

Dave Asprey ([00:00:01](#)):

You are listening to the Human Upgrade with Dave Asprey. Do you use ghee or olive oil? What kinds of oils do you

Mark Hyman ([00:00:10](#)):

Recommend?

Dave Asprey ([00:00:10](#)):

Kits?

Mark Hyman ([00:00:11](#)):

Yeah. The main cooking fat in the cookbook is gh, and there's olive oil in there. I use duck fat Tao, but the main cooking fat in there, I think it's really accessible for parents too, is ghee.

Dave Asprey ([00:00:28](#)):

Yep. And in my house and in the Bulletproof Diet, it's always been GH Tao duck fat, which is not quite as good as Tao, but still pretty good or rendered lard from pasture raised pigs that didn't eat corn and soy, which is decent, but not amazing. And maybe some coconut oil or palm oil if you need to. Or the local restaurant wants to use palm oil that's as safe oil. It's just not as good as the others. So that's amazing for kids. And what happens when kids start eating those kinds of oils?

Mark Hyman ([00:01:02](#)):

Well, I think it's good for their brains. Yeah, it's good for their bodies. I mean, they're growing so rapidly that I think it just feeds their brains.

Dave Asprey ([00:01:14](#)):

It definitely, in the studies I've seen, it feeds their brains. It also accelerates their metabolism. Saturated fats warm you up. The polyunsaturated fats, slow metabolic rate. And when you first eat only plant oils for about six weeks, you get high from it because your body panics and gives you extra thyroid hormone until your thyroid runs out of the ability to do that. And then your metabolism starts to slow. In fact, it's omega six fats that cause bears to hibernate in the winter. If you give them butter, they don't hibernate. They just keep going. So I don't want my kids hibernating. It doesn't seem like it's good for them. And so that's one of the things. It's energy and it's also satiety.

([00:01:58](#)):

There's a couple stories that come up for me. One of them is incredibly bougie, but we feed our kids in the morning. It was back when they were younger, it was avocados and smoked salmon for breakfast because smoked salmon from Costco, you can get sockeye salmon. It's actually surprisingly cheap, more expensive than bologna, but not that much more expensive. And we would do that with some sort of grain-free wrap that we would put together for 'em, and they loved it. But then one day, my son, as all toddlers do, I didn't want to. And I said, Hey, some kids who go to school don't get any breakfast, or maybe they just get a bag of chips. You're really lucky to have smoked salmon. And he looks at me, almost has tears and says, he goes, you mean their mommies don't make them because this is what he wanted for breakfast?

([00:02:50](#)):

He goes, you mean their mommies don't make them bacon and duck eggs for breakfast? Because our local farm had duck eggs. So he's having the best food on the planet, and he is just mad because he didn't

get that food instead of the other best food on the planet. And I just was shaking my head going, you have no idea. But he did eat the smoked salmon, so that was good. Love it. And then my daughter came home from kindergarten or first grade or whatever, and she says, daddy, as soon as I get to school, the teachers try to make me eat and I'm not hungry. I just had breakfast. How can the other kids eat? Don't they have breakfast? And I said, well, ask 'em what they have. And she comes back and says, little Susie or whatever her name, she had a green apple for breakfast. And I said, well, if you ate a green apple, would you be hungry? And she said, yeah. I go, that's why the teachers are doing it. So we had to actually sit down with the teachers and say, don't make my kid eat if she's not hungry.

(00:03:47):

How do you handle that with your kids?

Mark Hyman (00:03:49):

Well, I think that, I talk about this in the cookbook. We snack. I want my kids to come to breakfast. I want them eat meals over snacks

(00:04:04):

And to honor their body. If they're saying they're not hungry, I'm not going to force 'em to eat. They know their body. I don't know their body. But I think that what happens, and I'm guilty of this, so I'm not perfect, is when my kids have oversnacked, they aren't going to come to the table hungry. They are going to pick around. There's a new food that I want them to eat. They're less likely to eat it if they're not hungry. And I think that snacks are just, they're just marketed to school's, preschools, all of us. We live in a snack kind of obsessed world. And so I think that snacks are fine, but I try to be mindful about them because I really do think sitting down and having real meals is what is the healthiest and keeps us full and feeling better than grazing all day.

Dave Asprey (00:04:59):

One of the things that worked for me when the kids were protesting new foods is I only had to do this once actually. I said, you know what? I'm so happy that you've decided to join me in an intermittent fast. It turns out our bodies could live for 60 whole days or more without dying of starvation, even if we're really hungry. So let's both put our food in the fridge and we can intermittent fast as long as you like. And instead of the normal thing, which is parents, we innately feel that we are starving if our child is hungry because we're wired by mother nature to make sure our kids eat. It's a very deep, visceral parental response, but it's automated in your body's operating system. And when I said that just to me fine, and then he ate and he never pulled it again because they eat what we eat. The downside though is to go to a restaurant, there's no kids' menu. It's

Mark Hyman (00:05:56):

Expensive

Dave Asprey (00:05:57):

At the kid's menu. And they're like, what is this crap? Are you serious? Macaroni and cheese and fish sticks. We would feel our tummies were hurt if we ate that. We're not going to eat that. They have eaten it once or twice and their tummies hurt and we're done with that. So it is expensive. You go out to eat, they eat the salmon or they eat the steak because that's what they have at restaurants that's edible and all this lasagna with whatever chemicals in it, it doesn't work. Everyone's hung or gets a headache after they eat that it tastes good, but it's not a good choice. So yeah, it's quite expensive, but that's why we eat at home a lot.

Mark Hyman ([00:06:30](#)):

And I say that a lot too. The cookbook is marketed as kid food, but the they're family recipes, therefore it's adult, adult food, kid food. It's the same thing. And that's what I'm trying to, I had to market the book, but I want this to be for parents. We have to eat the same foods as our kids because we're modeling what we want them to be eating. So they need to see us eating the foods that we want them to be enjoying. And they're not the exception, I think at the dinner table. Sounds exhausting to be cooking two different meals anyways, but I want my kids to see us enjoying the foods with them.

Dave Asprey ([00:07:14](#)):

How many dishwashers do you have?

Mark Hyman ([00:07:16](#)):

We don't have a dishwasher.

Dave Asprey ([00:07:17](#)):

Holy crap. You a farm and a dishwasher. Are you a masochist?

Mark Hyman ([00:07:22](#)):

Yes. We do not have a dishwasher. Yeah, we have a small house, small kitchen. I'm actually at my friend's house right now. My house is too crazy to be doing an interview at. But no,

Dave Asprey ([00:07:37](#)):

Too small kids. I get it.

Mark Hyman ([00:07:38](#)):

Yeah. But yeah, no, we do not have, we have a dog, so he's our Oh,

Dave Asprey ([00:07:42](#)):

Similar.

Mark Hyman ([00:07:43](#)):

Yeah, so he does a lot of the cleanup, but yeah, no dishwasher.

