



## Energy4Life Podcast

### Episode #46

#### Navigating the Global Choice Point with Dave Asprey

Harry Massey 0:00

Welcome to the Energy4Life podcast where we explore the future of health and wellness to help you enhance your energy, health and purpose.

Harry Massey 0:10

Today we have a special episode for you, an exclusive interview with Dave Asprey for our upcoming Choice Point film 2020. Now, the film deals with the global choice point which we're all facing during this current pandemic and exploring really big ideas like health freedom and looking deeper into how choices we make today will determine our individual and collective future. Dave Asprey is a fantastic person to provide perspective on this. Not only is he the father of biohacking, a New York Times bestselling author of the bulletproof diet and founder of Bulletproof 360 is also a major proponent of health freedom, who has personally overcome darkness and uncertainty within his own life. Let's hear what he has to say.

So I'd like to begin by talking a bit about Deception and Truth. Now, at the moment it feels like most of the world is caught like a deer in the headlights. Everyone is in a sort of paralysis due to the pandemic crisis. And so many people feel like they can't possibly take action on time like this. Now, how do you think people can navigate this choice point to get through the crisis stronger than before, especially when the media fueled fear is having such a major impact on their thinking?

Dave Asprey 1:20

The big problem isn't actually people's thinking. The big problem is people's feeling. So what I've learned from writing books on the brain and on energy production systems, and from running a Neuroscience Institute called 40 years of Zen is that we will automatically and by default in our core cells, something is unavoidable for all humans will process our environment. And then decide how we feel about it. And then, decide what we think about the feelings and believe its Real. So right now, we're processing the environment, which includes no hugs, a lack of oxytocin that comes from hugs. And it also includes just a constant stream of fear, the death rates going to be really high, you know, you're not safe and you should look suspiciously at anyone around you and all the things that are frankly anti human, and not sustainable

Dave Asprey

and funny enough, haven't been sustainable in any of the other hundreds of plagues that have happened over the last thousands of years. Even after all those guess what

people do, we hug, we kiss we reproduce, we have meals together and we always well. So, this is an aberration, but the feelings of fear are totally real. So then you have to step back and say all right, is the feeling something that is based on the actual reality or is it based on some ancient fear based system and really it is. If you look at this and you say, all right, the death rate is going to be 5%, which they At the beginning, even though in every other one of these in recent history, they always come out about two years after the plague and say, Oh, we were wrong, it was about 65 times less than we thought it was going to be, oops, we just didn't know how many people were infected with those symptoms, the same things happening here already. But you could be sitting here going, even if it's 5%, you're still relatively safe, because that would be an average of 5%.

Dave Asprey

And if you look in Italy, say, well, who died? Who died the most? It turns out that people who died were on average 81 years old and had on average three existing conditions ahead of time ones that all were linked to the ways that the Coronavirus killed you. So now you got to look yourself and say Am I substantially under 81? Do I have one or more existing conditions? how healthy Am I think has gotten say okay Am I average because even if the death rate is 5% for average person, it's probably way less than that for you. Or maybe it's higher than that for you, in which case, maybe you ought to be a little bit afraid. And you should take some really good things like extra social isolation and all the other things that you could do even beyond what what most of us are doing as good corporate citizens. So I say corporate citizens, world citizens, but really pretty much corporate citizens is how it is in a lot of countries these days.

Dave Asprey

So what what does that mean? It means that the feeling of fear is real, the actual threat is not very real. And it's not this isn't important. It's not to say we don't want to track all these things. But is it worth destroying our economy? Is it worth destroying civil liberties? Is it worth destroying the fabric of society? over something like this, it's actually not in any rational thing. So you can sit back and say, Wow, look what's going on here and take a deep breath, and say, How do I support my community the best, how do I ensure my health as best as I can, and if you do that, you'll find That you can be relatively peaceful. And if you say, I don't have enough money, I just got fired. There's 26 million Americans who just in the last five weeks now are unemployed and probably more coming. You can still be relaxed and say, Well, the good news is, I don't have to pay rent for a while because I can't pay rent, and my landlord won't do anything about it. Trust me, they won't, and there will be government programs to help you out. And you're still in a very developed country where, really, you're not going to starve even if it feels like that. So just there is a feeling of safety that you can cultivate, and I think you should cultivate, and it's not a feeling of, you know, oh, everything will just be fine. You know, let's just ignore the problem is just to say like, it's a hackable problem. I am resilient, and I'm here as long as I'm here, and that's how you handle it.

