

Bulletproof Top 3

1. Biohacking 101 – Andrew Clark
 - Keep a Journal
 - Set Goals
 - Do Research
2. The Dark Side of Fat Loss, Protandim – Sean Croxton
 - NONE (Armi)
 - Underground Wellness
3. Hacking Fatigue – Tim Noakes
 - NONE (Armi & Dave)
 - Lore of Running
4. Evolutionary Psychiatry – Emily Deans
 - Decrease Processed Food
 - Eat Whole Real Food
 - Sleep Hygiene
 - Exercise
 - Play
5. How to Quantify Fatigue – Rick Green & John Kalns
 - NONE (Armi)
6. Optimum Performance Training – James Fitzgerald
 - NONE (Armi)
 - Read
 - See What Resonates
 - Self-Experiment
 - Set Goals
7. Low-Carb Diets – Adam Kosloff
 - NONE (Armi)
8. Quantifying Recovery – Jeff Hunt
 - NONE (Armi)
9. How To Profit From Provocation – Linda Bernardi
 - NONE (Dave)
10. The Man Who Would Stop Time – Bill Andrews
 - NONE (Dave)
11. Paleoista – Nell Stephenson
 - NONE (Dave)
12. Sexification – Roger Lawson
 - NONE (Armi)
 - Pay Attention to Amount of Food You Are Eating
 - Be Strong
 - Personal Goals Your Own Goals
13. How To Upgrade Your Brain with Coconut Oil & Ketones – Dr. Mary Newport
 - NONE (Dave)

14. The Singularity Institute – Michael Vassar
 - NONE (Dave)
15. A Non-Bulletproof View on Artificial Sweeteners – James Krieger
 - NONE (Dave)
16. Everything You Need To Know About Saturated Fat & Cholesterol – Chris Masterjohn, Ph.D
 - NONE (Dave)

STARTED ASKING TOP 3 QUESTION SPECIFICALLY

17. Free The Animal – Richard Nikoley (73:20)
 - Diet = Real Food
 - Fitness Regime (Exercise)
 - Adapt To Hunger; Autophagy (Ketosis)
18. The Doper Next Door – Andrew Tilin (59:45)
 - Eat/Sleep/Exercise
 - Be Curious
 - Be Your Own Advocate
19. Carb Back-Loading – John Kiefer (61:30)
 - Resistance Training
 - Skip Breakfast
 - Use Caffeine Appropriately
20. Naked Calories – Jayson & Mira Calton (60:00)
 - Dedication/Focus (Goals)
 - Dedication/Drive/Discipline (Personal Responsibility)
 - Have Fun, Smile
 - Relationships
21. How Technology Will Help You Live Longer – Christine Peterson (57:00)
 - Decide You Only Work For Yourself
 - Your Body is Your Tool Set, Respect It (Sleep)
 - **Your time is all you have**
22. Beyond Paleo – Chris Kresser (57:30)
 - Top 3 Sources of Health Information
 - RSS feeds and alerts
 - Scientific Literature
 - Chris Masterjohn
 - Stephan Guyenet
 - Janeway's Immunobiology
23. The Art of Less Doing – Ari Meisel (57:40)
 - Followup.CC
 - Probiotics (GNC75)
 - Virtual Assistant
24. Becoming Awesome – Julien Smith (52:20)
 - Save 6 Months Worth of Living Expenses/LT Focus (Personal Responsibility)
 - Get A Wide Network (Relationships)
 - Focus on something that matters (Goals)

25. Wheat Belly – Dr. William Davis (46:05)

- Healthy Relationships
- Eliminate Wheat (Diet)
- Vitamin D Supplementation

26. Body By Science – Dr. Doug McGuff (57:00)

- Paleo/Bulletproof Diet
- Train But Do Not Overtrain
- Don't Do Anything the Government Gives a Tax Incentive To Do

27. Minding My Mitochondria – Dr. Terry Wahls (43:00)

- Paleo Diet
- Lower Stress (Meditation, Epsom Salts)
- Move Your Body

28. Monitoring Your Brain – Chris Berka (61:25)

- Self-Assessment (Quant-Self)
- Be Curious/Learn Something New
- Empathy/Compassion

29. How Real Food Improves Your Performance – Joel Salatin (57:40)

- Participate in Life (Personal Responsibility)
- Read Widely
- Come Home (Relationships)

30. Sweet Potato Power – Ashley Tudor (47:48)

- Know Yourself (Quant-Self)
- Know Your Food (Diet)
- Be Happy

31. Hack your Sleep – Dr. Jonathan Wisor (54:50)

- Sleep/Regular Schedule
- Take Breaks
- Reconsider Why You Want To Improve Your Performance (Goals)