Dave Asprey ([00:07:48](#)):

Wow. So one of the things that, because doing three meals a day, usually with the kids, and it's just too many dishes. So I lobbied very hard to get a second dishwasher put in, and it changed our lives. It saved at least 45 minutes a day.

Mark Hyman ([00:08:02](#)):

That's awesome.

Dave Asprey ([00:08:02](#)):

You just set the table out of one dishwasher and cleared into the other and oh my God. It was literally so much more quality time with the kids. But our dogs don't eat people food because when they do, they fart all over the place and it didn't work for them. So they just eat raw meat and they're much happier.

Mark Hyman (00:08:19):

Our dogs don't have the best diet, but yeah, no dishwashers. So we just, there's a lot of dishes. There's a lot of dishes. But I've gotten efficient. I've never had a dishwasher, so I don't know. I don't know the difference.

Dave Asprey (00:08:33):

Maybe

Mark Hyman (00:08:33):

That's it.

Dave Asprey (00:08:34):

Hat's off. That's impressive. I thought you were going to say you had one. I was going to upsell you on two, but yeah, I know.

Mark Hyman (00:08:42):

Wow. Yeah,

Dave Asprey (00:08:43):

It does become for a lot of parents though, especially if you have a normal job with a normal commute, the amount of time it takes to do food prep, even if you're not doing the crazy vegan thing, I used to where it's two hours of soaking and blending and sprouting and all that crap. It can be just overwhelming. So what's the fastest recipe in your book?

Mark Hyman (00:09:04):

Oh gosh, you're putting me on the spot. The fastest recipe, I do mean eggs. I think that's sort of my lazy dinner, is doing some sort of an omelet or a quiche, just a quick stove top eggs, which I have in here, but I do a lot of, I call 'em just pancakes, but these two ingredient pancakes where it's eggs and either meat and you can doll up it with some yogurt or some herbs on top, but I kind of do these little blender meat or vegetable pancakes with eggs and just fry 'em up. And that can be a meal with a little side. But the recipes are, all the recipes in the book are catered towards busy parents because I'm there. I don't want to be spending out, but you are cooking, they are still recipes. You are still cooking, but they are busy parents with jobs in mind.

Dave Asprey (00:10:09):

It's so tempting to go to Uber Eats or somebody and just have some seed oil soaked, slightly cold restaurant food sent to your house that's expensive and you feel like you're saving time. And then you realize your trash can is full. You got to take the trash out and you had to tip the delivery guy and you just realize you didn't save time when you did that. And when you become efficient in your kitchen, which parenting drives kitchen efficiency in a way that's insane when you do that. Oh, I cooked the entire thing in one pot. We did a lot of soups. I love the omelet thing. It works really well. And we throw the veggies and the meat and the pans. I'll tame a little bit, take some blended raw egg stuff and pour it on. And there you go. It is an actual protein and fat rich healthy meal unless you're allergic to eggs, which a lot of kids are these days. So I love that it's one pan or maybe two if you have to do two at a time. So I'd love that you put that in the

Mark Hyman (00:11:06):

Cookbook. And there's a lot of sheet pans and sheet pan meals in the cookbook as well. So it's kind of same idea, one pan and in the oven and just got to chop a little bit.

Dave Asprey (00:11:17):

It's totally manageable. Why does it take up to 30 exposures for a baby to get used to a particular food?

Mark Hyman (00:11:27):

So this is what I learned from a feeding specialist, a child feeding specialist. And I think that, and most kids, it's not up to 30, but it can take up to 30 exposures. And I think that kids, there can be a fear around a new food or what it looks like, what it feels like in their mouth. And it goes back to that kind of your modeling what you want your kids to eat. So even if your kid doesn't eat something, or I always encourage parents don't say, my kid doesn't like this anymore. They're learning. They're still learning. They're new eaters. So I think if you want your kids to beets continue to serve them maybe in different ways, but even if they're not eating, I think it's still important to have 'em on the plate. And also not, I don't think we should let our kids hear us say, oh, they don't like that, or They're not going to eat that. And I've had to catch myself with like, oh, she's not going to eat that. And we don't know. They'll surprise us and they go through phases and that's just part of toddlerhood and young children. But I think that the 30 exposures is a real, it's a high number, but it's a real kind of real study that, yeah, it can take a while. So don't give up on if your kid turns their nose up at broccoli. Keep going.

Dave Asprey (00:12:56):

One of the things that I learned as a parent, as a farming parent is that if my kids usually liked say broccoli or some sort of a food, and then one night, I don't want to eat that. I used to just make him eat it. Come on, that's what you do. And what I noticed was that those are the nights when I wouldn't feel good after dinner and the kids would misbehave and they'd have tummy aches. And eventually I realized that there is something called there alternaria brassica, which is the type of mold that grows in brassicas, which is broccoli and cabbage and things like that. And it grows when they're wet. I live in Canada where it's always wet, and most of the research on that particular mold is from Russia. But I would notice too, in those nights, I got a weird headache and I'm sort of seeing colors.

(00:13:46):

It's called alternaria because it makes you see colors and it rips up your gut and it's just not good for you. So I realized my kids were using their internal radar to say, I don't want to eat that. So after a while, especially after age five, I'm like, okay, if they always like this, but this time they don't want to eat it, I probably shouldn't eat it either, because some part of them knows. And then it is down to training versus intuition. And I still wouldn't say that I've at all mastered it, but I noticed it enough that I always thought twice. But that's only after they're used to it and they like it. And if they suddenly don't want to eat it that one time, you might ask 'em why. And if they don't know why, maybe it's all right to skip it. Do you do that?

Mark Hyman (00:14:28):

Oh, totally. And it's hard, but I try and it goes back to I can control what goes on the plate, but they ultimately control what goes into their mouth. And I want the dinner table to be a joyful place. And I think if we try and micromanage too much, it turns into not an enjoyable experience, but I do. Yeah, exactly. If my daughter's saying my tummy hurts or I'm full, I don't want her to ignore her intuition. She knows how she feels. I don't. And our kind of rule for the most part is we will save. That's okay. You don't have to eat, but we'll save this for later. No snacks.

Dave Asprey (00:15:12):

One of my favorite types of recipes, even on the Bulletproof Diet, which works for kids, but it's designed for anyone, is purees. And my all time favorite is like a cauliflower mash boil or steam or roast cauliflower, blend it with some butter or some GH or whatever, and it tastes good. In fact, I had that for lunch with my son today, and we threw some chunks of steak on it, and that was a very fast one pan meal with probably three tablespoons of dried herbs to get all the polyphenols and we're full and happy after that. You have some amazing recipes like that in your book as well, but you do some interesting stuff. You talk about using duck fat or olive oil. So when you're doing your deviled cauliflower mash, which is similar, but it's got a unique take. Do you remember that recipe off the top of your head?

Mark Hyman (00:16:04):

I remember most of the components, but I add a hard boiled egg yolk to it, which makes it, and I've even since then, I'll sometimes add two or three, but it makes it extra creamy, extra nutritious, extra fatty. It's delicious.

