



DR. ROBYN BENSON + SELF CARE REVOLUTION PRESENTS
HEALTHY TRAVELER'S GLOBAL SUMMIT
SPEAKER TRANSCRIPT

Dr. Robyn Benson: Hello Everyone. Welcome to the Healthy Traveler's Summit. My name is Robyn Benson. I'm a Doctor of Oriental Medicine. And for the past 23 years, I have loved helping people achieve optimal and sustainable health. And we have had a great time so far in this summit. We have listened to some of the most amazing voices in health and wellness. And we're very excited today, that we're bringing too you one of our... Well, we just can't wait for Dave Asprey to come join us. He's got so much to share about this topic and he too, travels over 100 days a year. Before I do that, I just want to bring in my fabulous co-host, Kevin.

Kevin Snow: Hi. I'm Kevin Snow. Some people call me the "Desert Shaman". I'm an Intuitive Counselor at Santa Fe Soul where Robyn's life firm right now. And, an amazing health and healing center and we are excited to learn what a bio hack is. And how we can hack our travel to basically really be able to feel good. This is the thing that we're talking about here is we love to travel, but we love to feel good too and we're doing it and a lot of people don't. So, I really am excited to hear what Dave has to say today.

Dr. Robyn Benson: Yes. I just want to mention that, just in the last six days I've been on six or seven flights. I talked to even more pilots and flight attendants and people who travel on a regular basis, and they are so hungry for this information. And I do feel that Dave, who our speaker today has probably some of the hidden gems which we've all been waiting to hear from, but just to tell you a little bit about my friend Dave. Who I love seeing, when we see each other live, I have to say that I can't wait to find out what he's latest greatest is, in terms of new product development. We're always looking, we're always sharing information about the new technologies that I'm using in my practice to what he has come up with. So anyway, so Dave Asprey is the founder of Bulletproof. He's a Silicon Valley investor in technology entrepreneur who spent two decades and over 300,000 to hack his own biology. Dave lost a 100 pounds without counting calories or excessive exercise, used techniques to upgrade his brain by more than 20 I.Q points, and lowered his biological age while learning to speak more efficiently in less time. Need to do these seemingly impossible things, transformed him into a better entrepreneur, a better husband and a better father. Dave is the creator of the wildly popular Bulletproof copy, host of the number one ranked help show Bulletproof Radio and author of New

York Times bestselling book – “The Bulletproof Diet”. Through his work, Dave provides strategies for taking control of and improving your body and mind, so they work in unison. Helping you execute at levels far beyond what you'd expect without burning out, getting sick or allowing stress to control your decisions. Dave's newest venture the first Bulletproof Coffee Shop is scheduled to open in Santa Monica, California in mid-2015. And we're opening the second one in Santa Fe, New Mexico. This is true. We would love that. Yes, he's got a lot of people here. We have all of your products here at Santa Fe Soul, but the community, Bulletproof is well-loved.

Dave Asprey: It's funny in areas where people do a lot of meditation, there's more demand for it, because there's that little extra bit of mental energy you get that can change the quality of your meditation. So, when you get the mitochondria working better, you meditate better, but you also travel better which is kind of an unusual perspective on it but, travel makes it harder for your cells to make energy. And so, if you can counter act that by making and make more energy whether you want to sit on an airplane and do email or you want to meditate in a hotel room having cells that work right is probably a good idea.

Kevin Snow: Great. We love that. Let's kick this off by ...Let's talk about this sort of idea of hacking and bio hacking and maybe just a little background. I'm curious on the weight loss. So, maybe let's just launch into that topic.

Dave Asprey: Sure. Bio hacking is the art and both science of changing the environment around you, so that your body and your mind will do what you wanted to do. So, you change your environment to take control of your biology. And, the environment is what's around you, but it's also the environment is into your gut biome and those thoughts and things in your head. What most people tend to do is they tend to look at being overweight as basic of a willpower deficiency, it's because they're not trying hard enough which is great if you're selling weight loss products that don't work, because then people will feel like, they feel they spend more money on to your crap and then they'll just keep doing that. Maybe they'll lose a couple of pounds then it comes right back. So, the problem is that it's not about willpower. When you apply a willpower you lose it, you use it up and then when that's done, you're going to eat the cherry turn over or the donuts or whatever your kryptonite food is. You're going to be like, because that's what biology programs us to do. So when you're traveling it's harder, because there's a greater burden on you and just a physical stress. You have horrible lighting in airplanes. You have bad air. You have mechanical noise and vibration. And all those things increase stress, and when you have more stress, you want to eat more and here's a scary

thing, it's okay to eat more when you're stressed. You're so supposed to eat more when you're stressed to help you deal with the stress. It burns more calories to be stressed. The idea that you are going to starve yourself which is an additional stress during travel isn't necessarily a good idea either. So, disconnecting that those ideas that weight is about willpower. And turning it around saying how do I eat so I have maximum willpower and maximum energy. And the cool thing is when you do that, your pants will just magically have to get smaller otherwise they fall off. Weight loss is a secondary goal than having willpower. And having energy on an airplane, having energy when you're five times zones away from where you're supposed to be, there's no art and science to that too, but it's the same stuff that makes your pants fit right. In my case, of shameless plug here, we just sit in your times list, Bulletproof Diet book. And I've written a lot about, the bio hacking side of things and willpower and weight, but this idea that you're going to somehow magically do what a lot of traveler's do, I see amongst my clients. They're generally kind of type A people. So that they say, "I'm going to go out and I'm going to travel and I'm going to fly to New York from San Francisco. Okay, that's three times I was going the direction that's rough for jet lag. I'm going to get there and then, because I'm a good person, I have to work out every day" which is totally wrong by the way, but that's a belief that we have. And what happens then? They go to the gym and then beat themselves up in the gym after five or six hours of flying. And then, they said "I'm going to sleep", but they can't go to sleep, because they're jet lagged. And then, we get three hours sleep and they wake up and then the next day, they have to work out in the morning, because they're good people. Well, here's the deal exercise is stress, travel is stress. If you stack those things up, it's going to require way more food and way more recovery and you're not getting recovery, because your sleep is crappy and you're in the hotel room that you don't know that it is probably sub optimal for sleep. So, you go down this whole path where you're over stressing your system and under recovering. So, weight loss and travel are both about adequate recovery and about managing stress even if it's just you don't know it's stress.

