'd be surprised that adding butter to this perfectly clean coffee could have an effect on the brain and on the gut. And, when you reduce inflammation, you reduce food cravings. And, you can actually think faster.

And, the final thing is, when you look at what coffee has in it as an herb rather than just as coffee, what you'll find is that coffee brewed with a metal filter, say a French press or an espresso--and, Tom, this is why espresso was okay for you, but brewed coffee wasn't--is that the coffee oils themselves, they're called diterpenes. The two most important ones are cafestol and kahweol. You don't need to remember all that. But, what you do want to know is coffee using a metal filter, like a gold filter or the French press or espresso, contains coffee oils that also turn off certain inflammation pathways in the brain. And, that's way cool!

So, when you drink this amazingly delicious, creamy cup of coffee, you're affecting your gut, [30:00] and you're affecting inflammation throughout the body, especially in the brain. When your brain is less inflamed, it carries electricity faster than when it's



inflamed. And, that actually helps you think faster. You feel it. And, we've measured it on standardized batteries of executive cognitive function tests. It's kind of cool, but it works.

**Dr. O'Bryan:** It is very cool. And, so for our listening audience, what Dave is saying is that if you use a paper filter in making your coffee, it will filter out these two beneficial ingredients of coffee, and you don't get the same brain benefits. Whereas if you use a metal filter French press or espresso maker or something like that...Now, the espresso makers that are using those inserts, Dave, what about those inserts?

**Dave Asprey:** Most of the paper pods you don't want to use on an espresso maker. You can use at least some forms of k-cup, the ones from Keurig. There are alternative manufacturers of those who make cups that contain fibers that don't absorb coffee oils. I manufacture a Keurig-compatible coffee cartridge that contains upgraded coffee, the mold-free stuff. That was actually quite a challenge to make one that allowed the coffee oils through. So, you can certainly do that. But, not all coffee cartridges are going to allow the coffee oils through.

And, I will be really cautious about drinking just any sort of coffee, especially hotel coffee or just the stuff kind of off the street because your odds of getting meaningful amounts of mycotoxins that do cross-react with gluten, these mycotoxins are mold toxins, they also affect cognitive function long before you're going to feel the jitter or the headache that they can also cause.

**Dr. O'Bryan:** Yes. And, for our visiting audience, we, of course, have been speaking about cross-reactivity with Dr. Vojdani. So, we're familiar with that. And, the mycotoxins, the molds or fungus in coffee, can cross-react with gluten so that you may be gluten-free, but if you're having regular coffee, your body may think you're still getting gluten exposure, increasing your antibodies to gluten and increasing the autoimmune antibodies that you may be personally vulnerable to. So, that ties those two together. [32:30]

**Dave Asprey:** It's really interesting that we're talking about coffee on a gluten show or a gluten course like this because it is a trigger for gluten sensitivity when it's not processed properly. And, the process happens long before it ever comes to the roaster. And, it's most interesting because I used to have a weakness for the Whole Foods chocolate chip cookies, the ones that they bake themselves because they're kind of like homemade, but you don't have to go to the work of making them. I love cooking and all, but I don't make gluten things at home and I don't eat gluten when I'm out anymore. But, I used to have those cravings, and I would just put them away.



Having a super high-fat diet like the Bulletproof Diet turns off the cravings for gluten entirely. And, you just don't have them anymore. And, it's really easy to cognitively understand from all this amazing data that you've shared in the summit that you shouldn't eat gluten. It's also just as easy to be at a party and someone made a birthday cake. And, it has gluten in it. But, you're going to do it just this once. And, that's a mismatch between kind of the timing of the different parts of your brain.

But, if you go to that party and you had Bulletproof Coffee for breakfast, you'll be able to rationally analyze the decision to eat the cake instead of respond like that labrador that says, "Ooh! Cake! Eat!" And, that kind of freedom is very liberating, at least for me it was.

**Dr. O'Bryan:** Yes. I agree. And, for our audience, let me say that in terms of how to do this when you travel, we recently did a three-week trip. And, we took Dave's coffee K-cartridges with us. And, Dave had shared this technique with me in airports. Dave, could you talk about how you will drink your coffee in airports?

**Dave Asprey:** This sounds a little obsessive. But, this is what I do. And, it's because normal coffee gives me headaches and it slows me down. And, I get a jitter and a crash. And, I don't want to feel like that. So, I go to, say, Starbucks or wherever in the airport. And, I buy a bottle of water that I'm going to drink on the airplane. And, I say, "Can I have a venti hot water, please?" And, they give you a cup full of hot water. And, then you ask for another cup to hold it in. So, you have one empty cup, one cup full of hot water.