Dave Asprey (00:16:20):

And you also add some yogurt or goat or cow, or you don't have it in your recipe, but I use sheep yogurt whenever I can. The best you can get from human compatibility. And you do that, which gives it a real cheesy kind of flavor along with some thyme. So that's the kind of recipe I had not thought of adding a hard boiled egg yo. But I can see how that would be more of that deviled egg consistency. So there's really good flavors and that's going to fill you up because of the fat, and you're going to pair it probably with some kind of protein. Right. What's your favorite protein to eat with something like a double cauliflower mesh?

Mark Hyman (00:16:54):

Oh, like a steak. I think it's steak. And then just doing the fork. Fork, the steak. Dip it in the mash. Yeah,

Dave Asprey (00:17:04):

It's heavenly when you do that. I dunno if it reminds me of childhood or something, but it's better than mashed potatoes. The other thing that I've been doing for a long time is if I'm in a hurry, I will take some of the, I used to use the bulletproof collagen back when I was involved with the company, but I will take a grass fed collagen protein and I will take a few scoops of that and put it in there, and it's invisible. You cannot taste it. You cannot see it. Kids don't even know it's there. I tell them though, I want 'em to know. And then all of a sudden you just added 60 grams of high quality animal protein to a meal that helps to build their connective tissue in their skin and they don't see it. They would a steak even though they want the steak. So that's kind of my secret. I'll add that to almost any recipe in your book and you can't

Mark Hyman (00:17:52):

Tell. I like that. I like that.

Dave Asprey (00:17:54):

Alright, when kids are eight months and beyond, pediatricians say, don't give salt to babies. But you talk about giving salt to babies, how dare you.

Mark Hyman (00:18:08):

Yeah, I think that, again, I wrote the book with, I want people to take what they're most comfortable with. So I use salt sparingly in recipes for the minerals and it can help with digestion and help increase the nutrients of the food.

Dave Asprey ([00:18:28](#)):

Why would you use it sparingly? That doesn't seem to make any

Mark Hyman ([00:18:30](#)):

Sense. Well, I mean I use it cut of sparingly, but you would have a heavy hand it sounds like. So I think go with whatever you're comfortable with, but yeah. Yeah, I use salt in the cookbook and if you Google salt and baby, I mean no one when I was starting to feed my children. Yeah, no salt. Anytime you have a recipe out there with salt, it's like don't give this to babies under one. And just through my own kind of reading up on it, I agreed to disagree.

Dave Asprey ([00:19:09](#)):

What did you find in your research on salt and digestion and babies?

Mark Hyman ([00:19:13](#)):

Well, I like the cookbook that was the most inspiring to me, or the book was Nourishing Traditions by Sally Fallon. Yeah, it really is. And I give her a lot of credit to making me feel more confident as a mom in the choices that I was making in the kitchen for my children. And she kind of gets into the talking about salt and children. I kind of felt more comfortable and than not

Dave Asprey ([00:19:45](#)):

Almost 20 years ago when I was running Palo Alto's first anti-aging nonprofit education group, before I started the bio movement, I gave this really carefully research talk on salt and the history of why we decided salt was bad for us. It's not. We used to eat about 20 grams of salt today because we didn't have refrigerators and all of our meat and all of our fish was salted and it did not cause high blood pressure, did not cause problems. It gave us a ton of minerals. And so our salt consumption has dropped so much that if you were to follow the FDA's guidelines and why anyone would listen to them after the last three or four years, I don't know. But if you still followed their guidelines and had less than 2.4 grams of salt a day for an adult that is so low that it increases your heart attack risk because when sodium is too low, it increases stress, which increases a hormone in the blood called reit, which increases heart attack risk.

([00:20:46](#)):

But if you were to instead have four grams, or when I do eight grams a day for my body weight and to keep my blood pressure where I want it, it completely changes your digestion, changes your life. And if you're on a keto or a carnivore diet, you need even more. So the idea that your baby is supposed to not have salt, even though salt helps with a stress response, no, you probably don't want to have a heavy hand of salt, but you do want a little bit of salt because we're made out of saltwater. And how's your baby supposed to hydrate if it doesn't have a little bit of salt? So that advice is absurd. It's wrongheaded and it doesn't make any sense. So the idea that somehow baby's a little aliens that don't need normal nutrients, a lot of that's overblown. But don't give your little babies, honey, that seems like that might be a problem.

Andrea Bemis ([00:21:36](#)):

The power of regenerative agriculture, starting with the seed and the farm and the soil, the produce more nutrient dense food and it's better for you, that is actually more profitable for the farmers that conserves water, that eliminates the need for agrichemicals, that helps to mitigate climate change and drought and floods and makes the farmer 20 times as much money and in the same time draws carbon out of the atmosphere, puts it in the soil where it belongs. I mean, one third of all the carbon today in the atmosphere from climate change, one third comes from soil erosion, from the loss of organic matter in the soil as a result of overt tillage and the use of antibiotics on the soil. What I mean by antibiotics like

glyphosate is a microbiome destroying compound that's used on the soil. It's on 70% of all crops. It's the most abundant agrochemical user around the world. It's like hundreds of millions of pounds of this stuff every year. Billions of pounds. I think it's ridiculous. Shame out they use know Mark,

Dave Asprey ([00:22:32](#)):

If I wasn't already taken, I think I would want to marry you. I know

Andrea Bemis ([00:22:38](#)):

We have a M going on here,

Dave Asprey ([00:22:40](#)):

But what you're saying, yeah, it's why I live on a small farm. It's why I'm building soil. It's why I eat when I grow and it makes such a difference. And you can see where the animals poop. The plants are twice as tall, and I put it on my Instagram channel. I'm like, look, do you see this line right here? That's where the fence was. This is where the sheep poop. This is where there is no sheep poop and we want to fix the planet. Elon Musk is saying, I'm going to spend a hundred million dollars on carbon capture. I'm like, it's called farming done.

Andrea Bemis ([00:23:09](#)):

That

Dave Asprey ([00:23:09](#)):

Is the biggest carbon capture we can have. And it makes you live longer and healthier and you eat the stuff that comes off that land. There's no loser in the system except Big Ag in Monsanto,

Andrea Bemis ([00:23:17](#)):

Right? It's true. There are some losers. And what's really fascinating is looking, even this is not some left wing opinion thing. The UN has come out and said, if we take 2 million of the 5 million degraded hectares of land around the world that has been degraded through modern agriculture and we converted to regenerative agriculture, incorporating animals in the ecosystem to build soil, it would cost \$300 billion, which is basically less than we spend for Medicare and diabetes every year. And also, I mean, we spend \$3.7 trillion in America directing direct costs for obesity and diabetes, 3.7 trillion. We're talking about 300 million, could convert two of those million hectares of land into regenerative ag agriculture, which stop climate change for 20 years, giving us more time to figure things out and it would produce better food, more food. And the thing is people understand is like, well, we could be all vegans to save the planet.