Dr. Robyn Benson: Okay.

Dave Asprey: It's a bit of a long answer.

Kevin Snow: No. That's a great answer and I definitely think that our listeners really need to hear that. Now, there's a course of ton of other stress that you're dealing with just getting ready for the travel, right? So, were talking about that a lot in these interviews too. So, really this idea of stress and compounded stress is so important for everyone to hear.

Dave Asprey: A lot of the stress of getting ready for travel. It's a combination of basic, subconscious fears. It's not like you're going to die, unless you have weird prescription medications or something like that in which case you really ought to pack those and while you're at it, throw an extra few of them in your carry-on bag and a few extra ones here and there, in case you really need them. Other than that, you can buy anything you need when you get to the other end. So, the need to have stress isn't that high. It might be inconvenient to not have the suit you want. I know more than a few executives, you give them presentations in a borrowed sport coat and a t-shirt. And you know what? You know how many people care about that? Only people in Japan. That's not even really true either, but there are some cultures where they'll be more offensive than others, but even across Europe where I used to be, you have to have a tie, people are cool about it. You go like, "Hey, my baggage got lost" - no big deal and magically the world doesn't end. And if your flight is late or in fact, here's a recommendation - everyone who travel frequently if you haven't really done it, play a game to see how late you can get to the airport and still make your flight.

Dr. Robyn Benson: I'm doing that.

Dave Asprey: Every single time I go and here's the cool thing. You save a lot of time. If you fly a hundred times a year and you can ride to the airport 45 minutes late, its 45 hundred minutes of time you just got back, but more importantly you're going to miss a flight. And most people when they're going to miss their first flight, because they're late to the airport, they feel like they're going to die. They're going, "Oh my god I'm so late" and you're dropping stuff and you're running through the airport and you get there and the flight just left. And then you like, "Oh wait there was another flight." And it might be inconvenient. You might wait four more hours to get another flight. You might even have to wait overnight, but are you going to die? No. Is it inconvenient? Maybe. Who knows maybe, I'll have a really good dinner that night, but like chill it's ...Especially if you travel frequently, that stress of being on time can suck your life. If you have to shop two hours ahead of time, like a lot of people who don't travel a lot. "Oh, my goodness I have two hours." That's just time, not only spent away from your family and loved ones, but it's time spent in a big echo eight room with bad air, full of these people who'd better go. . And you could never understand what they're saying anyway. And then, they're just yelling and yelling. So, if you're on a conference call even with noise-cancelling headphones, you can barely hear them. So, like airports or horrible places, you should not be in them and the food there. Yes, airport food is one of my favorites. So, stay back out of the airport and so you have to be there.

Dr. Robyn Benson: Interesting. So, Dave why don't you share some more of your most common bio hacks for people that travel on a regular basis. And I just want to mention that, all of these people that I have interviewed for my book *The Healthy Traveler's Guide*, a lot of people just say that nobody, is finding a lot to go on a trip or a vacation and it takes them a day or two or three even to starting feeling good. So, how can people upgrade their health, so that doesn't happen? What do you suggest?

Dave Asprey: Well, if you travel frequently there's something called "Stress Inoculation" that the Navy Seals do. And, it's not a bad idea to for a week or two, if you have a lot of going on. Travel real aggressively or just like, "I'm going to sleep three hours and I'm still going to do something meaningful the next day." And what's going to happen in most times like, "Oh my god I'm so tired, I can't do it at all." Where is that? It's just your body feeling tired and then your body going, "Oh no. I'm going to die, because I'm tired", but the truth of the matter is that you're not going to die, because you're tired and most of your performance decline comes from fear of being tired, not from being tired itself. You can train your body to go, "Okay. I'm a little tired and maybe I need some extra sleep tonight and the next night", but like "I'm going to go see the sights or I'm going to go on stage and I'm going to deliver a killer Kino, whether or not I'm tired." Man up, sort of ...But this isn't you, this is your nervous system, it's a separate... it has different goals than you. Your nervous system's goal is to run away from tigers and do not get eaten by stuff. And you make sure that you reproduce and it's partly that something that you know that if you travel next to you, it's okay. But just don't mistake that fear is yours that's just your body, base to being it was.

So, you want to be in tune with your body, you want to listen to you, your body has good stuff to tell you. But if you let it be afraid of being tired, when you have stuff to do. It's not going to help your sucking up how you feel. But let's go into what you can do, from a nutritional perspective, first recommendation. Don't eat airplane food ever. It is never fresh, it always has MSG and bad oils in it, even when it's made by some signature chef, let me just tell you. No signature chef, like the high end chef guys. None of them would ever serve airplane food in their restaurants. And why is that? Because it sucks, that's why. What they're doing is, they're doing their best. Airplanes are not places to serve hot meals, the meals were cooked many, many hours ago. They've been sitting in little things, they're going to be re-heated in micro waves. And by the way it's... even in first class, it still sucks. Bring something from the airport with you and even then most airport food is the horrible trashiest stuff. I tend to pick sushi when I can go to an airport, that has good sushi and most of them do know. If not I recommend the guacamole. You can get tons of

guacamole in most airport, just say I want like five sides of guacamole, they usually under charge you for it. That's healthy fat, with nothing really bad in there. And depending on whether you eat a lot of carbohydrates or not.