Harry Massey 5:39

So let's build off that idea of controlling your own mindset and overcoming a fear. I consider you to be a person with a great amount of courage and will that How have you been able to cultivate that within yourself? And especially for people facing difficult circumstances right now, whether they're business owners or people who are employed and faced with choosing an entirely new direction How can I cultivate that faith in the unfolding of the future, and gain the courage and willpower to move in a new direction?

Dave Asprey 6:08

The first thing to understand about willpower is that it is a biological resource. My book called *Headstrong* hit the The New York Times science monthly bestseller list between *homo Deus* and *Sapiens*. It's I like to think it's a solid work of research and understanding of consciousness in the brain and what I came away with From after the years it takes to write a book like that, is that really, I would say almost incontrovertible evidence based on clinical studies as well as millennia of personal development practices in Ancient Knowledge all of this put together. So look, willpower comes from cellular biology. In order to have a Will you have to make electricity in your cells. And you make electricity from air and food inside a sub part of the cell called mitochondria.

Dave Asprey

And here's where this gets tied directly to Coronavirus. So you won't have willpower have more electrons floating around that don't have an urgent task. When you do that, magically, you have more willpower. And they're saying what Wait, how would I go about doing that? It's it's kind of like this. If your cell phone goes into power save mode, it's not quite as fast but it still works right before the battery shuts down, while 48% of people under age 40 according to research are Running in power save mode right now. In other words, they're not doing all they could do because their body knows they can't really effectively turn food and air into energy. It's called metabolic dysfunction. And then everyone over age 40 has early onset mitochondrial insufficiency. In other words, they're running in power save mode instead of full power mode. And we just call that aging.

Dave Asprey

Now, it's entirely hackable. And since what the Coronavirus is doing is it's breaking down hemoglobin in your cells, which carries oxygen, which makes it so that you have less oxygen throughout your body. What's the first thing that happens? Well, we all know this. If you've ever been hung over a really bad cold or flu, you wake up and you go, Oh, I don't want to get out of bed. What's going on here? What's going on here is your in the case of Coronavirus. Your cells are actually making less energy and that's that I don't want to get out of bed. And in all cases whether or not there's an attack on your oxygen carrying system. It comes down to the body says I only had so much energy That I could make right now. And what am I going to do with that energy? Am I going to use it for inflammation for immune response for repairing cells for raising your body's temperature and a fever? Or am I going to use it to get yourself out of bed and think positive about the day?

Dave Asprey

So most people, here's the thing, go to bed on time tonight, black out your room, get higher quality sleep, because it's correlated with better functioning mitochondria. Don't eat fried crap. Don't eat sugar, don't use alcohol as a way to get through the social isolation. Frankly, there are better drugs if you need drugs to get through it I'll call weakens your immune system like no one's business, it's a terrible thing to do. And smoking is even worse. Right? So if you're going to do it, I would tell you don't smoke anything good God, we got a thing that goes after your lungs. So if you're into such things you could eat something that contains cannabis if you really need an escape,

Dave Asprey

or you could do what a lot of people are offering for free online for the first time ever meditation. You can learn breathing exercises. And there's all kinds of ways to do that. But breathing exercises, more oxygen, more oxygen, more electrons, more electrons more willpower. eating the food doesn't cause inflammation. inflammation is simply electrons that didn't go into you that went into making you puffy. I don't mean fat, those are puffy electrons. So muffin top isn't usually fat, it's actually water and inflammation, and some of them might be fat. But if your muffin top gets big and shrinks, every time your muffin top is bigger when you wake up, that is a direct measure of how much less willpower you have that day. So you manage inflammation to have more willpower.

Dave Asprey

And then if you get if you catch yourself in these automatic negative thoughts this mean voice in your head. There's a very, very clear and direct line you can draw between that voice in yourself. And this comes more out of the personal development side of things. This comes out of the teachings and the findings from the 40 years of Zen neuroscience program. And it is that if you are thinking a negative thought, what what the Buddhists would call hindrances or aversion. those thoughts are actually not you. Those are the automated defense systems, your threat detection and aversion system that all animals have, including humans. It's designed to be in charge, because it doesn't even know that there's a conscious brain in there, that's you. It's the same thing that runs an ape or a zebra or, frankly, a cactus.