32. Hacking Your Heart and Preventing Diabetes – Dr. Rocky Patel (57:37)

- See Your Dentist q6 months/Pocket Depths > 3-4mm = Bad
- Optimize Vitamin D Levels (50-70)
- Managing Stress/Sleep

33. Injury Prevention and Wellness – Dr. Justin Marchegiani (33:00)

- Eat More High Quality Fat (Diet)
- Eliminate All Grains
- Glucose Tolerance Test

34. The Perfect Health Diet – Paul Jaminet (36:20)

- Eliminate Dietary Toxins (Grains, Legumes, PUFA's, HFCS) [Diet]
- Tend To Circadian Rhythms, Sleep, Exercise, Sunlight, Social Engagement [Daily Routines]
- Optimize Fats: Saturated Fats, Omega6:Omega3

35. Bulletproof Your Nervous System – Jay Schroeder (NONE)

36. Hacking Your Biome – Jessica Richman (28:39)
- Love and Empathy, Maintaining Relationships
 - Throwing Off the Constraints Of What You Think You are Supposed to Be or Do; Look at things from Another Perspective (Open-Minded)
 - Noise Canceling Headphones
37. Rich Food, Poor Food – Jayson and Mira Calton (44:50)
- Be True To Yourself/Learn Who You Are (Personal Responsibility)
 - You Are What You Eat/Know What You Eat
 - Find Someone To Love
 - Micronutrients
 - Travel
 - Find Someone To Love
- 38. Becoming a Bulletproof Warrior – Mark Divine ((45:35)**
- Upon Awakening, Drink Glass of Water w/ Gratitude Review
 - Move Your Body at Beginning of Day and Breathe/End of Day, Review of the Positives/Sleep
 - Breathing Practice
- 39. Hormone Alchemy – Sara Gottfried (NONE)**
40. Bulletproof Brains & Brawn – Dan John (54:00)
- Show Up (Personal Responsibility)
 - Don't Quit
 - Ask Smart Questions (Be Curious)
 - Make A Difference (Service)
41. Self Tracking – Jason Nunnelley (56:30)
- Journaling (Quant Self)
 - Take Care Of Yourself (Personal Responsibility)
 - Bulletproof Coffee
42. Alderspring – Glenn Elzinga (45:30)
- Diet (Paleo)
 - Get Outside
 - Service To Others
43. Bulletproof Your Mobility and Performance – Kelly Starrett (43:19)
- Nutrition/Hydrate
 - Sleep
 - Think Of Exercise As Teaching A Skilled Human
- 44. Salt and Self-Experimentation – Greg Pomerantz (NONE)**
45. Q&A: Coffee, Kale and Adrenal Fatigue
46. Bulletproof Your Systems – Reichart Von Wolfsheild (43:15)
- Establish A Core Personal “Board of Trustees”
 - Establish Patterns of Self-Improvement (Goals)
 - Entertainment While Exercising

47. Biohacking Cows, Bulletproof Dairy and Probiotics – Jordan Rubin (45:00)
- Sleep
 - Get Sunshine While Barefooted
 - **Forgive**
48. Fat Burning Man – Abel James (53:45)
- Eating Well
 - Relax, Life Is Grand; Disconnect, Take A Walk (Get Outside)
 - Create Your Own Situation (Personal Responsibility)
49. Q&A: Eggs, Butter & Zen
50. New Bulletproof App – Ronda Collier (45:15)
- Self-Awareness (Quant-Self)
 - Make Sustainable Changes (Goals)
 - Remember To Breathe
51. Transhumanism, Technology & the Future – Natasha Vita-More (48:00)
- Be Honest With Yourself/Know Your Strengths & Weaknesses
 - Surround Yourself With Good People and Give To Them Too
 - Random Acts of Kindness and Senseless Acts of Beauty
52. Sex, Sex Culture & Sex at Dawn – Christopher Ryan, Ph.D. (NONE)
53. Raw Vegan to Bulletproof Meat Eater – Kristen “Raw” Suzanne (51:35)
- Remain Open-Minded and Teachable/Ask Questions
 - Posture
 - Calm Your Mind
 - Don’t Sweat The Small Stuff
 - Be Grateful
 - **HeartMath**
54. Neurofeedback Technology – Dr. Valdeane Brown (57:00)
- Find Out What You Love and Do It
 - Don’t Put Your Energy In What You Are Not Passionate
 - Stay Connected With Mighty Companions
55. Fitness, Nutrition & Bulletproof Habits – Yuri Elkaim (44:10)
- Green Juice
 - Believe In Yourself/Higher Power
 - Surround Yourself with Uncomfortable Environment/Challenge Yourself
56. Biohacking Apocalypse Survival, Stress Inoculation & Shamans – Sam Sheridan (48:55)
- Drink More Coffee
 - Drink Wine
 - Drink Scotch
57. Becoming Alpha – Adam Borenstein (49:30)
- Find a Mentor and Ask Questions
 - Dream Big
 - Exercise