([00:24:13](#)):

And then climate change and factory farming is an abomination. It's better for the animals, it's better for humans who eat them. It's better for the planet. A hundred percent, we should ban them. They should be no longer on the planet. We should get rid of every single one. I was just talking to my friend Kelly Brett out, he said, there's like 69 million chickens and 30 million hogs in North Carolina's one county, and it's just so toxic and polluted. It's horrifying. That does not mean that in done in the right way, according to ecological principles, incorporating animals into an overall ecosystem on a farm is a bad thing. In fact, it's a necessary thing. And then you could literally stop climate change for 20 years giving us runway to figure things out. So we really need to move that direction. And under the Biden administration, they've now talking about creating an initiative, our regenerative agriculture.

([00:24:58](#)):

I've been working with administration and trying to get farmers and others involved in communicating these ideas. And I think there's a real openness to it. And what's interesting is when you do that, when you eat in a way that is choosing, and by the way, there's very few regenerative farms out there, so you really need to hunt and seriously gather for these places. But they're out there and they're resourced in the book, but the more people ask for it, demand it, encourage it. More people shop at farmer's markets, go to their community, support agriculture, buy online for regenerative farmers like Bel Campo or Mariposa Ranch and others. And I think Gabe Brown, I forget the name of his regenerative product company, but he's got a great regenerative meat service as well. If you do that, you start to move the market, right? You start to move the market and you see what's happening with all these health brands that it's really driving the marketplace. That's why General Mills and Danone have literally funding millions of acres of regenerative farming in America, which is really exciting to me. And maybe it's greenwashing, but I don't think so. I think they're recognizing their supply chain is threatened by the way we grow food. And so they want to keep having the raw materials.

Dave Asprey ([00:26:03](#)):

Walmart did the same thing a while ago. They said, we want more organic stuff. And oh, wait, if we bought as much organic cotton as we want, we would buy more than is made in the world. Therefore, we have to change the world to make the stuff we want to buy. That's right. So the power of big business to realize we won't buy industrial animals that deplete the soil and we won't buy plants grown on depleted soil. They will have to stay in business, do what's right for the planet and what's right for us. Just make food that's worth eating.

Andrea Bemis ([00:26:32](#)):

Absolutely. And Walmart is the biggest organic grocer in America. People don't know that. So one, it regenerates the health of the planet and the soil and the animal. It's all good on that one. But what's even more interesting is the role of this type of farming in generating much more nutrient dense food for us humans that has these phytochemicals that literally can reverse disease and produce food, real food that's good for us and good for the planet. So this is the win-win, win, win win across the game. It's good for the farmers. We're squeezed between the banks and the agrochemical companies and the crop insurance and the government. It's good for the ecosystems that regenerate and bring back pollinator species. It brings back conserves water resources that are depleted around the world. It builds soil, which we're losing an incredibly accelerated rate. So ske a win-win when, and it generates products and food products that are more nutrient dense and more healthy.

([00:27:24](#)):

So Gabe Brown on his farm, they've been testing their carrots and their vegetables and they have far more phytochemicals than the traditional farms. And what's even more amazing, I literally just got an article in my inbox this week about how, and I have a chapter here about is mead medicine basically. And I know it's a controversial title that's not going to piss one off. That's the title that's going to be a little provocative. I mean, what's so fun about it is that I've been learning from guys like Fred Provenza, who's a rangeland scientist who's working with scientists at Duke University actually analyzing the differences in phytonutrient content. And I said this right, phytonutrient content in meat that's grown. And what that means is that if the animals are foraging on wild plants or on lots of different varieties, like a hundred different varieties of various plants, each of which has its own phytonutrient content and composition, each of which has very unique vitamins or minerals or other compounds, the animals seek this out. So their animals are smart. They know how to eat for nourishment. They know how to eat for health. So they're literally eating their medicine and finding it and eating the drugs that they need on the farm so they can stay healthy. And as a consequence, these compounds get incorporated into their meat. And when you eat them, you're getting the same thing. Some of these animals have as high phytochemical contents as the plants that they're eating. If you were just to eat the plants,

Dave Asprey (00:28:45):

It's really different. On my farm, our sheep walk around and we have forest here. They eat whatever they want, so they'll eat a little bit of rosemary. I call that inner basting, but they'll eat a couple bites of pine, which is anti-parasitic, but they'll go and they'll muzzle it. And if instead you take animals in a compressed air and you pour a bunch of mixed up food into a trough, they don't get to do that. And the difference is that when we put the meat in a local market, someone will come and they'll buy some of it and they'll come in the next day and they'll buy all of it. That was the best meat I've ever had. I felt so good when I ate it. So I'm actually opening a restaurant in the middle of the pandemic in Victoria downstairs from my office in a little while. And we're actually going to take the animals that we raise ourselves and use them in the restaurant because you get a food high when you eat an animal ate what it was supposed to eat, was treated kindly throughout its entire life. It's not even in the same universe as an industrial steak from the store. Totally. But most people have never felt the difference.

Andrea Bemis (00:29:40):

No. One of the studies, I quote the movie in Australia, they did a study with kangaroo meat, which they have abundance of there and compared it to feedlot meat, same ounce, ounce of protein, profoundly different effects on the body. The feedlot meat causes inflammation, the kangaroo meat reduced inflammation. And so wait a minute, how is that possible? Why? It's the information in food. It's the instructions that are programming your biology. So quality is really important. And in the book, I go through every bit of food. We eat what? Protein and fats and carbohydrates, vegetables, fruit, nuts, seeds, chicken, fish, meat, what you should be eating in each of these categories, because a feedlot beef is very different than wild elk, right? A wild blueberry is different than a, I don't know, some horrible starchy tomato that's grown in a hot house that has no nutrients in it. It tastes like carb, in fact, right?

Dave Asprey (00:30:39):

You just said blueberries. Even those, if you're not comparing it to some random tomato, if you get the normal industrial blueberries from factory farms that grow blueberries and there are such things versus I live in the Pacific Northwest, I buy a couple hundred pounds of blueberries at the height of the season from a local regenerative grower, and they taste like blueberries and we freeze them and we hoard them. So good. And if you go to the store and buy a little shrunken baggie of whatever, they don't taste like blueberries. They taste like something else. And what we have here is it's legal and considered normal to say, well, if it looks like a tomato, it's a tomato. But just because the outer layer looks like a tomato, the inside is completely different based on how it was treated. But we don't have standards or way to tell. How would you suggest that listeners know whether they're eating the good stuff versus stuff that looks like the good stuff?