Dave Asprey

We have these basic rules that we run as life forms. And that comes up to the mean voice in your head. So if you wake up, go, Oh, the world's gonna end Look, that's a form of fear and aversion. And frankly, that is not even you talking. That is the automated self defense part of your meat, but it's not you. And you could sit here and go, Dave, now you sound like a crazy person. I, I have direct proof of this. You don't even need electrodes on your head the way I do it. All you have to do is think back to some time in your life where you accidentally leaned against a really hot surface like a hot stuff. Because what happened is you leaned against it, and then You pulled your hand away really fast before you got burned. And then you said to yourself, good thing I pulled my hand away so quickly.

Dave Asprey

Now, did you decide to pull your hand away to go? Oh, wow, that feels really hot. I guess I should move my hand away and decide to do it. Did you say my smell bacon? Oh no, that's my hand. I've got it. No, something that wasn't you pulled your hand away. And that thing is the same thing that says mean fearful, scary bad things to you in the middle of the night if you're worried about the Coronavirus. So the way for for achieving more willpower here is you simply say, all right, anytime you hear that voice, okay, it's there to serve me. It's not serving me right now. STF you literally stop listening to the voice. It has no power. And when you do that, your body eventually especially doing breathing exercises, meditation, it will learn Hey, you don't actually have to spend energy on that.

Dave Asprey

Because if you only make so much energy Every day, right then you can do. Your body can do protein folding, anti aging, digesting food, thinking, feeling emoting heartbeats, exercise, all those stuff loving kindness hating, worrying? Well, if you can spend a little bit less time worrying a little bit less time fear, it's actually not time, energy and the energy there goes back into self repair or goes back into willpower. So the fewer negative thoughts you have, the more you just accept them and just let them go. Instead of dwelling on them, the less electrons you're spending every day on them. And that is the path of willpower. It's more energy by eating the good foods, don't eat the bad foods, and stop throwing energy away on the thoughts that don't even do anything. And then meditate and do breathing exercises along the way. Oh, and coffee coffee gives you a power Hey.

Harry Massey 13:14

Right now, for instance, there's a tremendous amount of fear around the COVID-19 virus, and viruses in general. Whereas in reality, there are 380 trillion viruses in the human body at any moment in time. And in fact, they act as messengers to help our body learn and adapt to changing environments. Is it really the virus that's the problem? Or do you think it's our environment, whether internal or external?

Dave Asprey 13:40

Somewhere around 6-8% of your DNA is viral in origin. A lot of people don't know this. But we accumulate the genetic code of viruses in our heritable code. What that means is that viruses are pretty much unavoidable. You like going for a swim in the ocean, you are exposing yourself to billions of viruses, it is a wash and then, in fact, they're everywhere. So it's bacteria. And it is only a very recent phenomena where we actually had any knowledge or paranoia about about germs. And this came about, it turns out because of agriculture, when we started doing agriculture, maybe 10,000 years ago, people started getting crowded in cities with poor sanitation, and we had our first pandemics and we learned pretty quickly to be afraid of others. And to be afraid of others means anyone who looks different anyone from another town, they might be sick.

Dave Asprey

In fact, enough generations have that happens. And pretty, pretty soon you have xenophobia, and you have fear of germs. And people didn't necessarily know where what germs were or where they came from. But they didn't know people who were different were probably dangerous. And they're probably dangerous because we kept getting pandemics that traveler came into town and two weeks later or when people are sick, or you just don't know why. But over time, small families even evidence going back hundreds of years, oh, there's a pandemic, people would automatically go go isolate. In fact, some of the great works of the Enlightenment were made during plagues, because the people who could afford to, would go off into their summer cottage or something and not talk to them for six months. Well, they wrote something because of a plague.

Dave Asprey

So this idea that we're going to be virus free and we're going to somehow wash viruses away with rubbing alcohol. It's a fool's errand. If you were to right now, take a swab of what's going on around you in your just cleaned home, you would find an amazing array of bacteria and fungi. And how do I know this because my company called home biotic actually makes test kits, the first test kits that you can get that allow you to look at the presence from looking at the DNA of all of the different bacteria and all of the different fungi that are in your homes. Because toxic mold is a major issue. It's in 100 million homes and makes you more susceptible to viruses. And that's if it's in a home that's just been cleaned. So what the heck, how do you how do you fix this? Well, you can't, the only thing you can do is you can make yourself highly resilient. You literally want to make it so it's really hard for a virus to kill me as hard for bacteria to kill me. It's hard for anything to kill me, because my body's automated self defense systems work really well.

