

# THE JORDAN HARBINGER SHOW

## Worksheet for Dave Asprey | Biohacking the Way to a Bulletproof Life (Episode 151)

[Dave Asprey](#) was a 300-pound multi-millionaire in his mid-20s on a collision course with a stroke or a heart attack -- provided diabetes didn't catch up to him first. He worked out 90 minutes a day for six days a week, ate a steady and reduced-calorie diet of whatever food medical professionals of the day prescribed as healthy, but he still couldn't shed the weight.

[In this episode](#), Dave tells us how he fired his doctor and began "biohacking" as a way to take control of his own body. Through much trial and error, a voyage of renewal in the mountains of Tibet, and the loss of those aforementioned multi-millions, he dropped a hundred pounds, founded a couple of companies, hosts a podcast, and writes best-selling books like [The Bulletproof Diet](#), [Head Strong](#), and [Game Changers](#).

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## Your War Against Yourself

The human body's immune system is a highly evolved set of defenses for fending off external invaders like bacteria, viruses, and parasites. But a false alarm can trigger this system to attack otherwise healthy cells in its own body -- this misguided response is known as autoimmunity.

"I believe the number one cause of autoimmunity is environmental toxic mold, because I've seen it over and over and it's such an endemic problem," says Dave. "And the number two cause is either hate or stress."

**When you're experiencing episodes of physical or mental imbalance, are there common factors that seem to contribute to these imbalances? Try to think back to where you were the last few times you felt *off* and the circumstances surrounding these episodes. List your observations, note their similarities and differences, and attempt to identify possible causes.**

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## A Cheaper Way to Spend a Dollar

At the University of Pennsylvania's Wharton School, Dave was confronted with a common -- and somewhat depressing -- business school teaching: that it's cheaper to spend a dollar *telling* people your product is good than it is *making* a product good.

"I fundamentally believe that's unethical," says Dave. "And I also believe people are smart enough to buy what works."

**Is there a widely believed "truth" you've been taught -- in school, at work, or in your personal life -- that doesn't ring true to you? How might you turn it around or see it from a better perspective?**

A large, empty rectangular box with a thin blue border, intended for a user to write their response to the question above.

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## Two Lumps for Hangry

Maybe the cab you hailed during an April shower seemed like a sanctuary from the elements until you hopped in and your nostrils were assaulted by the stack of Little Tree air fresheners hanging from the rear view mirror. If so, I don't think righteous indignation is an unreasonable response, especially if it turns you from zero to cranky with a hefty cloud of brain fog on the side. But if you're like me, perhaps you've also experienced another unexpected side effect: hunger -- especially for something sweet. This hunger fueled by anger makes you *hangry*.

"That is a toxin effect," says Dave. "The reason you're getting the sugar craving like that is your cells are freaking out. They're interpreting that as a toxic assault -- which frankly, it is. That stuff is endocrine-disrupting...when that response happens, they're sending out an emergency signal, and they're saying, 'Make a lot of energy!' Fight or flight is triggered."

Dave says having a few sugar packets on hand when traveling can help alleviate this; coffee can also help. Without being sales pitchy, he also recommends some of his own products made specifically to cut through brain fog: [KetoPrime](#), [Unfair Advantage](#), [Brain Octane](#), and [Glutathione](#).

"I went from times in my life when that happened and I'd be down for the count for the whole day," says Dave. "Now I generally recover within a few minutes if I hit it with the right stack."

*Full show notes and resources for this episode [can be found here](#).*

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## About



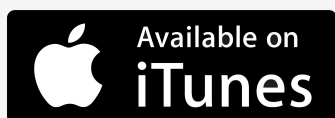
Join us as we get deep into the untapped wisdom of the world's top performers -- from legendary creators to intelligence operatives, iconoclastic writers to visionary change-makers.

We deconstruct the playbooks of the most successful people on earth -- and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these valuable insights into your own life and live what you listen.

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