Andrea Bemis (00:31:28):

Well, there are ways to ensure a little higher quality nutrient density. One is source your food from the right vendors, right? Yes. Farmer's markets, community supportive agriculture, online resources. For example, regenerative food like Thrive Market has incredible sources of regenerative meat and sustainably harvested or low toxin fish, for example. So there's vital choice seafood that again, sources their fish from really great Alaskan waters that are small fish. And so there are ways to get these things. It's a little bit more work, a little bit more detective work, also eat weird food. And I go to the farmer's farm, I'm like, what is that? I never see that before. I'm going to eat some of that bitter melon or what is that fruit? And I am sort of always trying to eat weird, strange food because the more wild, the less commercially raised it is, the more weird it is, the better it is for you. And so I've gone on behind me all like tray of fruit from Hawaii and I sat there, I've never eaten, eaten before. I'm like, what is that?

Dave Asprey (00:32:29):

When jackfruit is gross, no matter how much you torture it, it still is not meat when you eat it. The information signal from jackfruit will never be meat.

Andrea Bemis (00:32:38):

Yeah. Yeah. Jack prune and there's bread prune and there's, I don't even know. There's all kinds breadfruit iss

Dave Asprey (00:32:42):

Awesome, man. That's a

Andrea Bemis (00:32:43):

Feature got. So I think we are really able to be a little more diligent when you go to the grocery store, buy stuff that is a little more funky, get mustard greens, dandelion greens, get things you don't normally would eat in seaweed. These are just ways of picking out things. When you go to the grocery store, they're not these big commercial products. So there are ways to do, and it's a little trickier, but you want color, you want variety, you want organic, impossible, regenerative. You can get it. There's a new regenerative organic certification that Rodale and Patagonia are putting together. So it's coming. It's coming. This is coming. And there are more and more farms that are converting to regenerative agriculture, so it's going to take time. But you literally can transform your diet by starting to sort of widen out your palate by exploring different foods.

(00:33:31):

I mean, I got these bitter melon greens, which are really wild, and I got the bitter from the farmer's market. You just don't see that stuff. Or I'll get these weird different mushrooms and things that are just kind of funny. And I tend to try to include as many of those things as possible. Variety is key because like those cows that are forging on a hundred different plants, we need to forge on a wide variety of foods. I mean, the card war diet can help a lot of people with chronic disease because it eliminates stuff. It's not so much about the meat, it's about what else? They're not eating right? They're not eating.

Dave Asprey (00:34:06):

Thank you for saying that.

Andrea Bemis (00:34:08):

Right? They're not eating dairy, they're not eating gluten, they're not eating greens, they're not eating beans, they're not eating sugar, they're not having lectins, they're not having all these inflammatory foods in their diet and they're taking out all the hormones, the antibiotics and pesticides and all the weird crap. I mean, hopefully they're eating grass fed meat, but it's like, yes, but it may not be the meat. And then long term, it's going to need a

Dave Asprey (00:34:28):

Problem with you

Andrea Bemis (00:34:29):

Long term it's going to be a problem.

Dave Asprey (00:34:30):

I've said the same thing. And what all foods have in them is they have energy. And in the traditional American farm, agricultural lobby industry, energy is the only thing that matters. It's calories as if that's somehow the most important thing, but we do have to have some energy from our food. Then it has the good stuff, the nutrients, the signaling phytochemicals, the polyphenols, the vitamins, minerals, and then it has stuff that's not good for you in it, depending on how you prepare the food and how you grow the food and all that. It can have more of the bad stuff or less of the bad stuff. When you go carnivore, you remove all the bad stuff plants are doing to people, whether they're bad plants or good plants, whatever else. But then you eventually find, I tolerate some plants really well, but that plant's not compatible with me. And that's been kind of the core of what I've been doing on the bulletproof side. It's like, look, find the foods that work for you. It's not the same for everyone. And I think in the Pegan diet, you've become really programmatic about it. It's fine. You might do so well on Red Bell. Peppers full of parental cyanides me, they give me rheumatoid arthritis. I am never going. It doesn't mean they're good or bad. It means they're compatible or not compatible.

Andrea Bemis (00:35:38):

Yeah, I love raw onions and I love raw garlic, but if I eat it, I feel like crap. I get a brain fog headache. I don't know what, yeah, I don't touch some stuff. Some people have reactions cooked. Onions and garlic are fine. And sometimes I'll go on the garlic. I just love raw garlic and I'll put in something, but I have a little bit. It's okay. But I think everybody needs to understand what is their particular biology. And so the ideology and dogma that we have has really usurped common sense in science. And so the take home should be let your biology rule over your ideology. See what works for you. If you go vegan and you lose your period and you have no sex drive and your muscle mass goes down and you're tired all the time and you kind of want to stay in all the time and hide, that's not good. But if you're a troll and you're running Iron Man triathlons that you've figured out to do it, go for it.

Dave Asprey (00:36:26):

People get really angry like, ah, you have to eat the way I eat. And I'm like, I would recommend people do eat the way I eat, which is don't eat the stuff that makes you weak and then eat the stuff that makes you strong and eat enough calories at the right time there. Eat the way I eat. That's it, right? That outcome is very different.

Andrea Bemis (00:36:43):

It is. And there's a little bit of homework that has to be done, and I go through how do you personalize your diet in the book, but within that, that there are foundational principles of how do you choose quality and then from the best information in every bit of food you eat, and then how do you personalize it, and how do you optimize all your functional systems? Because as a functional medicine doctor, I don't treat disease. The body is structured in a way that has nothing to do with the way medicine is organized right now. Medicine is organized in specialties. You've got your cardiologist, gastroenterologists, rheumatologists, your neurologist, your dermatologist. You've got an neurologist for every part of your body, and nobody talks to each other. And people often have multiple things. They call them comorbidities, which means you have multiple diseases, which is absolutely nonsense because they're all connected.

(00:37:28):

If you have migraines and rheumatoid arthritis and irritable bowel reflux and you have rashes and you have headaches, it's not just a random bunch of bad luck that you've got all these things. They're connected underneath by common mechanisms of inflammation and dysbiosis and other factors. And so functional medicine is about how do you optimize these systems? So I never treat disease. I optimize these functional systems. And it turns out the biggest influence on these seven dynamic functional

systems that are your biological network, your ecosystem, the most important influence on these is food for bad or good, right? So for example,

Dave Asprey ([00:38:03](#)):

What percentage is it 80, 90%?

Andrea Bemis ([00:38:08](#)):

I mean, I think it's probably about upwards of 80%. I mean, if you look at, there's a class of things that are not food related. So I've had those. I'm good with diet, but I've had stuff that's taken me

Dave Asprey ([00:38:20](#)):

Down. If you're living in toxic mold and automobile exhaust, it doesn't matter what you eat, you're probably not going to like it.

Andrea Bemis ([00:38:26](#)):

Yeah. So Dan, you helped me when I almost died a few four years ago from mold toxicity in my house, and this is after I been to your movie about mold, and I just collapsed. And so I could eat all the great food I want. I wasn't helping.