Dave Asprey

And this is why don't forget the vast majority 80% plus of people who get the COVID virus don't even know they got it because their systems work. And if you do the things that allow your system seems to work, the odds are that you probably won't get sick or I think I had a cold last week, I'm not really sure I woke up a little weird one day and I was fine. That's how we're supposed to be. And this is why diseases like diabetes, high blood pressure, cancer, Alzheimer's were unknown. In traditional societies where people rolled around in dirt all the time, because you live in a jungle, you can wash in the river, make a little soap from your fireplace and some animal fat. But it wasn't like we are now. So just you got to take a deep breath and say, How do I work on myself? Because when you do that, right, you are not going to have problems with viruses, like most people, and if you do, they're hackable, because you've got excess resilience, excess capacity, and that goes right down to the beginning of the conversation around willpower. The same stuff that gives you a power gives you immune function, and it's a highly functioning well oiled machine of a body

Harry Massey 17:35

Incredible. So if you have both your willpower and your health by giving your body more energy, we can take that a step further, and say that your entire experience of the

outside world is directly related to what's going on internally. Meaning you can also hack your reality. So where can people direct their energy and willpower right now, whether they are isolated or quarantined or social distancing or in a full lockdown To create incredible futures for themselves and change that in reality, right before their eyes.

Dave Asprey 18:07

You might ask yourself, then, hey, what am I supposed to do here? Because even if I don't believe the fearful voice in my head, they've just said 26 million people just don't have their jobs anymore. I think we might go into a recession or a depression or I don't know, but it looks like it's raining fire and locusts are coming. By the way, look around, there's no fire, there's no locusts. And you're actually at home. And you can order takeout and it magically shows up. Oh, so terrible. And you can go to Amazon and order stuff and it might take a little bit longer than one day to get there. Like, this is the best pandemic in the entire history of humanity. I'm serious. We're all at home or talking over zoom every day. You know how they used to do pandemics? You could only shout across the balcony if you had a neighbor. That- that was it because we didn't have phone systems for most of these things, much less the world at your fingertips and free streaming video and the ability to play video games all day long. And food delivery and pretty much electricity and water and everything just still works. So this is like child's play pandemic.

Dave Asprey

So just keep that in mind that you have more knowledge, wisdom and experience at your fingertips than the President of the United States had in 1950, or the king of any country had at any time before that, more than any intelligence agency anywhere more than all the librarians and all the universities 100 years ago, for free, just sitting right there. If you're willing to spend a few hundred bucks on books. Whoa, you could listen to podcasts. Yes, I happen to run a big one. But there's free courses online. So right now you could sit down and say, Well, you know, it's the end of the world. I'm just too worried. I can't really focus, I couldn't do anything. Or you could say, wait a minute, right now there's 26 million people looking for something to do. Maybe I can find something for them to do. Maybe they'd be willing to do it for less than they would have been willing to do it for before. And so if you're trying to start something, you can say, you know, guys, I need help. I don't have enough money to pay you anything more very much. But like, I'll make it worth your while. Like, let's, let's play. Let's create, let's do something.

Dave Asprey

So now is the best time ever to say, All right, I'm going to start something new. Because you don't have to shave every day. You don't have to commute. You don't have to put on certain appearances that actually take time especially if you're a woman, your your lack of makeup and clothes that takes you know, on average, 45 minutes in the morning if you're going to go do the professional business look. Oh, that's gone. You can replace that with 45 minutes of deep breathing exercises and stretching done for free over video. So saying, Oh look, I'm going to do this class, I'm going to do these things. And

then say, Well, I'm kind of feeling on fire this morning, I'll make my coffee, which by the way, didn't cost you five bucks, it cost you about 50 cents, maybe \$1 for really good quality coffee better than the stuff you were getting, after waiting in line for a long time on the way to work. And then you can go and you have the world at your fingertips, just like that. And if you want to learn a language, learn a language. And if you wanted to do anything else that's ever been on your, on your your list your to do list, you can do. All of MIT courses are online for free. There's literally poor countries now, where you can get a degree in MIT studies where you go to a local university and you just watch all the lectures from MIT. So like the world's your oyster, and that is the actual fact.

Dave Asprey 16:55

Right now is the time to learn. You can call anyone you can connect anyone and it It's easier than it ever has been. It just feels less easy. So that, that would be my biggest takeaway for you is it is possible to do things now, even if you just lost a job, even if you're worried about your rent. One thing about being worried about your rent is, well you're probably not paying it. So what's to worry about? Your landlords worried now and eventually you might have to move. But I promise you right now with 26 million people who are all out of work and all not making rent, they're gonna have to get in line to evict you. So you've basically got free rent for probably six months and the government will probably come in and save you. So that's how it is. I can say that I am not in a situation right now where I'm worried about making rent.