And you can usually get white rice that has nothing in it. Will you go for the fried rice, they're putting canola oil, they're putting MSG, and they're putting soy sauce and all sorts of other stuff in it that is likely to cheer your food cravings. And, what I'm suggesting to do and what the whole full through diet road map is about, is how to eat you'd never have another food craving again. And if you have a food craving while you're traveling, it's your fault. It means you did something wrong and 80, 90 % of the time was used cravings come from what you ate in the last meal. So, you eat something that causes a brief spike in blood sugar or usually it causes nose spike about your good just causes a crash two hours later. And you're sitting on the airplane and you're like, "Oh my god. I've got to have some food," and then they've come by with a bag of pretzel crisps. I'll eat those and great you've got a good then thing, which isn't good for you in lots of ways and then you have another lunch, who goes spike and pretty soon you're on the yoyo day, when you land you feel like absolute garbage. So, I don't eat on airplanes anything that the airplane gives me. If I'm going to have a snack, I will have an 85% dark chocolate bar which has very little sugar, tons of fat, it's very satisfying and you know what? Chocolate taste good. But, for the most part if you're eating right, you don't really need a snack. For transit lag flights, I do use coffee but, airplane coffee is horrible and bad and nasty.

So, I actually make my own coffee in the airplane, I travel with coffee and there are thousands of people who travel with boulders of coffee. In fact there's probably tens of thousands I have no idea how many, but enough that I've heard lots and lots of people on forms and all just tell me. Yes, I finally did it. So, what I do is, I've travel been on beans. And why would you do that? Because many coffee beans especially the stuff that's pre-ground and serve in airplanes, and hotels and mass market coffee stuff, they have levels of something called mold toxins in them and this comes from coffee processing and when you drink coffee that has small amounts of mold in them, coffee causes anxiety, and jitter and you get a crash and you get a sugar craving from it. So, you drink the coffee, you feel good and then you crash, you drink coffee, you feel good and then you crash. When you drink coffee that has three of those types of mold toxins that are causing those declines in performance. There's actually a study in the "Bulletproof diet" book that we did looking at executive function and on six of seven measures there's a statistically significant difference, between people who drink mold free coffee and mold decaf.

So, it seems I don't like to crash, I already have physical stress, I'm not going to be drinking bad coffee and I quit drinking coffee on the road, except for mine. I've been like that for about five years or so. You do some on the airplanes so this is a really, really intrigue, so can I have a couple of pot water and another empty cup, and then bring your cup of their hottest water and you take a spoon full of coffee grounds, put it in the coffee, stir it up and let it sit for four minutes. You tap the thing, you just take a couple of water, the coffee will fall into the bottom and then you pour the good coffee off the top and you drink it, or if you don't feel hungry for the next four hours, get a little bit of butter and a little bit of "Brain Octane Oil", and I travel with "Brain Octane Oil". And then, you blend it up in the little cup with a little blender a thing, and you've got "Bulletproof coffee". I travel, if I don't show you I travel with. I didn't plan this. So, this is the first example but... Here's my bullet proof travel kit. Enough coffee if I ration it I could go about 10 days. This is look at the quality of that sticker, it was like worn it off on hundreds and hundreds of pet. What this is, is this is coffee I grind it right for a dose of stays pretty darn fresh and it's in an old lodging container. And I bring one of the official Bulletproof cups. The reason I can do this, it's a little bit of coffee in here right now, and Robyn I'm not testing this but I know I can do this and it's not going to come out on me, it has a lock in it, never leaks. I can travel with.

Dr. Robyn Benson: Awesome. I want one of those.

Dave Asprey: In my back pack, next to my laptop it doesn't ever spill hundreds of trips. So, what I do is I pour the coffee in here, I put the butter in here, I shake it up and now I've got this mixture of butter and then extract of coconut oil that I make called brain octane. And coffee and why they do that? Because this is no joke, you don't care about food...

Dr. Robyn Benson: "Brain Octane".

Dave Asprey: There you go. I'm not sure how many listeners know about it....

Dr. Robyn Benson: Listen, I've got a... I'm drinking coffee drink.

Dave Asprey: Nice, so you're on the program.

Dr. Robyn Benson: I'm going to stall people how about that? I am... I've got a small version of this, it's great to travel with. I swear sometimes when I'm hungry, I just would take a swig of ... the Brain Octane Oil that will help with any hunger pain.

Dave Asprey: You have to have a strong stomach, in order to do that.

Dr. Robyn Benson: But I can do it.

Dave Asprey: I do too. Some people get a little bit, like any type of oil like olive oil is good. And here's another trick for people. This is a little bottle I bought it at "REI" that's meant for bag packers. Its three ounces, it's TSA we go, that's good for three days of rationing. I can bring three or four of these, I've traveled to all of... like much of Asia, Europe carrying little bottles of "Brain Octane oil" and sticks of butter, people think I'm nuts. But here's the thing, I don't go to breakfast at the hotel. I save 35 dollars on the buffet that would taste like pancakes and sugar and crap that I don't want to eat, because it's set's you up for a day of crashing. So, in my room I make coffee and then, I shake it up in my mug, and then I don't care about food until dinner and maybe I'll have lunch, maybe I won't.

But my body is used to eating on, some circadian rhythm that I'm probably not on because, I'm in the wrong time zone. But, this whole need for energy from food, where the butters are: "Come, no I have no energy, it's just got." And it's time to go on stage, or have that meeting or to do whatever it is I'm there to do. And I have the energy to focus in all of that and I know when to get my sleep when I'm going to get it. So, it's not about the stimulation of the coffee, we're talking one cup of coffee, not constant cups the way I used to do coffee before I understood that coffee was making me crash. I was taking about one cup of plain coffee in the morning and maybe another one around lunch time, and then even if I only slept three hours on an airplane. I'm still, like I'm in the zone, I can do it. I take handful of supplements too. But the coffee itself replaced what I used to use for jet lag, which was modafinil, which is also, may I recommend you have in your bag in case things aren't working. What do you think, Robyn?