([00:38:41](#)):

I had mercury poisoning. That's not going to get sorted out by eating better. I mean, yes, you have to cut out the swordfish and all that and eat vegetables and upregulate your detox, but it's really about fighting those things that are real triggers. But absent that, like Lyme disease, tick infections, mold, mercury, environmental toxins, all that. Yes, parasites, gut stuff, yes, you need a little extra help. But for most of the problem that's facing America today, and by the way, Dave, we are in a real pickle. Why is covid so prevalent in America? It's not just we eat

Dave Asprey ([00:39:14](#)):

A lot of omega six plant-based fats and a lot of sugar and a lot of crap. That's my assumption. Do you agree or is there something else going

Andrea Bemis ([00:39:22](#)):

On? Yes, yes, I agree. I think what's happened is people don't understand is in America is one of the unhealthiest nations in the world, and covid kills you by inflammation. And we are all pre inflamed. 88% of Americans are metabolic and healthy. That means they have some form of pre-diabetes, insulin resistance, poor health from their metabolism. When you have that, that's an inflammatory state. That's nine out of 10 Americas. Even people who are just a little overweight, a little bit of belly fat seem to have higher risk of severe illness and death from covid. So it's not like you have to be 300 pounds. You could be just a little over, or even not even overweight, but just more belly fat. And I think we we're in a situation where we haven't even talked about that in America. We're talking about vaccines and masking and social distancing.

([00:40:12](#)):

I'm like, wait a minute. There's a lot we can do aside from nutraceutical interventions, which like vitamin D and zinc and vitamin C and Corin and green tea and NC and a lot of things can really help. But the food is such a big, big, big, big thing. I think that we just kind of are missing the boat here. And if I were president, I would say, listen, America, get off your crappy diet. You're all getting the quarantine 15 or the COVID-19 pounds like freshman 15. This is not the time to comfort eat, to drink, to not take care of

your health. You're just a sitting duck. When Covid lands on a pre inflamed person, it actually causes a super fire called the cytokine storm, which is what kills us.

Dave Asprey ([00:40:55](#)):

So are you saying that throughout all of human history diseases take out the weak first? I, yes. It's such a radical thought. I mean, no one's ever thought of that before. But yeah, we've done things to ourselves to make ourselves weak, and our ideology says that we haven't, but our biology says that we have to use some of the words you've been using. So let's say that someone reads the vegan diet tomorrow and they start adding pomegranates and the Himalayan buck weed and all the other good stuff in. How long does it take to turn the inflammation dial back down? Oh my God, Dave, this is what's shocking.

Andrea Bemis ([00:41:35](#)):

It's shocking to me. I mean, it takes decades often to get sick. It can take days to get better.

Dave Asprey ([00:41:44](#)):

Yes,

Andrea Bemis ([00:41:44](#)):

Exactly.

Dave Asprey ([00:41:45](#)):

Days the next morning, your joints don't hurt. What did I just do? Well, you didn't eat the popup

Andrea Bemis ([00:41:50](#)):

Dinner. One guy came in after doing the program that's very similar to Pgan diet. He's like, Dr. ab been 10 years and 10 days. And I go, like all my joint pains on, is that possible? I have rheumatoid arthritis. Another woman, after being in psychiatric hospitals for depression and multiple medications or marriage and job are falling apart, she risk three days of changing my diet. My depression is lifted for the first time in my life. This is a woman who spent a lot of her life in psychiatric hospitals and on piles of pills. Another woman came to one of our shared medical appointments at Cleveland Clinic who had type two diabetes, heart failure and hypertension. And she had multiple stents and she had this, and she had kidney failure and liver failure. I mean, it was like a mess. She was on her way to a heart transplant and a kidney transplant.

([00:42:30](#)):

Three days. Three days, she was off for insulin. Three days, three months she was off. Everything. Kidneys reversed, liver reversed, heart failure reversed, which never happens. Okay, this doesn't happen in traditional medicine. You manage this as a chronic disease, you don't cure or reversed. I had multiple patients with heart failure, but we reversed using food as medicine and a few extra nutraceuticals. But this woman went very tating. Three days shows off everything. She lost I think 43 pounds in three months. By a year she lost 116 pounds from, she was a body mass of 43 and she was 66 on her way out. And she's back in the game. And I think we don't understand the power. And when I have people do the 10 days of just really clean eating like a reboot or reset, 10 day reset,

([00:43:21](#)):

62% reduction in all symptoms from all diseases, migraines, irritable bowel, soa, depression, joint pain, reflux, whatever it is, you've got it fixes. And it's like if it was a pill that could do that, it would be a trillion dollar blockbuster, right? It would be a trillion dollar blockbuster. So I'm willing to use whatever it

takes to help my patients. I don't care if it's exercise or exorcism, I'll use it. I'm not opposed to medication or drugs. And I use them in the right way for the right person at the right time, the right dose for the right indication. But most of the time I don't need them because food is way more powerful a drug than most pharmaceuticals, because they work with the body rather than against it. They actually activate the body's own healing mechanisms like we talked about. Like the akkermansia for your microbiome gets activated by certain foods or the Himalayan tar ate helps your zombie cells or the ULI a in pomegranate that causes your mitochondria to rebuild and to build muscle. So we have the intelligence this. So it's not just about treating disease, it's not just about not having symptoms. It's the opposite. The way you get to health is not by treating disease. The way you get to health is by creating health. That is the science of functional medicine. It's otherwise known as biohacking.

Shawn Stevenson ([00:44:38](#)):

What the researchers did, this was published in the journal Food and Nutrition Research, and they took test subjects and gave them a meal of processed foods and a meal of whole foods to see how their metabolism would respond. Okay? Caveat, the meal of whole foods was whole grain bread and cheddar cheese. All right? This was deemed to be the whole food meal. It's a little wholer, alright? It's a little wholer versus the processed food meal, which was white bread and cheese product, which that's Kraft singles essentially. It's not legally cheese. It's called Kraft singles because there's not enough cheese in the cheese. So test subjects ate these various sandwiches and they tracked all their metrics. And by the way, on paper, this should be the same fucking sandwich, the same metabolic impact. They're the same amount of calories. The same amount of fats,

Dave Asprey ([00:45:30](#)):

Yeah,

Shawn Stevenson ([00:45:30](#)):

Same amount of calories, fats, proteins, carbohydrate on paper. They're the same. Now here's what happened. After consuming the processed food sandwich, they had a 50% reduction in calorie expenditure, in calorie burn in the explanation of energy post eating that sandwich versus when they ate the whole food sandwich, something got clogged up where the body was not releasing energy as efficiently. So much. So again, 50% reduction. And so in this conversation, when we say a calorie is a calorie that shouldn't even be talked about anymore, we're so far beyond that. How many studies do we need to know that the quality of food that you're eating matters and eating fake food? But right now in the United States, we have the average adult. Their diet is about 60% ultra processed foods. Now this is leaving and this is from the CDC. This is leaving out the point that for our children, it's about 67% ultra processed foods. We're feeding our children garbage, fake food and wondering why childhood obesity, childhood obesity has tripled in the last 30 to 40 years. It is insane.