Dave Asprey

What you wouldn't know is that I used to weld truck frames for a living toy truck frames that were sent to the plant that is now the Tesla plant in Fremont, California. And if you had an early 90s Toyota pickup I apologize, but I have spent a lot of my early life worrying about writing And just being a month a month, where if I had an extra 50 bucks, I was pretty excited because then then I could pay off one of my credit cards a little bit more. So I would just tell you, the best time to start something new and to make a really big difference is when it feels like you have nothing to lose. And now maybe that time for you at which point, okay, great. Oh, what am I gonna lose? There's anything to lose. So start and swing really big. The worst you'll do is be right where you are. And that sounds a little bit crazy. Seriously, when it feels like the sky is falling. That's when the big dogs, people, the billionaires, they come in, they start buying everything. And you may not be a big dog, you may not be a billionaire, but that's also when you can start things because resources are freely available. People just want to do something, right? So you'll you'll get access to people you never would believe and just remember that this is the time of abundance.

Harry Massey 23:47

Was there a time in your life where you were at that place, struggling with money and managed to turn it around?

Dave Asprey 23:53



When I was 26, I made \$6 million. I was a co founder of a part of a company that held Google's first servers when it was just two guys and a computer. I imagine how far that's come in the last 20 or so years. But the sad thing is, I lost that \$6 million, two years later, when the company I worked for went bankrupt during the dot com crash. And all of a sudden all the roads in Silicon Valley that have just been full of traffic, they're empty. And all of the people who used to be working were riding their bikes around because we didn't know what to do. There was literally no work for all these people for two years. So I did what a lot of people decided to do. I said, I can't find a job anyway. I'm gonna go back to school. So I applied to go to business school. So did about 10 times more people than normal, because these are people who said, You know what? I think now's a great time to educate myself because there's a pause going on.

Dave Asprey

And during that time, I did get my degree and I managed to work full time while I got my degree. And the company that I worked for, made it through the crash. Not that first company, I got a new job. made it through the crash. And eventually was sold for \$600 million, even though it was going through an economic downturn, so it's not like, even though there are 26 million people without jobs, it's not like there isn't still stuff going on right now.

Dave Asprey

In my case, I didn't make any money other than my salary from that second job. And I was still living paycheck to paycheck. And I did that for about four years. And finally said, All right, I'll get a normal, mid level, mid level executive job and all of that. But took four years where I said, the I don't really know what's going to happen. But something else magic happened at the beginning of that. This is I said, since Nothing's going on, and I haven't I've just finished business school and I haven't started a new job. I'm gonna take three months off, and I am going to go to Asia. I'm going to learn to meditate from the Masters in Tibet. I am going to travel to China and I'm basically going to learn things that I've been wanting to learn about the esoteric side of things in a parts of the world where they were invented.

Dave Asprey

So I packed up my apartment and put on a backpack and spent three months doing this and this is during the time that I went to remote Western Tibet and then went to Mount Kailash, which is considered the holiest mountain in the world. And I had Yak butter tea on the side of the mountain that turned my brain back on. That was the inspiration for bulletproof coffee. And along the way, I had trekked to Annapurna base camp, and I damaged my knees really severely to the point I could barely walk and I knew I needed collagen protein to fix them, but you couldn't buy collagen protein back there. It wasn't a product.

Dave Asprey

So I went to a little Chinese restaurant along the side of the road. It was the only restaurant in the town and the walls are made out of mud and Yak dung. And I ordered the only collagen thing they had it was a bowl full of pig's ears, cold boiled pig's ears, the

worst meal I've ever had, and I ate them. The next day, I could walk you Because I just needed the building blocks for that. And you fast forward to today we've done 200 Million Cups of bulletproof coffee people have lost a million pounds on the bulletproof diet. We're the number two largest collagen, collagen company in the world. Selling collagen you find our stuff at Whole Foods, the bulletproof collagen, people put it in their coffee, like I taught them to do is become a major thing. Because of one trip that I took when I couldn't get a job.

Harry Massey 27:36

That is an amazing story. And what a perfect balance of Eastern and Western thought that inspired Bulletproof. How do you think we can bridge the knowledge gap between chemistry, Big Pharma, functional medicine, biohacking, etc on a larger scale, break down the barriers to create a more holistic and inclusive view of healthcare? And what are the advantages of doing so?