Dr. Robyn Benson: I love it. I have to say, the Bulletproof coffee grow and we have it regularly here at the center. We've been offer to our patients how lucky are they? I have not mastered it, I do typical in powder and the brain octane when I travel, but I haven't actually brought the butter, haven't done it.

Dave Asprey: Let me grab something, I just ran away from the camera, but it's just right here I have to show you.

Dr. Robyn Benson: That's okay. That's cool.

Kevin Snow: Real butter, his talking about a stick of real butter in it.

Dave Asprey: See this? This is an amazing. I hope you can see that in the light, can you see the branding on here? This is my... to me branded, butter carrier. So, there's the butter.

Dr. Robyn Benson: All right, I like it.

Dave Asprey: And this thing, it's actually from some airline, Delta First class. They gave this out before they spend like 25 cents putting a tube and stick around there... But, here's the funny thing. This looks like it belongs in a travel bag, how many times I've been searched in earth like I've been stopped for butter. I just stopped for about a three times out of I'm guessing 500 flights. And, there's a set of things you say, they asked about it and this is what doesn't work, you said, "Well, this is liquid or gel?" This is 84% saturated fat which is solid room temperature, because that your P.M butter therefore is actually solid. And they usually would be even go, ERF whatever got it looks spreadable to me. So, here's what you're saying, you say, it's a medical food. And when you say medical they seem like, it's like takes away a lot of the stress that apparently and travel people have when they see butter. And then, I say, "What do you mean?" And you can say, "Oh like diabetes". And, I have one guy who clearly had diabetes, look and at me and go, "Butter, for diabetes? And I said, "Yes, it doesn't raise your blood sugar. So, what they might want to do if you're carrying butter, is they might want to swipe the butter and for some reason two of the three times I've been stopped for it LAX. And all right, and one time they said, "No, you can't bring this", I said, "No really, it's okay. I can get a note from my doctor." But like you need to swipe this because it's important that I have but I have severe food allergies, I have all these medical issues, I have to have this. And so, they won't ask their boss and the boss is like swipe it, and do the cannon ball test and then you can bring it with you. If you freeze it and it solid and you can do this, then they can't really stop you anyway.

Dr. Robyn Benson: Great.

Dave Asprey: So, the trick is to be respectful, don't be combative and be nice to the people and I want to report, I won't say which ones of the people are getting trouble? They wanted me, I will admit it was in Canada, because Canadians are nice and I live here. But, that one the better of going and I tried the line about solid and I said, "Well, its first skin care," like, "Nope", and I'm like, "Think about that's a medical." And they go, "Yes and I go, "Oh yeah, yeah it's medical, like great that's what I wanted to hear and they give me the butter back and get on the plane. So, like the TSA people are good people, they're just in a really crappy jobs. So.

Dr. Robyn Benson: They really are oh my goodness. I learned more about, travelers and from TSA agents really, I can't tell you and how crazy the industry is and that's why we're bringing a really positive voice, you can now travel with butter confidently and be Bulletproof. So, let's hear more about some of your

bullet proof strategies, especially jet lag and it help people can... keep a super immunity on the road.

Dave Asprey: Let's talk about the other thing that I'll do when I travel let's see.

Dr. Robyn Benson: Okay.

Dave Asprey: I give my...what I look like when I travel. I'm totally not planning in me, and that's which is why I actually keep fighting stuff and I don't know where I've put my hat. But I normally wear on the airplane most especially is, good quality polarized branch wrap around glasses and a baseball hat. And you've never tried flying in a hat and dark glasses? You totally missing out because everything's like... from breaking bad or something. Now, the reason is that, there are huge amounts of stress, a stressors from your environment that your body takes in, one of them is light. And we are not well-engineered to accept super bright light especially on a cloudy day coming in from your far peripheral vision on either side. And it stresses different parts of your brain, there's actually a four-way mapping of what you see anytime. Something you see right from your right eye, because the different part of your brain has something here. So, when the guys sitting next to you, doesn't have the courtesy to close his window on the airplane. You get super bright light from one side and super dark light from the other side and your eyes try to match it up and it uses brain power, it uses energy in the brain and it stresses the body. So you then get eye fatigue and start feeling tired, it's predictable that this will happen, and it happens to everyone. But, if you take steps to block it, you'll feel better, you can also with a hat you're blocking a lot of the fluorescent stuff above.

The other thing that is an absolute requirement and you have to go buy one of this right now. It doesn't matter if you have those giant robotic noise cancelling headphones that take up like you're your luggage. This is better, this is the boast. I have no deal with these guys, they're just awesome. The Boast little hit, little noise cancelling headphones I have known you as the model is their trainer Bucks, I bought mine at the Apple store. But, the reason you use this is when you put them in, the children will woke up and do these. You can't hear a word, it is the best noise cancelling, anything ever and all the sounds of the airplane just go away. And you're sitting there in silence, way better than the over ear noise cancelling once but easier to travel with. They work with your cellphone and there this big you can put it in your pocket or your purse and you always have them with you. So, now you've reduced the stress of ambient noise which stresses any animal. You've reduced the stress of constant interruptions and people, telling you how to put on your god damn seatbelt like when we [Crosstalk 00:27:16.10] not, okay? Right? Anyhow,

we do that. And then now, you're going to have less jet lag too, because you are doing weird lighting things. You want to make it darker at night and you're going to make it brighter in the morning where you're going to be landing.