Dave Asprey ([00:46:48](#)):

It is funny. If I had to choose from those study groups, I actually would eat the white bread and the cheddar cheese. Now I'm sensitive to casein and to gluten, so this would not be great for me. But the whole wheated bread had a whole bunch of stuff in it. Yeah, it had more fiber, but it also had way more phytic acid and other enzyme inhibitors because whole foods are not provably better. In fact, you don't eat the shell of the walnut. Whole food diets don't actually exist. They don't make sense. Just because you could eat it doesn't mean you should. Did you eat the whole tree that grew the apple? Where's the edge of whole food? It was even mean you shouldn't eat the apple seeds. They contained cyanide and they actually enough to harm horses. So let's just throw out that idea of whole foods as being nonsense because it can't even be defined.

(00:47:35):

But in that example, you're getting saturated fat, which is metabolic from the teas, and you're getting omega six fat, which is anti metabolic as is shown in the reduction of calories from the fake cheese. So we have a problem here, and if you see the bullies online with a million followers who spend all day saying, you can cancel out a Snickers bar with a diet soda, these people, either they're evil or they're just so traumatized that they are willing to ignore vast swaths of data that have existed for more than a hundred years. That say a calorie is not a calorie. So I love it that you're on team, look at what you eat instead of team. You can sweat away a potato chip because I don't think that's real.

Shawn Stevenson (00:48:22):

Potato chip sweat. Dave, come on. We're so many nuggets in this episode already. Alright, so this is a great point for us to all make as a community for us to start to open up our minds and keep it with it. We don't have to articulate this every time we talk about it, but there's a distinction between ultra processed foods and processed foods. Minimally processed foods that we've been doing for thousands upon thousands of years. Extra virgin, extra virgin olive oil, thousands upon thousands. It's in biblical texts and all these different ancient scriptures. It's engraved in pyramids. Alright, this has been around a long time. How do you do it? You crush olives. It's processed now, cold processed if it's done correctly. It's a cold processing. And now we have something researchers add. All university found that oleo canthal rich, extra virgin olive oil is one of the few foods that helps reduce neuroinflammation.

(00:49:25):

It had some kind, they still haven't pinned down why it has its action, but it's acting upon the blood-brain barrier, helping to heal it, helping to repair the blood-brain barriers, the specific words that they use Now, blood-brain barrier is what's getting damaged and allowing in this concept of a leaky brain, allowing compounds that shouldn't be in your brain into your brain and creating more neuroinflammation. And by the way, this was from researchers at Albert Einstein College of Medicine. And this is a huge topic, a big takeaway from today. What if they found in their research was that neuroinflammation is one of the biggest catalysts in our obesity epidemic. They stated that inflammation in the brain, specifically hypothalamic inflammation, was creating more insulin resistance and leading to excessive amounts of body fat. And that excessive amount of body fat and insulin resistance was creating more inflammation in the brain.

(00:50:18):

So it's creating this vicious circle that people are fighting, trying to count their calories and Jenny Craig in it, and still eating processed food and not out of that loop. Nobody's telling people that you have to reduce the inflammation in your brain in order to help the situation sort itself out more gracefully. What can we do? What would be considered a processed food? Right? Olive oil is added to the mix. Not saying that this is the end all be all. I don't have a dog in the fight. I honestly wouldn't. Don't care if olive oil is great or not, but just based on the data and based on history, again, thousands of years versus canola oil that's made by Vinny at the factory like 40 years ago or whatever. Let's just err on the side of what we've been doing the longest and also not villainize the term processed food because there's a big difference between ultra processed food, which is taking corn at some point through the addition of various types of sugar, artificial flavors, artificial colors, it becomes lucky charms. That is an ultra processed food. It's lost all residents with anything that even came from the earth.

Dave Asprey (00:51:27):

And if you think about is processing evil, let me tell you about one of my favorite super foods. So you pick it, most people let it sit for two days in river water, then you put it in the sun, then you dry it in a big heater, then you roast it, then you grind it, then you pour hot water on it, then you extract it, then you blend it with butter, and then you blend it with an extract of coconut oil called MCT oil that's made by

fractionating the oil. And then you drink, it's called Bulletproof coffee that is processed all to hell guys. And it works really, really well. And if you were to say in the very latest step of the whole evolution of what I've been doing, coffee, you could do the danger coffee where you have minerals that are layered into the process as well.

[\(00:52:15\)](#):

It's processed, processed, processed. And so when you barbecue your steak, it's a processed thing, fire processed. So we can all just say process isn't bad, ultra process is bad and some processes are better than others and we can just be non-dogmatic and curious about it. And that's the approach in your book, the app where it makes sense and even olive oil, what you're talking about there, a new study, and I don't think it was the same one you're referencing, found that inside your neurons they actually can make oleic acid, which is what's most present in olive oil and that it's contributing to BD NF and neurogenesis. So it's likely that eating it, although that study didn't support eating it directly, probably helps. And we know hydroxy rosol, which is the primary most potent antioxidant in olive oil, may be a part of that. But like you said, I think fixing the inflammation in my brain as a guy who had Asperger's in A DHD and OCD and toxic mold exposure, and now I'm on the board of Amen Clinics with Daniel a Amens. Thanks man. But my brain was so inflamed and it probably still is a little bit, but I think that's a part of my a hundred pounds of weight loss was fixing my brain and no one's talking about that as a weight loss thing that I'm aware of except for you. So kudos, man. Thank you. That's a very solid point. Hypothalamus is in the

Shawn Stevenson [\(00:53:49\)](#):

Brain. Yeah. Thank you so much Dave. And so, by the way, the hypothalamus, it's received the term over the years of a master gland. And what it really is, is an integration point for our endocrine system and our nervous system, and it's responsible for so much regarding, we'll just say the management of caloric energy, of managing our body temperature, of managing our stress hormones, sleep appetite. It's involved in so much. But here's a key in why this connection with weight loss is really valuable with the hypothalamus, is that it's kind of like an internal thermostat in a sense of your metabolic rate. How much energy are you expending? It's not just because, it's not just because I have muscle on my frame, it's all integrating itself. That data with the hypothalamus, it's important. And what if we have inflammation in this part of the brain and it's just not working right?

[\(00:54:48\)](#):

The data is just everything is going to be discombobulated. What if we can stack conditions in our favor? And because I was talking with you today, I actually went and looked up head to head MCT oil versus lcs. All right? This was in the book as this was a randomized double blind study. This was published in the International Journal of Obesity and Related metabolic disorders. And they had participants on a reduced calorie diet that either included supplemental MCs or lct. After the data was compiled, it was revealed that a Grupo included MCs, lost more weight, lost more body fat, and experienced higher levels of satiety. Nothing else different in their diet. They're on the same diet. Just the inclusion of Supplemental MCs. Alright? So like Dave said, there is something really remarkable about it.