Dave Asprey 27:58

When I came back from my trip to Tibet, I'd had these constant thoughts about, you know, I've spent so much time in the anti aging nonprofit field, I have run a nonprofit, I have met people, three, sometimes even close to four times my age who are more energetic than I am people are doing really, really well. And there was there's this whole universe of anti aging that's unknown. And there's another group of people who are really into cognitive enhancement and smart drugs, and it's unknown. And then there's bodybuilders, and there's professional athletes and astronauts and neuroscientists, and no one talks to anyone. There were a lot of barriers.

Dave Asprey

So after a lot of thinking, I created this term called bio hacking. And it just got added to the English language as a new word in the Merriam Webster's dictionary, and my name is there in the online definition of it, which is remarkable and unexpected. But the definition that I wrote when I started talking about this is the article Science of changing the environment around you and inside of you so that you have full control of your own biology. Now, what does that mean? It means that that unites us all. It means that if you want to be the fastest person in the world, okay, that was controlling human biology, you just want to be calm in the face of a storm. You're controlling your biology. You want to be the best entrepreneur or controlling your biology. You want to have enough energy at the end of a long commute to come home and play with your kids. You're controlling your biology 150 years. Yes, you're controlling your biology.

Dave Asprey

And the key words are change the environment around you, and inside of you, and that unites people working on gut bacteria unites people working on on biochemistry, it unites people working on psychology, on emotions on on even the spiritual side of who and what we are. Because what's going on inside of you is partly your thoughts and partly your biology it's part chemical as part electrical, it's part magnetic. And Heck, it's part love. And it leaves room for people will argue very clearly it's part God, or gods, if they're polytheists, it doesn't really matter, because we're talking about is how do you

change that stuff to get what you want. And very specifically, I didn't patent or trademark the name. I said I want this to be a community movement. And today there's millions of self identified biohackers who are saying, you know what, I'm not a health and fitness guru. I'm not a, you know, health and wellness kind of interested person that didn't do it. For me, I actually wanted to be the best software developer in my company or in the world. I wanted to be the most impactful whatever. I wanted to be the best lover, I want to be the best friend, the best son or daughter or father, whatever it is that I wanted something more, very different than I wanted to be healthy.

Dave Asprey

That's actually just table stakes. And in order to do that, you have to unite all of those elements. And the way you bring it together is by understanding, it's about you having control of yourself and getting every single tool on the planet at every A single level to get you to do that, and we have a right to those tools doesn't mean we don't have to pay for them if there's someone else's tools, but we have a right to acquire them, access them and use them to make ourselves the very best, most powerful humans we can be. And when we share our progress via tracking with things like this ring that tracks my sleep quality, by sharing our data with others by using machine learning and big data, to learn the nature of human behavior, and to share what works with other people in a way that was unprecedented even 20 years ago, yeah, I'm talking about social media, email, even documentaries like this. Well, what we're going to find is that we know more about the human condition than we ever did in all of human history and therefore we can hack it.

Harry Massey 31:40

That absolutely sounds like the ideal. Unfortunately, it seems as if any scientist that comes out against mainstream medicine is immediately shunned, loses all credibility in the scientific community, or more often than not, is stripped of their ability to practice. What do you think is the mechanism behind that corruption?

Dave Asprey 31:57

There are two kinds of science. And it took me a very long time to understand this because I grew up with a kind of science in my family that has a big S. And this is Science as a religion. And what this means is that you tell yourself that you know how things work. Therefore, your picture of the world is the real one. And anyone who has a different picture of the world is a charlatan, a fraud, a quack, you pick your personal insult. And the line of thinking that is never spelled out is exactly this. That can't happen. Therefore, it didn't.

Dave Asprey

And this means that every time someone stands up and says I noticed that there's this interesting side effect. In fact, I'm a doctor. And I've noticed that in 20% of my patients Oh, and I tested for it, and when the doctor holds up their hand, then the people who are on the other side of the debate, usually it comes out of academia. And they're saying, well, that can't happen, therefore it didn't, therefore, you're lying. Therefore, you're a bad person. Therefore insert a smear campaign here. This happens not just in

medicine, it happens throughout academia. It is incredibly politicized. And right now most of academia is funded by private donations. It's no longer the National Institutes of Health. It's no longer the the venerated government bodies that have paid for this advanced research the national laboratories and things like that. It is quite often, oh, this billionaire donated 100 million dollars and we're going to focus on these things.

Dave Asprey

And then when it comes to medical schools, there is a very well known in the US collusion between that medical schools and pharmaceutical industries. And this actually goes way back to the 1930s. And in the 1930s, there was a guy whose name is Morris, either Fishburne or fish buying and forgetting his name, founder of the American Medical Association. And this guy wanted to purchase the most effective microscope on the market at the time, there were only five of them in existence, and they were just making groundbreaking discoveries. And when he couldn't do this, he said, All right, I am going to solve this problem. And this is right when there was a schism in medical science and the schism was our humans chemical, or our humans electrical.