58. Food Choices and Willpower – Michael Fishman (40:30)
- Keep Your Word/Be Trustworthy/Be Reliable (Integrity)
 - If Offered Water, Say Yes (Gratitude)
 - Be Who You Are No Matter Where You Are (Authenticity)
59. Hacking Productivity, Forming Habits and Lift App – Tony Stubblebine (51:45)
- Know Yourself
 - Exercise = Selfishness With Your Time
 - Gratefulness
60. Orgasmic Meditation & Hacking Your Sex Life – Dr. Pooja Lakshmin (43:40)
- Follow Your Desire Even Against Opposition
 - Stay Connected
 - Surrender to the things you think you shouldn't do
61. **Gluten Sensitivity, Celiacs and Bulletproofing Your Gut – Dr. Tom O'Bryan (NONE)**
62. The New “Naked Calories” & Micronutrient – Mira and Jayson Calton (49:55)
- Service To Others
 - Say Yes/Open Minded
 - Learn What is In Your Food/Upgrade It
 - Re-Think Everything, All The Time
 - Meaningful Relationships/Collaborate
 - Micronutrient Sufficiency
63. Q&A: HRV, Food Sensitivities and Charcoal
64. Grass Fed Beef From the Mountains of Idaho – Glenn Elzinga (54:00)
- Get Dirty/Eat Dirty >> Gut-Soil Connectivity
 - Get Off Processed Foods
 - **Simplify Your Life**
65. The Paleo Manifesto – John Durant (47:20)
- Get Off Sugar & Processed Foods/Fast State Metabolism
 - Find Motivating Movement
 - Sleep
66. **“The Calorie Myth” – Jonathan Bailor (NONE)**
10/15/2013
67. For the Love of Fermentation – Jill Ciciarelli (36:30)
- Be True To Yourself
 - Never Lie
 - Don't Be Afraid To Love
68. Fish, Chiropractors and Burst Training – Dr. Josh Axe (47:11)
- Building Good Relationships
 - Sleep
 - Schedule Time For Fun
 - Superfoods/Diet
 - Exercise (Not Cardio)

69. Clearing Up Cholesterol – Jimmy Moore (53:40)

- Stop Listening To Gurus
- You Are Your Own Best Advocate/Personal Responsibility
- Find What Diet Works For You/N=1

70. Defeat Disease Using Diet – Dr. Terry Wahls (49:00)

- Nutrient Dense Diet/Avoid Processed Foods
- Normalize Stress Hormones/Sleep Schedule
- E-stim/Exercise

71. Hacking Your Intelligence – Hunter Maats and Katie O'Brien (50:00)

- What You Believe Matters
- You Can Only Control You
- **Learn Big Ideas, Concepts & Patterns; Meta-Learning**
- Stay Curious

72. A Simple Guide to Thyroid Health – Dr. Alan Christianson (47:00)

- Persistently Mindful of Your Health
- Sleep
- Healthy Relationships
- Vibrant Real Food
- Quant-Self/Biohacking

73. SomaPulse & Electromagnetism – Dr. Bill Pawluk (49:30)

- Sleep
- Diet
- Avoid Toxins

74. Learning Should Not Be Easy – Andrea Kuszewski (44:50)

- Don't Listen To Naysayers/Set High Goals
- Seek Novelty
- Standup For What Is Right/Be Courageous (Integrity)

75. Heavy Metal Bulletproof – Mark Hunter (52:00)

- Believe In Yourself
- Honesty
- Clean

76. The Paleo Primer – Keris Mardsen & Matt Whitmore (37:30)

- Sleep
- Get Outside/Sun
- Eat Clean
- Eat Nutrient Dense
- Reduce Stress
- Drink Clean Water