You open up the Bulletproof upgraded coffee cartridge, and you dump the coffee that's inside it into the water. And, you stir it with a little coffee stick. After about four minutes, all of the coffee grounds [35:00] will just drop to the bottom of the coffee. And, then you pour perfectly clean black coffee off the top from one cup into the other cup. And, when you're done, you have a venti cup of coffee.

And, here's the thing. Starbucks was going to charge you, I don't know, two, three, four bucks for that for coffee, you're going to spend a lot less than that on the coffee cartridge. And, then you have a fresh-made cup of coffee that doesn't have toxins in it and contains all the coffee oils you wanted. So, it's kind of a neat thing in that you save money, and you get to do this. And, you may attract a few looks from people. And, what they'll usually say is, "Oh, you really like good coffee, don't you?" because no one likes airport coffee.

**Dr. O'Bryan:** Yes, and we did that on our trip, and it worked beautifully. So, thank you for that, Dave. It's a great tool to use.



What is the impact of a low-fat diet for people? And, how does the Bulletproof way of eating compare to a low-fat diet?

**Dave Asprey:** The Bulletproof Diet is the polar opposite of a low-fat diet. Fifty to seventy percent of calories on the Bulletproof Diet come from good fats. And, good fats are carefully defined as undamaged fats. The best ones are butter and MCT oil and, really, animal fats from properly fed animals. Those are the cornerstone. And, of course, you eat some avocados and some olive oil and a few nuts. But, really, the focus is on the saturated fats. And, when you compare what your hormones are made out of, what your cell membranes are made out of and what your brain is made out of, you realize that having excessive omega-3 in the body is bad for you. Having excessive omega-6 is *really* bad for you. And, this would be canola, corn, and vegetable oil. Things like that.

But, your cell membranes, when they're built properly, are built mostly of droplets of saturated fat. And, between the saturated fat droplets are little bits of omega-3 oils, particularly the types of things you get from fish oil. The reason you want your cell membranes built this way is that saturated fats are stable. They don't oxidize and pump out free radicals in the body. And, the small amounts of omega-3 between the saturated fats allow membrane flexibility so you can express receptors through the membrane.

It sounds weird, but eating the Bulletproof Diet **[37:30]** helps you to have better cell membranes and better hormones at the same time. And, I'm not saying that lightly. My wife, who's a Caroline-trained physician, and I wrote a book called *The Better Baby Book*, which contained thirteen hundred references about what to do before and during pregnancy to have a better genetic expression in your children. And, one of the things that's terribly important to do that is to eat more healthy fat. It reduces biological stress on the body.

The environment sends a signal to you and to your cells that says, "I'm in an environment where there's plenty. And, there's enough. And, there's not too much stress. Your cells and those of your offspring--or, really, your genes and those of your offspring--will manifest themselves in a way that says, "I'm in expansion mode. It's time to be more creative. It's time to figure out new things. It's time to expand."

But, if you send your body the signal that there's a famine because you're eating a low-fat diet or that there's a lot of toxins around because you're eating gluten and other grains like that, or if you're just stressed all the time, your genes will say, "Oh, it looks like there's probably a tiger chasing me." That comes from running way too much. Way too much cardio exercise will cause that effect, as well.



So, if you tell your body there's a famine and there's a tiger chasing me, you get, really, an output from the system of your body that says, "You know, the environment isn't that good. Maybe a little bit less fertility would be a good idea. So, this can really come through from the way you'll experience this as problems in your monthly cycle if you're a woman, or erection problems if you're a man.

So, I would blend this in the blender, pour it into an ice cream maker, and what comes out is this amazing creamy ice cream. But, the reason it's called "Get Some" Ice Cream is that an hour after you eat it, it sends a signal from the environment to your body that

And, it'll manifest itself in your brain because your brain will have a hard time forming itself properly. And, it'll effect itself in your hormones. And, your cortisol levels will go up. So, by including the right kinds of fat in the diet, you end up reversing most of those changes. And, you actually tell your body that you are in a land of plenty.

And, when I say a land of plenty and telling your body that, there's an example, Tom, that's worth talking about here. And, it's another recipe. The recipe is called "Get Some" Ice Cream. And, if you Google that, you'll find it. Or, you can Google "Bulletproof Get Some Ice Cream." And, what happens here is this is something I used to help turn on my wife's fertility.

She had polycystic ovary syndrome at 35. We had two children, one at 39, one at 42, **[40:00]** without any fertility assistance other than, essentially, biohacking. And, every night, I would serve her this recipe. And, I put it online. It's nine raw egg yolks. Sounds gross, but that's what French vanilla ice cream is made out of. And, instead of cream, we used grass-fed butter. Again, it sounds gross, but that's what cream is made out of. So, egg yolks, butter, and vanilla or chocolate. And, the sweetener that I like is a no-sugar one. There's one called xylitol, which is a sugar alcohol that helps to stop cavities and doesn't raise your insulin.