So what I've done, I've used to travel with a bright blue-weight LED light for light exposure, but I found that with the eating style that I use, I don't need to do that nearly as much, but it is important that you avoid bright lights at night. So, when I fly to New York and getting there, at ten or eleven at night, I could walk through a bright fluorescent with airport. Fluorescent lights are the ones that mess with your circadian rhythm the most. You're at ten. You're already trying to make yourself go to bed, because it's 10 o'clock there, but it's only 7 o'clock for you if you're from the West Coast, but you should go to sleep, because you've got to wake up early and then huge bright light shining down on you in the airport before you get in the taxi for four hours you've lost your ability to make melatonin. So, what do you do? When you've got sunglasses. I wear them at night all the time and people just think I'm a rock star. It's kind of funny. I felt really self-conscious about it at first and I'm like, "I just don't care."

So, if everyone do you brought thing and, I'm in total dark. It doesn't matter. I don't mind as long as I feel good and I get sleep when I get there. So, controlling light exposure matters. Something else to do. Wear a long sleeve shirts. There's two reasons for that. One is everyone are soaked in flame retardants that inhibit your thyroid function and often times in pesticides and BPA, hundreds of times levels are higher than normal. You observe it to your skin, but you also have photo receptors on your skin. That means that your circadian rhythm can be influenced by light on your skin. So, if you're the kind of person who flies in flip flops, and shorts and tank top, you're doing it wrong. Cover up your skin when you're flying. So, if it's a super-hot day, you might wear short sleeves or something, but definitely especially on longer flights across time zones, I would say you don't let random light in the airplane to control your circadian rhythm. Darkness is better than light. You can always add light to wake yourself up and do a kind of just sleep. .

Dr. Robyn Benson: Those sorts of this glasses again they go all the way around. So, you know light comes in in the side.

Dave Asprey: Yes, let me go. These are Oakley's. These are the Oakley "Batwolf" they're called, but I chose them and Oakley has a lot of them with really good side shields. So, having a side shield is good, because a lot of normal glasses have a big gap right here and that's right where the light comes in from the window next to you. And the other thing that stresses

your body enormously that you're probably not aware of is all of the Mac products have super glossy glass screens. Now, if you can look at something that's visually relaxing which means a laptop screen that's not reflecting lights from windows on both sides, it takes less energy to read and do work. If you're struggling to see what you're seeing, because you have to basically use your processing power to filter out all of the reflections off the screen, it's a visual stressor. So, I use anti-glare filters and I'll just ask the person next to me, "Do you mind closing the window for glare?" If you're flying over Mount McKinley or something, look at the thing, but the rest of the time, light from the window is actually a performance inhibitor, not an advantage.

Dr. Robyn Benson: People don't realize also that it's more ...It actually affects your body to fly during the day more so than at night. That there's more radiation exposure [Crosstalk 00:30:56.21] during the day. So, it's definitely a good idea to shut the windows.

Dave Asprey: The problem though is that most flights don't happen at night. [Crosstalk 00:31:06.15]

Dr. Robyn Benson: That's really true. That's so true.

Dave Asprey: I do fly at night. I feel better when I fly at night and I take a whole bunch of antioxidants when I travel, because I'm aware of the radiation problem and I like to reduce the amounts of violets and radiation I'm exposed to.

Dr. Robyn Benson: Yes.

Dave Asprey: So, another thing for immunity is [Crosstalk 00:31:27.05]. Go ahead.

Kevin Snow: You went to nearly your mold maybe deviated a little bit on mold exposure and where is this and what to do?

Dave Asprey: This is another one of those things - I'm doing a documentary right now with a top-level professional film crew. It's taking more than a year of filming and we've interviewed experts all over the place as well as the people who are affected by it. And mold in our environment has the power to give you food cravings. It has the power to make you weak. It can make you angry. It can give you nightmares. It can make you fat, but it can also just make you really unable to find words and sort of zombified. It happens on trips quite a lot, because you're going through lots of areas and depending on your genetics, depending on your previous exposures, you can walk into a room and one person is like "I don't know. It smells a bit like a mop" and you're like "e-e--ehhh, e- e-ehhh" or even worse, you're in there, but you can't think anymore and you want to kill everyone around you. This is your body responding to the environment in a different

way. And about 28% of people have genes that can make them permanently weakened by a mold exposure like this that's why I'm doing a movie. There's a hundred million people in the US who don't know that this is kryptonite in the environment. So, you can pay attention to how your body feels when you go into a space. If it smells a bit funky and you feel stressed, the simplest thing to do is what I do is I get out, but it's not that easy.

Go to terminal 6 at LAX, that thing has mold. It was last remodeled in the 1960's. You look up at the ceiling and you can see stains, water damage ceiling tiles. I always start coughing or sneezing when I go in there, because I'm allergic to mold, but it's worse, because you also get brain fog and fatigue from mold. So, if you're on a place like that, there's not much you can do about it, but almost every airport has a very specific phone you can do something about. You know those gangways, things that connect you onto the airplanes? The end of the gangway is open to the environment and there's rainstorms and there's carpet which is a designed flop, it just makes me insane. And if you look that, you can see the water damage in the carpet. So, if you can be one of the first people on the airplane, you can walk right through there. If you're one of the people waiting in line, you're going to stand there, potentially for five minutes, breathing some of the most toxic air you could breathe, because you get some nice jet fuel coming in from outside and you get that delicious toxic mold right there. And this is one of the reasons that people feel like zombies after getting on the airplane, not the only reason. So, I'll just hold my breath when I walk down the gangway. The air from that doesn't make it in to the airplane very well, because the airplane has a really powerful recirculation.