77. The New Man – Tripp Lanier (52:40)

- What Am I Feeling/Awareness
- What Do I Want?
- Don't Procrastinate

78. Curing Autism – Kerri Rivera (45:00)
- Give 100% (Personal Responsibility)
 - Prepare for Success (Goals)
 - See Both Sides/Do The Research (Open-Minded)
- 79.A Shamanic Biohacker – Alberto Villoldo (58:30)**
- Practice What You Preach (Integrity)
 - **Laugh**
 - Prepare To Die (Personal Responsibility)
- 80.Success and Gratitude – UJ Ramdas (43:00)**
- **Gratitude**
 - Eat Bulletproof/Student of Your Body
 - Meditation Practice
81. Revisiting The Calorie Myth – Jonathan Bailor (42:00)
- Destroy Your Scale
 - Bulk Abundant Real Food Provider
 - Sell Your Treadmill
82. Creator of CILTEP – Abelard Lindsay (43:00)
- Find Your Combination of Supplements/Nootropics
 - Learn Your Strengths/Niche
 - Learn To Think Better
83. Be Real. Be Whole. Be Innovative – Stew Friedman (45:00)
- How Do I Want to Leave This World Better (Service)
 - Support for Vision
 - Alignment
84. Hacking Stress with HRV Sense – Ronda Collier (47:50)
- Eat Healthy Food
 - Activity
 - Surround Yourself With Loving/Good People
 - Love What You Do
- 85.Mastering Ketosis – Dominic D’Agostino (55:50)**
- What’s Working/What’s Not Working
 - Time Management
 - Diet/Nutrition
 - Network
 - Downtime
86. Your Personal Paleo Code – Chris Kresser (46:20)
- Sleep
 - Meditation/Stress Management
 - Follow Your Own Diet
- 87.Live Longer than Most People – Dr. Jack Kruse (61:10)**
- Drink RO Water
 - Gilbert Ling Books
 - Andrew Marino Books
 - Robert O. Becker Books

88. Why Food Matters – James Colquhoun (45:14)
- Water
 - God
 - Green Juice
89. The Virgin Diet – JJ Virgin (46:24)
- You Are Never Better Than When You Are Challenged
 - Sleep
 - Diet
90. Engineering Resilience – Andy Hnilo (50:40)
- Positive Self-Talk/Visualization/Goals
 - Gratitude
 - You Are Who You Surround Yourself With
91. Hacking Happiness – Stella Grizont (44:00)
- Practice Controlling Your Attention
 - Be Aware of Your Well-Being
 - Do Not Take Yourself Too Seriously
92. Creating Digital Happiness – Anna Akbari (49:00)
- Find a Way to Be Present
 - Create a Meditation Practice
 - Take Active Interest in Your Self-Presentation
 - Take Advantage of Abundance of Tech/Unplug from Tech
93. Primal Movements – BJ Baker (49:00)
- Live In The Moment/Be Present
 - Make Relationships A Priority
 - Gratitude
- 94. Hacking You pH, LED lighting & Smart Drugs (1) – Steven Fowkes**
- 95. Hacking You pH, LED lighting & Smart Drugs (2) – Steven Fowkes (48:20)**
- **Male > 40 = Ferritin, Iron Overload**
 - High Potency MV/Mineral
 - Cultivate Happiness/Joy/Appreciation
96. The Trivium Method and Transhumanism – Jan Irvin (55:30)
- Eat Fat
 - Listen to Your Elders
 - Ignore Conventional Wisdom
 - Kill Your TV
97. Biohacking Your Impact – Anese Cavanaugh (52:00)
- Find the Gift in Everything/Silver Lining/Gratitude
 - Owning the Power of Intent/Personal Responsibility
 - Being Kind
98. Transforming Lives with Light – Helen Irlen (40:00)
- Know Yourself
 - Get Educated
 - Don't Assume Stress is External

99. Working Smarter Not Harder – Ari Meisel (40:20)

- Get a Virtual Assistant
- Eat Fat
- Be More Connected: Strengthen or Weaken Connections

100. Caffeine, Coffee and Mycotoxins – Dan Cox (NONE)

COMPILATION (51:40)

- Eating Well
- Nutrition
- Follow Your Own Diet
- Sleep
- Downtime
- Disconnect
- Walk
- Follow Your Desire
- Never Better When You Are Challenged
- Gratitude
- Staying Curious
- Surrender to the things you think you shouldn't do
- Laugh
- Coffee/Wine/Scotch
- Relax
- Review the Positives