So, I would blend this in a blender. Pour it into an ice cream maker. And, what comes out is this amazing, creamy ice cream. But, the reason it's called "Get Some Ice Cream" is that an hour after you eat it, it sends a signal from the environment to your body that says, "Wow! Every ingredient required to have a perfectly healthy baby is in the environment right now. Now would be a good time to try making a baby." And, you will feel an irresistible pull towards the bedroom after you eat this.

This is the power of fats to increase your hormones, and to actually increase your fertility. And, it's an amazing effect. But, it's something that people understand who have tried the recipe in that it's just a very natural feeling. But, that fact that your body is turned off most of the time, that it feels like there isn't enough fat in the environment for



it to be a proper time for mating, well this is all animal-level, neurological behavior, not conscious behavior. And, it's really funny that you can influence the neurological behavior and then feel it in your conscious behavior just by including the right amount of fat in the diet.

**Dr. O'Bryan:** Well, that sounds like an amazing recipe. And, as you described it, I understand the physiology right away. For listeners, I would just tweak a little. And, Dave, tell me if you agree with this. This is not increasing your hormones. This is increasing your balance of hormones so that those that are low, your body will start making adequate amounts and perhaps abundant amounts. But, you will not go over into excessive amounts. You're just supplying the raw materials so that your body can do what it needs to do.

**Dave Asprey:** Very well said, Tom. In fact, I did not mean to imply that this would give you more hormones than you're supposed to have. It'll just let you have the hormones you were already supposed to have.

**Dr. O'Bryan:** Exactly!

**Dave Asprey:** And, for a lot of guys, your testosterone will go up. [42:30] But, that's because your testosterone's low if you live in the modern environment and your sleep cycles are disrupted and you eat gluten and you're not living kind of out in the forest the way our bodies evolved to live. So, a boost in testosterone in just a couple of weeks from eating the right kinds of fat is very noticeable. But, if your testosterone is already where it should be, it's not going to spike to levels that are unnatural.

**Dr. O'Bryan:** Right. Will agree. This sounds like an excellent recipe for those who are experiencing or have been identified as having some hormone deficiencies. And, I personally will be working with this recipe with some of our patients to explore it in more detail. But, I have no qualms in beginning this. So, for our listening audience, give this one a try. If you have had some experience, give it a try. Sounds like you'll be really happy that you did.

**Dave Asprey:** You'll find the recipe on the Bulletproof Executive blog. Also, it's in *The Better Baby Book*, which is at [betterbabybook.com](http://betterbabybook.com). It was just published in January by Wiley.

**Dr. O'Bryan:** Excellent. Oh, and congratulations on that publication!

**Dave Asprey:** Oh, thank you, Tom.



**Dr. O'Bryan:** Dave, let me ask this question. For someone who has not been exposed to the concepts of Bulletproof eating styles and who are experiencing it here today, how would you recommend they start?

**Dave Asprey:** The first thing to do is to download the Bulletproof Diet infographic. It's free. And, it's on the site. It's one of the first links there. This is a ton of references boiled down into a single thing that lets you make a better decision. Let's say you're going to eat some protein in your next meal. Which protein is least inflammatory and has the least anti-nutrients in it?

And, for instance, gluten would be in the red zone. And, something like grass-fed beef or eggs would be in the green zone. So, it's not that you necessarily have to only eat certain foods, and there's a bunch of "NO/YES," it's that some foods are a better choice than others. But, if you really love a certain food, you can see where it ranks.

So, I found, in the course of losing 100 pounds, and, certainly, along the way, I'd lose 30 pounds, gain 40, lose 20, gain 30. And, a lot of yo-yo dieting effects happen because you use your willpower. And, you say, "I'm going to be on a diet. I'm going to lose this weight." And, then it comes back because you go off the diet. **[45:00]** One day, you had a moment of weakness. You ate something you weren't supposed to eat. Ah, you failed! You're off the diet. What the heck? You sort of think to yourself, "Oh, screw it!"

Well, on the Bulletproof Diet, you can't do that. What you do, then, is you just make a better choice. And, if you, one day, make a worse choice or better choice, it doesn't matter. You're always on the Bulletproof Diet. And, maybe for this two-week period, you've decided to make choices that are all in the red zone. And, your skin is full of pimples. And, you have love handles you didn't have before. And, you're tired and your joints hurt. Well, okay. That's the outcome from eating in that part of the zone.