Dave Asprey [\(00:55:41\)](#):

CT oil is now a billion dollar industry category, but the guy who did most of the research, and some of it came out actually after I started saying, look, you can feel it. You don't need the research. But a lot of the post-launch of Bulletproof research came from Dr. Kune at uc, San Diego. He's the guy who came up with a study that showed two cups of coffees worth of caffeine, doubles ketone production. He's the guy who showed that C eight MCTs raised ketones more than the rest of the MCTs. That was five years after I launched C-A-M-C-T is working better, even though there was no study. But he proved why it worked better because it was more ketogenic than the other ones. So what you'll find is that you can feel whether

something works. All of this came about because in the nineties, this anti-aging group that I eventually ran in Silicon Valley, they found one paper and said, oh, coconut oil is more satisfying.

(00:56:38):

So they re-imported coconut oil to the US because you couldn't buy coconut oil in 1992. It wasn't in health food stores. So they brought like 55 gallon drums in for their own use. And suddenly now coconut oil is a health food, whatever it was 30 years later. So we could feel it, but we didn't have the science. And what's happening now, and what you've got in each smarter, your new book is you've compiled some of this newest science like that and you can say, alright, maybe you just felt something or maybe there was a study. But if you feel it, your goal, as you said earlier, is do you feel better? Do you have more energy? And do you look the way you want to look? So I love the blend of science and data that you're putting in the book end result is it's not. Are you a study you show up today? Yes. Yes,

Shawn Stevenson (00:57:31):

Precisely.

Dave Asprey (00:57:32):

We haven't talked about thyroid though. That's your other part of your book, which made me very happy. Talk to me about thyroid is a metabolic switch.

Shawn Stevenson (00:57:39):

Awesome. So we tend to say the HPA axis, right? Hypothalamic pituitary adrenal axis. But along this superhighway there are a lot of other organs and one of those being the thyroid. So it's in close, intimate contact with everything else in our bodies. The thyroid is very obviously metabolically active, but because of its charge in a way, it tends to attract, and I'm going to lean on you for this as well, a lot of environmental toxicants, a lot of environmental pollutants, pollutants would find their home within the thyroid. And that's unfortunate and why, again, we're seeing so much with thyroid dysfunction. It's just our exposure. And the best thing that we can do on that front of course, is cleaning up our organs of detoxification. The liver, the kidneys are going to be super important in this and supporting your thyroid. We don't tend to think about that when our thyroid is abnormal and malfunctioning.

(00:58:41):

We tend to just try to target the thyroid. Let me just take this thing and try to beat it into submission when it's really about what's happening upstream and downstream and yeah, so it's a big role player obviously. So having that data, I don't want to put the hypothalamus in the governor position, especially I live in LA so the governor position is a little sketchy, but it does have the ability to oversee a lot of things. Our metabolism itself, if there is a gland in our body that really carries the weight of that little pun intended, is our, and so doing what we can to stack conditions in our favor for good thyroid health. And I know a lot of listeners have had their thyroid removed in one way or another, or they're on medication for this. And this is not to villainize anything or any type of treatment, but where you are right now, you have the ability to stack conditions in your favor and to work with what you have. But this is also a nudge to everybody else. This is serious business, thyroid disease abnormalities. Dysfunctions are still on the rise. We're nowhere near out of the water with this. So it's like a big call to arms for to get as healthy as we can.

Dave Asprey (01:00:01):

One of the things that's happening that's near and dear to me is that environmental toxic mold and guys, moldy movie.com is my free documentary, A professional full length documentary on mold, no cost, moldy movie.com. When you're breathe these things, I dunno, maybe there's a hurricane that blows

through and you get water damage, it triggers your body, not always, but a very meaningful amount of time triggers your body to attack your own thyroid gland. It causes Hashimoto's thyroiditis and it can sensitize you to gluten in kacin and things like that. So if your immune system is going after your thyroid, which is your thermostat, that's one of these causes. Plus you get all these things that poison the thyroid, like bromine, which is in flour, and the other things you're writing about in your book like fluoride, and you end up with, oh, it doesn't work very well.

[\(01:00:52\)](#):

I have been on thyroid replacement hormone bioidentical thyroid just like I've been on bioidentical testosterone because my body wasn't making it right. I've been doing both of those since I was 26 because I was that sick. There is no moral failing for having the hormones of a 25-year-old when you're 125. In fact, you will not make it to 125 if you don't. So there was no negative judgment. If you're over 40 and you haven't had a thyroid panel, you are doing it wrong. If you're over 40 and your thyroid isn't fricking perfect and you're not on thyroid hormone, you're probably doing it wrong. Maybe you can do it naturally with tyrosine and iodine, but it's okay if you know what, I'm just going to live a long time and feel great right now. I'm on a small dose of thyroid. That's what my body needed. Just do it. You'll love it and you'll keep the outer part of your eyebrows that I don't have because I was low on thyroid for so long. What'd I say wrong there, Sean?

Shawn Stevenson [\(01:01:42\)](#):

Oh man, it's so powerful. Dave. Thank you so much for bringing this up because everything should be an option, Dave, more than ever, we get into these diet camps and we're infighting about minutia and especially if we're not in the kind of conventional medical paradigm, we tend to think like all medication is off the table. And that can be a problem as well. There are wonderful drugs that have come across in recent decades that should be on the table as an option. Don't defeat yourself or abuse yourself and not access something that can dramatically improve your quality of life and your lifespan because of a diet dogma or a small minded belief system, right? Innovation is part of this. Innovation is part of our evolution. However, with that said, as Dave reiterates as well, it's about stacking conditions with the big movers as well. So it's not just the thyroid medication, it's these other things too.

[\(01:02:43\)](#):

I'm a healthy person. I'm doing healthy shit. I'm in great relationships. I am taking care of my body. I'm doing a cold plunge. What we tend to do, I think, is we tend to get into this, again, this dogmatic perspective where I'm using a blanket treatment. That's not what you're doing. You're stacking conditions, you're stacking conditions, and you're talking about a big mover when you're talking about your thyroid. That's a big deal. So with that said, I want to go back to a place of simplicity because with all of these tissues that we're talking about, organs and organelles, when it really boils down to it, all of these things are literally made from the food that you eat. It's all made from the food that you eat. And we're existing in a paradigm of healthcare where, and this Dave, some of the top cardiologists in the world, gastroenterologists and neurologists and whatever, ologists, and they go to school for 12 years to learn about their particular field of expertise.

[\(01:03:54\)](#):

These are my friends and colleagues, learning about the heart, learning about surgery, learning about your arteries, all this different stuff. Very mechanical thinking. When they're looking at your heart, they are unaware that switch has not been turned off, that they're looking at the food that you ate. It's just not a part of their reality. Now, some of our friends and colleagues who've worked on themselves and really started to look outside of their conventional training, which takes food out of the equation, which is criminal because you're fucking made of food, you're literally making food. And so to have that switch turned on to see my patient's arteries are made from the food that they're eating, their blood within those arteries is made from the food that they're eating. It is required. It is square one for us to pay attention to this stuff.

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Dave Asprey ([01:04:43](#)):

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