101. Primal Blueprint – Mark Sisson (53:30)

- Sleep
- Eliminate Sugar & Grains
- Find Ways to Move

102. **Extreme Endurance Training and Ketosis – Ben Greenfield (48:10)**

- Love & Relationships
- Music
- Rhythmic Breathing During Exercise

103. Upgraded Skin Care – Dr. Susanne Bennett (43:30)

- Gratitude/Enthusiasm/Engagement
- Sleep
- Heal Your Gut

104. The Science of Smart – Dan Hurley (49:20)

- Spend Time Doing Things You Do Not Do Well
- Try A Challenging Fitness Activity
- Try a Challenging Mental Activity
- Learn a Musical Instrument
- Novelty

105. Flow State – Amanda Allen (42:20)

- There Is No One Thing
- Never Give Up Hope
- Dream Fiercely

106. The Powers of Vitamin K2 – Dr. Kate Rheaume-Bleue (46:45)
 - Eat Natto
 - Eat Liver
 - Brie Cheese/Red Wine
107. Vitality and Origins – Pedram Shojai (42:00)
 - Visualize Your Day
 - Raw Substrate
 - PM Wind Down
108. The Hormone Cure – Dr. Sara Gottfried (47:28)
 - Chi Running
 - Morning Bulletproof Coffee
 - Oxytocin/8 Hugs per Day
109. **The Rise of Superman – Steven Kotler (59:00)**
 - More Flow
 - Coffee
 - Extreme Goal Setting
 - Hard Work
 - Persistence
110. Strong The New Skinny – Shana Alverson (35:30)
 - Exercise
 - Never Settle
 - Find Things to Celebrate (Gratitude)
 - Find Your Inner Superhero
111. Staying Bulletproof at Sochi – Bree Schaaf (39:05)
 - Get In Tune With Your Body/Experiment
 - Bulletproof Coffee
 - **Compression Socks**
112. Life as an Experiment – AJ Jacobs (46:10)
 - Gratitude
 - Quantify Yourself
 - 'Fake It 'til You Make It'
113. Better Pro Athletes – Dr. Cate Shanahan (49:55)
 - No Carbs for Breakfast
 - Work Up an Appetite
 - Restore
114. Psychology of Eating – Marc David (56:20)
 - Authenticity/Truth
 - Love/Heart
 - Be Inquisitive About Higher Guidance
115. Take Your Power Back – Josh del Sol (50:20)
 - Be Clear What You Want and What You Don't Want (Personal Responsibility)
 - Be Open To Other Points Of View (Open Minded)
 - Connecting With Something or Someone You Love (Connected)
 -

116. Spartan Up! – Joe De Sena (46:45)
 - Commitment to Delayed Gratification
 - Change Your Point of Reference
 - Pay Attention to the Little Details, They Matter
117. Uncovering Resistant Starch – Dr. Grace Liu (59:20)
 - Dream Big
 - Laugh
 - Zen Out
118. Rich Habits of Wealthy People – Tom Corley (51:02)
 - Limiting Beliefs
 - Relationships
 - Avoid Procrastination
- 119.

NOTES:

- “Top 3 Recommendation” question started with Episode #17
- Times in Episodes where ‘The Question’ can be found have been noted
- **Bolded Episodes or Answers that were exceptional**
- **Guests NOT Asked ‘The Question’: Episodes #35, 39, 44, 52, 61, 66 & 100**
- Episodes: #45, 49, 63 were Q&A Episodes

Episodes 17-115 Analysis

Diet – 33
Relationships – 24
Exercise – 21
Personal Responsibility – 21
Sleep – 19
Quant Self – 15
Goals – 14
Gratitude – 13
Stress Management/Meditation – 13
Laugh/Fun/Happy – 8
Water – 7
Passion – 7
Coffee – 7
Open-Minded – 7
Persistence – 6
Service To Others – 6
Integrity – 6
Eliminate Toxins – 6
Sunlight/Outside – 5
Curious – 5
Eat Fat – 4
Probiotics – 4
Breathe – 3
Disconnect – 2
Ketosis – 2
Green Juice – 2
Be Present – 2
Novelty – 2
Vitamin D – 2
Music – 2
Read – 1
Eliminate Negativity – 1
Time – 1
Forgive – 1
Compression Socks – 1
Don't Settle – 1
Posture – 1
Virtual Assistant – 1
Followup.cc – 1
Attention – 1
Tech – 1
Clean – 1
Meta-Learning – 1

Simplify – 1
Noise-Canceling Headphones – 1
Wine – 1
Scotch – 1
HeartMath – 1
Come Home – 1
Dental Checkups – 1
Glucose Tolerance Test – 1

**Compiled 22 April 2014 – Gregory Rodgers, MD