So, you walk through there, you just don't breathe very much and you've been there ...exposure a lot. And I've never actually talked about that before, but that's one of those things. The other thing is, have you been to a hotel room? If your hotel room has a problem, the air doesn't smell right, just ask for a different one. I went to a hotel in San Diego recently. Really, really nice resort hotel, multiple stars, whatever. And I was giving a talk to a bunch of CEOs about the Bulletproof diet and how to have more mental performance. And I checked into my room, I spent 20 minutes in the room. The air did even smell bad and I came out of the room and went to hall foods to get some food. I'll talk about eating in a minute. And when I'm there, I'm on the phone with my general contractor. And I'm a pretty calm guy. I've done my 40 years of Zen style brain hacking and generally in the zone. And someone wanted some kind of stuff, I don't remember what, but I'm like, "You know what? I just don't care. I have too much going on. I don't care really. Store a mask on the building and burn it

down. I'm not doing this right now." It's so far for me to say, throw a mask in the building and to yell at someone that I was kind of watch myself going, "Well, that's really weird". So, I get back in the hotel room, and I'm like I, that felt like mold rage to me. And so, I stood up on the bed, and then looked on the air-conditioning vent, because this was right looking over the water. People open the doors and leave the AC on.

Warm moist ocean air hitting cold air-conditioning vent, there's toss of black mold all around the vent. And I went to the front desk and said, "Give me another room. I'll make another room and that was fine", but if I did slept in that room, the next day, I would have been swollen my brain for being super foggy. You probably would have seem like this tired, haggard look on my face. And I've probably would have been the world's biggest jerk that day. So, you can control your environment that way by just being aware of things like that. Like in the restaurants, where you're like, "There's clearly something wrong with the air in here" and then you just go, because if you sit there and do it, you're probably going to incur a cost and the cost for you Robyn might be, "Oh, it just cause a DNA damage it contributes to cancer and some other autoimmune diseases." And from another person it might be like, "Wow. I feel really, really crappy right now", but it's never good for you. So, just be aware of the quality of your environment and make changes when you can and if you can, you weather it and you take toxin absorbing things.

Dr. Robyn Benson: Yes. And just now I'm so glad you brought up hotels, because very often they'll have a floors designated for people with allergies. You can get a room that doesn't have feathers in it. So, I was just in San Diego too and I just said, "You know what? I'm very sensitive to mold and other things." And so, they just gave me and said, "You can stay on this floor of fourth way. It's designated for people like you." The other thing I learned this week is that the average plane does only gets a thorough clean every 30 days. So, you just know that you're entering a pretty toxic environment. Every 30 days and they keep going and going, and they don't take the time to really do a thing. And who knows what cleaning products they're using.

Dave Asprey: That's exactly right in fact, when I get home from a flight, including my outer jacket, all the clothes I wear, I take them off and I take a shower, but I don't come in and sit in the bed. I don't bring that stuff into my house. I wash it off my clothes, because airplanes really are that toxic. Let's talk about what to eat when you're on the road. This is a question I get all the time on the Bullet proof forums. And there's two kinds of meals when you travel. One is a meal for performance and it should make you not hungry, not have food cravings and just basically do what you're there to do. And

the other kind of meal is either like a pleasure meal or a business meal. And a lot of people make this mistake, they're like, "Oh, I'm travelling. It's a vacation or whatever. I'm going to have a treat." And this is something parents teach their kids. "Oh, have a treat. Eat a Twinkie." You're like, "No. Eat dark chocolate." You could teach kids to eat good stuff, but if you're programmed when you want to have the most fun-to-eat crap that makes you tired and cranky and gives you a rash and makes you not feel good, well then, that's what your instinct is going to be when you're on the road travelling.

So, you have to fight that. You go to the business meal, okay? Here's this. There's an info-graphic on the Bullet proof website where I write ...Which alcohol is going to cost the most inflammation problem or which one isn't? Right now, I can tell you without a question, without a shadow of a doubt that beer's the worst, red wine is the second worst and clear distilled filtered alcohols like Vodka are the best, because alcohol does one thing to you. The mold toxins that come as the fermentation happens, if you don't filter them out, they cause food cravings and tiredness and brain fog. So, if you're going to say, "I'm travelling. Let's have a couple of glasses of red wine." You're not going to like how you feel. You're already dehydrated and all that. If you have to drink, drink a Vodka and better yet, just don't drink at all. Say, "I'm jetlagged. I'm not drinking tonight." That'll change your whole trip and then don't eat a big meal of questionable quality. So, go to the steak house, order the wildcat fish. Get the grass fed steak. Order the vegetables. And I am more precise on my diet when I travel than I am at home, because my performance matters and because my stress levels are higher.

Dr. Robyn Benson: Right.

Dave Asprey: So, even in a business dinner, no one's going to look down on you if you say, "I want a big salad. Don't put your MSG dressing on there. Just give me some olive oil and a... for brain optimum on my salad too and give me the steak. Hold the potatoes. Give me three times more vegetables than you normally give people, because that's what's I'm going to eat." And people would go, "Wow. You're really healthy." And then they look down and they're like, "Oh you're actually are really healthy." And then they look down and they're like, "I have an extra 40 pounds." I used to weigh 300 pounds, I get it, but the reason is that if you think when you go to a restaurant, you have to get you the big potatoes, the garlic bread and all the other random stuff, you don't even in a business setting. And if you're eating for pleasure, steak is pleasurable, isn't it? So, don't skimp on food when you travel, but in order to afford steak, especially got an expensive where you have to file then that 25 dollar breakfast buffet or \$35 breakfast

buffet, the way they charge now. You can go down there and just get eggs and that'll cost you maybe 10 or 12 bucks depending which... Give me four poached eggs. Soft yolks and half an avocado. You eat that for breakfast, it's a different experience. Better yet, Bullet proof coffee in your hotel room. Save a half hour and don't spend any of your expense account on it. Now, you've got an extra 25 bucks to apply to your steak and dinner. I did that for years when I was a VP in Corporate America. Now, I'm CEO, so I just like to buy the good stuff.

