

# Dave Asprey You Need Fat! PODCAST SHOWNOTES

*Our guest today is Dave Asprey, founder of Bulletproof and author of New York Times bestseller [The Bulletproof Diet](#), is a Silicon Valley investor and technology entrepreneur who spent two decades and over \$300,000 to hack his own biology. Dave lost 100 pounds without counting calories or excessive exercise, used techniques to upgrade his brain to an IQ over 150, and lowered his biological age while learning to sleep more efficiently in less time. Learning to do these seemingly impossible things transformed him into a better entrepreneur, a better husband, and a better father.*

## **Fat**

Fat makes your hormones and cells. It is a critical building block, just like protein. We are capable of living on many different fuel sources, but if you want to feel great and live well, eating the right fat can help. Fat can reduce your hunger. It's more satisfying than carbs or protein. Your brain feels better and less foggy because your body is satiated. When your body goes into ketosis, it burns fat for fuel. Fat doesn't make you fat, but when fat is paired with sugar it can be extremely harmful.

## **Hormones and the Gut**

The people who came up with Kellogg's Corn Flakes and graham crackers came up with those products to try to plunge sex hormones down to lower sexual desire. If you don't have fat, you will have hormonal swings. When you have the right fats, you feel more balanced, and live a better life. When you eat healthy fats your body operates optimally and your body reflects that. Having the right fats in your gut is an important part of having a healthy microbiome. If you're eating lots of vegetables, lots of polyphenols (like in coffee or chocolate) they feed the good bacteria in the gut, but fat can help fight the bad bacteria. The wrong fats will not.

## **Bad Fats**

Cutting out the bad fats is key. Never eat margarine. It is never ok. One capsule (1 gram) of fish oil has healthy effects, so what can 1 gram of a bad oil do to our bodies? Canola oil, corn oil and vegetable oil are all oxidized (petrochemicals are poured through the plant) and they often become rancid without us knowing. The body cannot use these oils effectively to create hormones and cell membranes. Instead they make free radicals at will and age the body. When you're cooking with fat, you need to be careful. Choosing a fat that is fully-saturated to cook with is ideal. Ghee and coconut oil are your best bets. You can also use butter as long as you aren't worried about a little bit of burning that can occur.

## **Favorite Fats**

- Grassfed butter
- Coconut oil
- Egg yolks
- Animal fats (grass fed or pastured animals)
- Avocados and avocado oil
- Olives and olive oil
- Nuts, but not too many (you want fully-saturated fat)

## **Bulletproof Coffee**

After drinking yak butter tea in Tibet, Dave was hooked. It turned on his brain in a way he had never felt before. He went home and figured out a recipe for brewed coffee with grass-fed butter, and brain octane oil all blended together helps you turn off hunger and

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cravings. You feel amazing. People can feel the difference in 15 minutes and keeping that blood sugar stable is so good for mental function as well.

[Check out Dave's Website](#)

## **Listener Question:**

*I am unable to exercise due to neuropathy and it has taken me off track, what do I do?*

When you can't exercise, diet becomes super key. There is no margin for error. Tighten it up and go through the process again. Add water and get enough sleep. Managing stress is also important. Also, think about what you CAN do to exercise. Work with a physical therapist to work out some kind of a plan to maintain muscle mass and keep your body moving.

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As always, remember:

**You are worthy. Dare to live a life that matters.**

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