And, the outcome from eating in the green part of the zone is the opposite of that. But, it's not like you can really fail because every day, or at least on most days, you're going to eat something. So, if you're going to eat something, it fell somewhere on the spectrum. I'm just helping you understand where you landed so you can land at a better place.

The easiest way to get going, though, is eliminate gluten and all grains. If you have adrenal deficiency, or if you're a woman, the grain that's okay to eat is white rice. The only one I'd recommend and only in the evening. And, you would do that with dinner.

If you have no adrenal dysfunction, you probably only want to eat rice or sweet potatoes or something like that, a carbohydrate, once or twice a week so you have time for your



body to go into ketosis, this fat-burning mode that turns your brain on in a major way. But, if you stay in ketosis all the time, you drain your adrenal glands. So, you want to go into ketosis, come out of ketosis. Go into ketosis, come out of ketosis. And, on the Bulletproof Diet, it's pretty easy.

The Upgraded MCT Oil that's a part of the program helps you very easily go into ketosis. So, you do Bulletproof Coffee in the morning after a night of not eating, you're probably going to get some ketones in your blood, which is what you want. And, then, at night, a little bit of carbohydrate can help with sleep. So, all of a sudden, you're find you're eating really good quality meat and fish and eggs and vegetables. And, with your vegetables, their main function evolutionarily is as a carrier for butter. [Laughs]

You're trying to get fifty or seventy percent of your calories from fat. So, don't skimp on the butter. Put it on everything. Everything will taste better. And, while you're at it, add some sea salt, particularly Himalayan salt is really good. But, salt is important for adrenal function. And, people who cut their salt intake radically have an increase in a hormone called renin in the blood that's correlated with an increase in heart attacks. So, unless you're a specific type of salt-sensitive person with high blood pressure, [47:30] you actually will probably benefit and have more energy if you add a little bit of salt to this food that you're eating.

**Dr. O'Bryan:** Well, Dave, that's a wonderful summary of how to begin and how to look at this whole program. So, as I have reviewed your work on my own and have done experimenting with it for myself, I personally endorse that it is a valid approach that's well worth considering. And, as our listeners have heard me say so many times now, there is no one diet that's right for everyone. There's no one eating style that's right for everyone. There's some basic foundational concepts that will work very well for almost everyone. And, this is a safe one to consider. And, give it a shot and see what happens.

And, if you get amazing amounts of mental focus, you lose weight effortlessly, you stop cravings...if you find that your body is functioning at a higher performance level and you work with your healthcare practitioner to monitor you in some way to make sure that everything is on track and moving in the right direction, you may have found a ticket to...I don't want to say a ticket to paradise. But, certainly to a higher performance life, a higher level of consciousness, a sense of presence in the world, and a happier life. So, I would summarize it with that.

Dave, are there any last words that you would like to give to our listening audience, both the professionals and the general public that will be listening to you?



**Dave Asprey:** I would ask you to take a few minutes of time and check out the Bulletproof Executive blog at [bulletproofexec.com](http://bulletproofexec.com). There's nearly a quarter million words that I put on the blog that I put up for free. And, I'm pretty good at this anti-aging stuff, even though I'm not a doctor. And, I'm married to a doctor who co-authored a book with me. So, it's very information-rich. It's very referenced to medical science, so you can see the Pub Med references. You can see the rationale behind the recommendations there. Check it out.

There are doctors who print out the Bulletproof Diet and give it to their high-risk cardio patients. And, I even have some of them referenced on the site on the Bulletproof physician's list. If you're the kind of physician who is listening to a gluten-free summit and you treat people using a high-fat diet **[50:00]** and things like that, I actually maintain a directory of physicians. And, I'd love to add you to it. So, people who come to the blog--all 600,000 a month--can find caregivers and health care providers who are in alignment with this idea that you feel better, have less cravings and will probably live longer if you eat healthy amounts of the right kinds of fat. So, please help out.

And, if you want the info, it's free. I'm not asking for money or anything. I'm kind of upset that I spent \$300,000 and fifteen years of lots of suffering to get what should have come in my high school health classes. So, it's there. Please make use of it. Share it.

**Dr. O'Bryan:** Thank you very much for that. And, Dave, we're honored that you took the time to share this information with us and wish you much success in your future ventures. Thank you once again.

**Dave Asprey:** Thanks, Tom! Can't wait to talk again.

**Dr. O'Bryan:** You bet!



# The Gluten Summit

Brought to you by theDr.com

[theglutensummit.com](http://theglutensummit.com)

*A special thanks to our sponsors!*



**BIO-BOTANICAL RESEARCH INC.**

*Clinically effective formulations since 1987.*