Dave Asprey

And as you probably have figured out by now, we're both we have to make electrons from the chemicals so you can manipulate us one way or the other way. Are we magnetic Yes, because anytime there's an electrical flow, there's magnetism created so We're all three, are we light based? Actually, yeah, your DNA makes one photon of light every 40 seconds. And your mitochondria make a lot more than that. And the bacteria in your gut make even more than that. So which is it? Only science with a capital S with a religion would just assume and believe that it must be one of the above your all of it. And that's okay. But if you make that core assumption, and then you base your entire career, and your entire industry on believing that we're only chemical beings, you end up with very, very flawed behaviors. And that's how we ended up where we are today by ignoring that.

Dave Asprey

So back to Morris, at the AMA, what he did is he said, Well, when I can't buy this microscope, and the microscope that by the way, is proving the electrical nature of matter. I will literally use the power of the newly formed ama that I am running to run this guy out of business, and we'll start working with the pharmaceutical companies because it turns out that selling chemicals is terrible. terribly useful. It's very profitable. And now where did these chemicals come from? This is also something that is really interesting in the history of medicine and industry. We had a very large oil companies who came in and formed monopolies. We're talking about the times of Rockefeller. And well, what did they do with all of this oil of certainly they did the railroads, and they made energy from it. But they also very quickly realized, Oh, we can spin off chemical companies from this because petroleum is what you can use as raw material to make most of the chemicals that are out there, including plastics, etc, etc. So the spinouts from oil was chemical companies. Now the chemical companies said what are the most

valuable chemicals of all? Well, certainly pesticides and herbicides work really well. Thanks, Monsanto. I mean, Bayer,

Dave Asprey

But it gets even worse because they said, Well, what are the most expensive chemicals even beyond that, oh, medicines, right. So it Turns out, we have this legacy of Big Oil equals big chemistry equals Big Pharma. And that's not say oil isn't useful. I really like oil, it's done a lot for the world. It's also something we need to manage, because causing pollution and other problems like that. I really like chemicals because we wouldn't be having this conversation without them. I just don't want the wrong ones in my body or my environment. And I really like drugs, because frankly, I probably would have died by now without antibiotics. On occasion, they're very, very useful. I just would like the ability to choose which ones I use and to pay a fair price for them. And the system we have set up right now, for whatever reason, is not like that. And I think it's fantastic that companies can go out there, or just individual inventors who maybe haven't started a company and they can say, Hey, I have this concoction. I believe it works. In fact, I think you should inject yourself that you should swallow it. You should stick it somewhere else, you know like transdermal skin deliver Whatever, right? I love that. And we have the whole ability to have nutrients, I formulate nutrients for bulletproof. And so we can have supplements. And we've had things like NAD, which are profound anti aging compounds, new peptides stuff I just wrote about in superhuman, where we are literally extending human lifespan with some of the stuff and guess what a lot of it's not pharmaceutical. So I love that any company can make anything and offer me the ability to stick it in on or anywhere else that they can think of. I also like it that I am allowed to say I don't want that one. Thank you very much. I didn't want your low fat, garbage propaganda. I used to weigh 300 pounds because of a low fat diet and excessive exercise and other things. I had to hack that. Thus was born the bulletproof diet, which certainly not low calorie or low fat, but hey, 10.3% body fat, I'm okay with that. So, who gets to decide? Is it me or is it someone else? I will tell you, it's me and if someone tells me I have to eat something I don't want to eat, I have to take a drug I don't want to take have to do anything else I don't want to do. There's really only one rational response to that is to say, No, thank you. And if they tell you, I'm not giving your choice, then you tell them, it's gonna really hurt to try and give that to me.

Harry Massey 38:58

And that brings us to the main Question at the heart of it all – why is Health Freedom so important?

Dave Asprey 39:04

The founding fathers of the United States decided that they were going to sit down and write things like the Constitution and the Bill of Rights. Well, who are these guys? They were guys. There were no women. There were Oh, wait, they're all white guys. And they were all businesspeople and attorneys, which is why today, the US has something like 30 or 40% of the world's attorneys just are in the US. And there was only one doctor, his name is Dr. Benjamin Rush, um, who was amongst all of these business people. And he stood up and he said, How can you have a right to free speech? How can you have a

right to bear arms? If you don't have a right to medical freedom, it says you get to choose what medical treatments you want, and no one else gets to choose for you. He said if we do not enshrine this right in our founding documents, it will lead to inevitable tyranny. direct quote from Benjamin Rush, by the way, I've mentioned that in my book headstrong and probably also In, in superhuman rampaging but because this is so terribly important.