Kevin Snow: So, what we ask of a lot of our people is what would be the main thing that you would change about the travel experience? And you've definitely shared a lot already, but something that you've run into that you really like to see changed.

Dave Asprey: There's two things I can make up there. One is that the amount of paperwork and security theatre in airports has gone absurd. Most of the world doesn't make you take your shoes off anymore, but because I believe actually it's a conspiracy that Doctor Scholl's, the athlete's foot private company is potentially sponsoring this whole thing, because we have to take our shoes off and share our foot I guess with each other, but the whole idea of this big security rigmarole at airports, has nothing to do with security. You can get anything you want past those scanners and any security expert will tell you that. People don't know this, but I've spent the last 10 or so years of my career in Corporate America working for big internet security companies. Like I've been to countless security conferences and all people who work in security know very well that there is no safety delivered from this huge apparatus in airports. But what they've done is they forced us to show up at the airport an hour or two earlier than we should and it really sucks the life out of frequent travelers. So, one thing to do about that is sign up for TSA Pre, get one of those clear cards that only works in one or three airports, it's 50 bucks, but at least at SFO, you'll get it there early, the rest of the place has never even seen the card.

Dr. Robyn Benson: I think through up to ten airports now.

Dave Asprey: That's less. Like I have a stack of these things. Get some airplane status cards even if they're not yours and you can waive them to get on the airplane first. Whatever it takes, but minimize all the craps. You don't live in airports. So, it's one thing, it's just the security and an onboarding experience, like your security is our first priority, that's be as, , money is the first priority and if they could respect me a little bit, I would behave there. The second thing there is when you go to a hotel, hotel lighting has gone horrible. They put those compact fluorescent bulbs in which add mercury to the environment. They also are the lowest quality, highest

stressed lights and there isn't even one good quality light bulb in some of the hotel rooms. So, you sit there under a really poor lighting that causes stress that makes you tire more quickly and you're already tired you're travelling. And the air in those hotel rooms usually smells like carpet fresh and something else. So, what I'd like to see is actually better air and better lighting in hotels and curtains that close and block light. Eighty percent of the hotels let light through the curtains. So, here's another travel tip that I don't think I've shared before. Go to the closet at your hotel and they have those nice coat hangers with two clips on them for hanging pants. I don't know anyone who hangs their pants on clips in hotel rooms, maybe it's a girl thing, but what do you do as you take that and you go to the curtains and you use the clips to hold the curtains together, so that the city lights won't come in and interrupt your sleep. That's the use of those curtain hanger things. So, just fixing our environment can make us more resilient travelers and that's kind of a cool thing.

Dr. Robyn Benson: So Dave, you've talked a lot about how you Bulletproof your life in terms of how you eat. How are you doing that in terms of all the electromagnetic pollution, but also if you could talk about immunity a little bit? What are you doing to keep your immune system strong? What do you recommend to everyone who's listening? Electromagnetic pollution first and then you can talk a little bit about immune system.

Dave Asprey: There's some supplements that I take. I use my Unfair Advantage supplement which is a really important one for mitochondrial redox. It changes everything when your immune system is working properly. When you get this right, your mitochondria starts working better and they keep working. So, for about six hours after you take it, you have higher mitochondria function and if you take it regularly, you grow a new mitochondria. So, this is one of the things, I always take it or it's antioxidant effects and Unfair Advantage contains a new form of a compound called "PQQ", that it's documented how this effects. It's just a form you can absorb, because it doesn't get deactivated in the stomach. Apart from that, I take activated coconut charcoal. This is also something else that I make. So, you just know that this is a bought through product. And so, I could have a nefarious motive for telling you this except I don't, I just make stuff I wanted that I could buy it. What this is activated charcoal, in this form has a very strong negative charge and it binds the toxins in your environment including the ones that you've already ingested. So, if you're eating airplane food or low quality airport food, you can take this with a food to absorb things like mold toxins and you'll feel noticeably different and better when you take this stuff when you travel. Also, when you travel, you're [Crosstalk 00:46:02.12].

Dr. Robyn Benson: That's a great one, charcoal.

Dave Asprey: It's huge. I always take it when I fly. I've done some really interesting research. It turns out your gut bacteria get jetlagged too. They get stressed when you stay up all night and when bacteria in your gutter stressed, they make more toxins called "Lipopolysaccharide" which is why if you're going to do something like fly all night or do a stressful trip, take a little bit of charcoal, combine the toxins that your gut bacteria are going to make as they make them, because there are charcoals right there. This is the same type of charcoal that's used in your Brita filter. It's just an acid wash, super clean, super fine particle, human bred thing and the charcoal that I use in the Bulletproof activated coconut charcoal is actually the very finest particle, no other supplement company that we've ever found uses that grade of charcoal, because it's so annoying to work with, like clouds of dust happening in our factory and all, but it's the most absorbent form I could find.

Dr. Robyn Benson: So, if you feel a cold coming on or you get sick on the road, what do you do? What do you do to move that out of your system really fast?

