

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. Miss Hong Kong – Erin Tjoe (NONE)
120. Mitochondria, Health and Vegetables – Terry Wahls (54:30)
- Remove Gluten/Dairy/Eggs
  - Eat colorful Vegetables
  - High quality protein
121. From London Real – Brian Rose (56:00)
- Pay your dues with a mentor
  - Open Your Mind
  - Do your own Thing
122. Body Ecology – Donna Gates (34:55)
- Courage
  - Tune in to your body
  - Diet
123. On Passion and Purpose – Peter Sage (64:00)
- Learn to Live in the space of a question
  - Increase ability to handle uncertainty
  - Learn to recognize different viewpoints and be okay with it
  - Do not get hooked by immediate circumstances
124. Resistant Starch Revealed – Richard Nikoley & Tim Steele (56:24)
- Richard
- Real Food
  - Get outside and have fun
  - Get Good Sleep, Get off the clock
- Tim
- Read about the gut
  - Get in touch with the dirt
  - Biohack yourself
125. Cows Can Save the Planet – Judith Schwartz (34:55)
- Narrow gap between humans and natural world
  - Protect Nature
  - Economy embedded in Natural World

126. Surviving Mold – Dr. Ritchie Shoemaker (56:45)
  - Be True to Yourself
  - Tongue is the enemy of the neck
  - Recognize who your audience is
  - Look to see where the energy is
127. Smart Drugs, Performance and Biohacking – Tim Ferriss (36:55)
  - You're the average of the 5 people you spend the most time with/Pick your peer group
  - It's about the people who get it, not those that don't get it
  - Have been goals (The Magic of Big Thinking)
128. Skin Care – Andy Hnilo (NONE)
129. Sleeping for Performance (46:08)
  - Allow adequate time to sleep
  - Sleep surface is important; individualize
  - Sleeping less is not a victory
  - Get tested for sleep apnea
  - Sleep >>> Diet
  - Stay curious
130. Q&A (NONE)
131. Supercharge Your Skin with Alitura Naturals (41:15)
  - Consistently Positive; Be considerate
  - Don't gossip or be negative
  - Discipline
132. Control Your Biochemistry – William J. Walsh (33:19)
  - Quality Nutrition
  - Physical Fitness/Body Active
  - Keep Your Brain Active
133. Thriving – Arianna Huffington (42:12)
  - More than Our jobs
  - Failure is a stepping stone to success
  - Don't miss the moment
134. Technology for a Better World – Steve Omohundro (52:04)
  - Non-violent communication
  - Internal family systems therapy
  - Bohm Dialogue
135. Explosion Green – David Gottfried (40:05)
  - Be true to yourself
  - Don't Accept No
  - Learn to say "I'm sorry"
136. Consciousness – Nora Gedgaudas (49:30)
  - Self-advocate; "No one will care about yourself more than you"
  - Prioritize things you have control over
  - Know where your food comes from

137. Hashimoto's: The Root Cause – Dr. Izabella Wentz (46:55)
  - Find Your Kryptonite
  - Invest in Yourself & Learn and Take Charge
  - Find Someone as Weird as You
138. Sex, Power and Domination – Geoffrey Miller (54:00)
  - Pay attention to the other sex
  - Choose great collaborators/relationships
  - New skills lifelong
139. The Disease Delusion – Dr. Jeffrey Bland (59:30)
  - Take charge
  - Seek knowledge
  - Action
140. Mastering Memory – Mattias Ribbing (48:18)
  - Relationships
  - Habitual thinker
  - Diet
141. ReWild Yourself – Daniel Vitalis (56:40)
  - Immersion in nature (Outside)
  - Movement adaptation (Move)
  - Masterful sexually (Have sex)
142. Keto Clarity – Jimmy Moore (45:15)
  - Find carb tolerance
  - Eat fat
  - Test
  - Don't overdo protein
143. Psychedelic Healing & Reset.me – Amber Lyon (43:30)
  - Get over trauma
  - Get rid of fear
  - Follow passion
144. The Dangers of Fructose – Mark Hyman (36:40)
  - Real food
  - Move
  - Learn to reset...meditation, ect.
145. Slingshot Superfoods & SuperHerbs –JingSlingshot (49:00)
  - Laughter
  - Find Your Joy
  - No negatives
  - Gratitude
  - Mastery
146. **Bulletproof Radio Short Report: 14 Steps to Eating Bulletproof**
147. Hacking Hemp – Anndrea Hermann (39:30)
  - Be honest with yourself
  - Food source
  - Connecting with people

**148. Bulletproof Radio Q&A**

**149. Saturated Fats & the Soft Science on Fat – Nina Teicholz (55:40)**

- High Fat, Low Carb
- Avoid heated vegetable oils
- Be Kind

**150. The Art of Charm – Jordan Harbinger (52:40)**

- Planning/Organize/Schedule; GTD
- Sound Cloud for Intros
- Line 2

**151. Uncovering the Science of MCTs – Melinda Culver (47:10)**

- Lifelong Learning
- Sleep
- Love Animals

**152. Bulletproof Radio Short Report: Biohacking Tech for Deeper Sleep/Relaxation**

**153. Sports Gene & The Science of Extraordinary Performance – David Epstein (55:10)**

- Sleep
- Rest/Recovery Time
- Find your N=1

**154. Hacking Trauma, Fear & Greatness – Lewis Howes (48:45)**

- Go all out with passion & focus; Vision
- Master the body & mind
- Surround yourself with coaches/mentors; Outsource

**155. A Second Opinion: Laetrile at Sloan-Kettering with Eric Merola & Ralph Moss (48:35)**  
(Eric Merola)

- Stay True to Yourself
- Learn from Failure
- Take Chances

(Ralph Moss)

- Question Authority
- Avoid diabetes & Be Proactive with Your Health
- Use Your Intelligence

**156. Dr. Ben Lynch: MTHFR Gene, Overcoming Disease & the Dangers of Folic Acid (54:30)**

- Laugh
- Breathe
- Eat Well

**157. Kelly Starrett: Systems Thinking, Movement Standards & Getting Ready to Run (55:50)**

- Compression Socks/Sleep in Them (e.g. Body Craft, 2X You)
- No Phones/Lights in Bedroom; Cold & Dark (Sleep Hygiene)
- Warm Up, Cool Down

**158. Dr. Jade Teta: The Metabolic Effect & Being a Diet Detective (50:55)**

- Take More Actions (Enemy of the Good is the Perfect)
- Know Who You Are
- Be That Person Everyday (Consistency)