Dave Asprey

And the way that's reflected today is the fact that in the US, the large pharmaceutical companies have actually had it written into law, by the way, they are allowed to donate unlimited amounts to the government now. But after magically something like that happened, it's really a law that the US government is not allowed to negotiate drug prices. But in most other countries on the planet, the government gets in and says, Hey, you guys are completely screwing our population. But in the US, there's no protections like that whatsoever. And what's terribly important is that if you allow regulators who oftentimes are not even elected and very often are serving as the tools of enforcement for monopolies, and I don't mean in the medical industry, I'm talking about building standards. It's great to have building standards. In some cities, there's so many building standards, that you spend more money and time on those than you do building a house. house and it creates a huge amount of work and people who can charge a lot more and it's spread throughout the entire economy.

Dave Asprey

You can find someone who's incredibly good at healing, who may have trained in the wrong country, and they are not a licensed doctor. But they can do the work and you want to pay them to do the work and you value their work. How is it ethical, legal, or at any level, okay, for anyone to step in and say that I am not allowed to pay someone to do something to my body that I want them to do. It is simply not okay. In fact, I would say it's a violation of basic human rights. Now, why is it set up that way? It's easy. It's a union. Now I'm married to a medical doctor trained at the Karolinska Institute so my best friends are doctors, doctors recommend what's going on the best. Doctors actually write recommendations on the back of my books. And so I love that there's licensing of the medical board.

Dave Asprey

However, when it is illegal for me to see someone else, or it's illegal for me to go to a doctor who does what I want, because it's illegal for the doctor to do a certain type of treatment, because some other group with special interests that may or may not be disclosed, has said, it doesn't work, even if it does, or better yet, what's going on with the virus right now? Well, we don't know that that works. So you're not allowed to do it. You don't know that it doesn't work either, my friends because no one's tried it. So we have this weird, completely irrational situation where the regulatory powers in in charge of things or at least claiming to be in charge of things are saying, well, since nothing is proven to work, the standard of care is people get sick, we put them in the hospital, we give them IV fluids until they need a ventilator. That's actually something that's happening in hospitals right now. Now, I don't know about you, but I would prefer

to not go to hospital and I would prefer to do everything including Vitamin C, the big scary vitamin C.

Dave Asprey

Wait, actually, it probably works. In fact, we know the mechanism of action for why it probably works. And we also know it's unlikely to cause any harm. And why are hospitals and doctors not allowed to experiment with things that they think might work? until they find something that does? Why are they not? Well, why are they talking about it? Why are they afraid to do it? It's because of insurance. It's because of regulation. And it's because there's a lack of medical freedom both for practitioners and for people like, like us. The other thing that's entirely not okay, is if you decide that you'd like to purchase a substance, for use in your body, so you can be younger, you can be healthier, so you don't have to go to the doctor. Right now in most countries, you have to go to someone in a white lab coat, pay them a bunch of money and they write you a permission slip. And then you go to another person who has a key and a lock who's locked away all the things you want to get And then you have to pay them more than the cost of those things. Why are we doing this again?

Dave Asprey

I don't know.

Dave Asprey

It doesn't make any sense except there's a big trade union protecting pharmacists. And there's a big trade union protecting doctors and there's a big pharmaceutical industry protecting very high margins there. All of that is against medical freedom, you should have a right in fact, you do have a fundamental enshrined human rights that no one can take away to own your own biology. And this means any cell that's from your body to anything you want with it and stick it anywhere you want inside your own body. You can take any substance you want even something that's stupid, and you can mess yourself up or you can make yourself better. And no one can say that that's not okay for you to do it. And if they do, they are an enemy of humanity.

Harry Massey 44:53

Well, we'll end on that note. That was amazing.

Thank you, Dave Asprey.

And thank you for joining us.

Harry Massey 44:59

Thanks for listening to the Energy4Life podcast. Now, if you like our show, or you want to try out bioenergetics for yourself, check out our website [energy4life.com](http://energy4life.com). Or if you're a practitioner who wants to try out the system on a trial in your clinic, go to [neshealth.com](http://neshealth.com). Looking forward to you joining us on iTunes or Spotify. If you enjoyed the show, please take the time to rate review and of course share. Thank you and see you again soon!