Dave Asprey: Always travel with clear nasal spray. In fact, there's a post on the Bulletproof executive website about jetlag and sinuses, but Xlear has a compound called "Xylitol." Bacteria can't stick after you put Xylitol on them. They literally won't stick in your throat. So, you should douse yourself with Xlear before you fly and potentially during the flight if it's dry. You want to drink a lot of water on the airplane. And the other thing that's really important, travel with the step Afrin Nasal Spray. Afrin is something that will force your sinuses to shrink or your nasal membranes anyway. If you're starting to get that sore throat or you're ears even more so is starting to clog out, you can go deaf. So, you take Afrin and if you have to, you can tip to your back and just rinse your nose with it which is a hundred X dose of what you should. Do not allow yourself to go in the airplane descending with clogged ears, because you can go deaf that way. Afrin is a way to fix that. So, if you're starting to get sick, shrink the nasal membranes and use Xlear and that can often times be enough. Adaptogenic herbs are another good idea. A large doses of vitamin C are another good idea. And I will also, when I'm really pushing it, I bring upgraded glutathione force. This is a compound, again one of my products, but I make this stuff that I use and no surprise there. This is a new delivery system for a compound called "Glutathione" which is your body's master antioxidant and sort of detoxing chemical. Glutathione is required for your liver to detox, many, many different substances and it's heavily depleted during excessive travel. So, you take the stuff, doesn't taste really good to be perfectly honest, but it's so wonderful, there's tons

of travelers who use it specifically for flying and for resilience. So, if I feel like I'm starting to get sick, I take glutathione and I'll do these other things with my sinuses. And it's pretty unusual for me to get sick on a trip.

Dr. Robyn Benson: That's fantastic. Do you have a sample of your glutathione right there? Your little plunger.

Dave Asprey: I'm sure that I have it with me. Let's see. Let me look at my [Crosstalk 00:49:25.19].

Dr. Robyn Benson: Well, here!

Kevin Snow: We're definitely going to have some winks here. People to get to his website as well.

Dave Asprey: I have this stuff which is kind of cool, but [Crosstalk 00:49:38.23].

Dr. Robyn Benson: We've been like kitchen like that when we travel everywhere we go, right? You're all stocked. You're pretty [Crosstalk 00:49:48.12]. I like it.

Dave Asprey: I take a few of these ampules. These are the Unfair Advantages, they're designed to be travel safe. You just have these in your pocket and you just turn it open and drink it on the airplane. And it's such a big difference in how you feel right then, within five minutes. It's sort of like, something's off let me just have an Unfair Advantage and then I feel better.

Dr. Robyn Benson: Wow. Well, this has been fantastic, oh my goodness. Endless, endless hacks you have shared so many important, so many important ways for us to think about how to travel healthy on a regular basis, right? And how to knock it sick, how to keep your brain functioning and so I'm just really thrilled that you have given us all this. Kevin, do you have any other quick questions before we have to sign off here?

Kevin Snow: Well, it's a tough one... I mean I've got a ton of questions.

Dr. Robyn Benson: We do, I wish to need you to bring me like a couple more hours with you, and you're just getting a start here.

Kevin Snow: Any other products? Definitely looking at your website and seen that you've got a lot of hack-related product. So, any other favorites?

Dave Asprey: Well, if you look at what, boulder coffee, the upgraded coffee beans without the mold toxins and bring Octane oil. Just getting those will changed what happens in the morning, no matter where you are in the planet, after you land, it is such a game changer for travel. I'm not just saying this, there's thousands and thousands of people who figured this out and that's why they travel with their own coffee beans. And, starting

there, going straight to the whole body neotropic. This Unfair Advantage stuff that makes your brain work better, makes your body work better. Also, like wow! I feel kind of super powered and my mind... and your five times away from where I should be. Things like that make a giant difference and then you have the detox slayer from glutathione force. And use charcoal, especially when you're eating on the road to help absorb toxins from your food or anything else. And, suddenly the quality of your trip, the quality of your performance is very, very different, this aren't really hard things to do. But you'll feel them.

Dr. Robyn Benson: I just want to ask you one more question about, hydration Dave. I was talking to a pilot last night, and he was somewhat how pilots are more prone to kidney stones now than ever before, because they're in the cockpit for longer periods of time. You know all this regulations now. So, maybe just tell us about hydration, like what ...most people get dehydrated, they keep mentioning that earlier, it's one of the most common issues that creates all kinds of problems in the body. So, maybe some more solutions for hydration.

Dave Asprey: One of the problems is that, if you chug a whole bunch of water, you don't absorb it, if you sip water you absorb it much better. I'm a huge fan of carbonated water, I drink all the club soda they have on airplanes, because it has no sugar and chemicals in it. So, you might as well drink that. So, I just say... here's a trick, say can I have a can of club soda? But give me the whole can, not just for a little tiny cup of club soda. I usually bring my own water with me on the plane and I drink what they give me. But, in about two months I'm launching a new hydration products that's specifically targets travelers on high performance athletes, because the electrolyte's, give me a break. It's like that movie "Idiocracy" like, how's the electrolytes. If you want electrolytes, put a pinch of salt in your water and there you got electrolytes. That's salt is about absorption and there are ways you could hack the absorption water. I'm super excited to launch that. So, sign up for the "Bulletproof" mailing list and I will let you know how to stay more hydrated than you've ever been. I can tell you that during the development of this product, I gave some to the "Bulletproof" team and we all got dizzy, because we hydrated so fast that it affect our electrolyte levels, like giving an I.V. without sodium in it. So, we had to ready back off any amount of active ingredient in it. So, there are ways to make your body put water into your blood and into your cells that are not well-known, and were going to make those snob.

Dr. Robyn Benson: Awesome.

Dave Asprey: I'm excited to launch that.

Dr. Robyn Benson: Thank you so much Dave for your time here and so many invaluable tips for everybody. So, we appreciate you and to find out more about "Bulletproof" go to, what's your best website?

Dave Asprey: Go to bulletproofexact.com, to get all the free content quarter million words, six million people came their last year. Got iTunes, check out "Bulletproof" radio number one rank show in health and fitness most of the time. And if you want to buy some stuff, like the stuff we talked about, check out Bulletproof.com.

Dr. Robyn Benson: Okay, awesome. So, also we'll have something special for all of you there listening, from your... a nice "Bulletproof kit," we'll talk about that Dave, let's see what we can come up with.

Dave Asprey: I'm sure we can do something to help our listeners and travel safe.

Dr. Robyn Benson: Awesome. Take care.