



Transcript of “Slings Superfoods & SuperHerbs with the JingSlingsers”

Bulletproof Radio podcast #145



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Dave: Today's cool fact of the day is that the phrase *sugar daddy* was coined in the early 1900s by someone named Alma Spreckels, who was a San Francisco socialite who used the term as a nickname for her husband, Adolph Spreckels who was the founder and head of the Spreckels Sugar Company who was actually 24 years older than her.

Spreckels is famous because where I went to high school for at least some of the time was a small town in Central California called Manteca. Manteca was supposed to be named anyway after sweet cream or water. The problem is that the guy who named it, named it after lard which is *manteca* in Spanish. I went to a high school named after lard which is where Spreckels had a giant sugar plant. If you've ever spelled what rotting sugar beets smell like, that's how they ferment them, they smell absolutely terrible.

The local radio station when I was about 16 a song based on "Funky Cold Medina" with EMC. What was that guy's name? MC Hammer? Who sang "Funky Cold Medina?" You just must know. Anyway, that's trivia, not the cool fact of the day, but they took the "Funky Cold Medina" song and they did "The Aroma from Manstinka." The song that still sticks in my head, this is 30 years later, 25 years later is, "It smells like burning mice."

I went to my town in my school that smelled like burning mice because of a socialite in early 1900s named Alma Spreckels who coined the phrase *sugar daddy*. How's that for a cool fact of the day?

If you've heard some other voices or you're watching video and you can see there's two other people on the show, those would be Joy and Jay from Gin Slingers. The Gin Slingers are master alchemical culinary artisans and what that means is that they're tonic herbalists and superfood specialists and these really creative L.A. based people who make crazy dishes using largely bulletproof ingredients but also a whole bunch of just amazing herbal tonics that change how you feel and how you perform.

They joined me on stage at the David Wolfe conference where we made some incredible ice cream like substance and served it to about 1,500 people so these are the kind of people that I call when I'm ... I wanted to do something really, really weird. I wanted to include an herbal extract from the middle of nowhere and they want it to taste amazing and be like a desert but got you high in a good way, that's Joy and Jay. Welcome to the show, guys.

Jay: Thanks, David.

Joy: Hi, David. So good to see you.

Dave: Was that an accurate introduction for you? I did my best there.

Joy: Yes. Actually, yeah. Uh-huh. Yeah. Yes.

Dave: Joy, you're from South Florida and you're a former police officer.

Joy: Yes, 20 year veteran.

Dave: How do you go from slapping cuffs on perps and whatever other cool cop lingo you have to gingslinging? That's a pretty dramatic change. What drove the change?

Joy: For the whole second half of my police career, on my days off, I started doing something else. Was a yin to my yang of being a police officer and that was being a caterer. My mom was always in the kitchen. She's an amazing chef and she's a baker by trade. Being in the kitchen was natural.

As I learned more about how to do this as a business, kind of a side business really, word got out and I was doing it for business openings and weddings and birthdays and just hundreds of different events, some events is big as the Silver Lakes Winter Festival which brought about 3,000 people.

Dave: Wow! That's a big event, then?

Joy: Yes.

Dave: You just from police officer to caterer, just one day, "Sorry, boss, I quit." You lay down the gun and the badge and you walked out and make a cake. Is that right?

Joy: From days off to days on between details, that was pretty much it but the beautiful thing about what I was then and what I know now is completely night and day because the whole time I was a police officer, I didn't know that the foods that I was eating was deleterious to my body. I didn't know that the things that we would drive through and get .5 because police officers get half off on food sometimes, half off wasn't good for us.

By the time I was towards the latter part of my career, I had started to gain a tremendous amount of weight and found myself feeling old and tired and achy and not so well. That's when I started on my journey to be able to find out how to reboot the meat suit.

Dave: When you felt old and tired and cranky, doesn't it also affect the way you interact with other people?

Joy: In regard to the police work or in general?

Dave: I'm just thinking that if I get pulled over, I want to be pulled over by a police officer who's in a good mood, who's body feels really good versus someone who's like, "Oh, my god. I feel like crap today. I hope this guys not a total jerk because if so,

I'm going to add two zeros to his ticket." I have no idea. I don't know what I'm thinking about but I'm just thinking like it would be very hard for me if I was working in law enforcement and I have lots of friends and firemen and police love Bulletproof but I can't imagine it would actually take some energy because you're dealing with people who are always hostile to you even when there's no reason for them to be, right?

Maybe not always but a large percentage of people are feeling threatened when it's not necessary. There's a toll and that would require more from you mentally and emotionally than from the average person. Yet if you're eating garbage all the time, I don't think I can handle it unless I ate really well.

Joy: On an emotional level, on a professional level, you literally go into your training. No matter how much of the jackwaggen somebody's beginning to you when you try to write a ticket or what your job is, you become this center. You become the calm at the center of the storm. You don't let it escalate. It's part of our training not to escalate.

Even though I may have not had a really great day or maybe my joints were achy, it didn't make a difference on how I would treat the next person in front of me because throughout my entire career and even into this career, I try to leave people better than the way I found them.

Dave: Nice. That's a beautiful way of putting it. I got pulled over outside Palm Springs a little while ago.

Joy: Is this all going to be cop talk? I'm just checking.

Dave: Absolutely. Let's do cop talk. This is the last one here. There's a ton of police officers listening to this show right now. They always are.

Joy: Love them, my brothers and sisters in blue.

Dave: Exactly. I got pulled over and some stretch, whatever. I think I was going seven miles over the speed limit and the reason I bring this up is I had just finished Alberto [Vioto's 00:07:05] training literally two hours before that. Alberto Vioto is a shaman so it's been a week in weird meditative spaces. I was in a very peaceful state.

At the end when he writes me the ticket, he reaches into his car and she shakes my hand and goes, "You're a very nice man." I go, "I win." I don't care but like you know so that was glowing. That's how you should be when you interact with law enforcement because not only is it in your own best interest to be that way but then it's just like it pays it forward. That's the last cop comment that I'll make for at least two minutes.

Joy: The only thing I'll add to that is it's a great deal of power in being able to do random acts of kindness for people because it wasn't all about just the bad guys and putting people in jail although certainly that was part of the job. I handles sex trade and child abuse and other than not nice thing, plus I was a canine handler so I got to see a lot of fun things.

Dave: You're interesting. Wow!

Joy: But some of the things I love most is the camaraderie between the people I worked with who were literally, it's a calling. It's not just a job. Secondly was the people that we met and the people we came upon because believe it or not and most people might disagree with this, most people are really good. The lion share of people are not bad guys. People especially when it comes down to it like in hurricanes and so forth, you got to see people's hearts. That's when people got to be ... Yeah.

Dave: It is a service profession at the end of the day.

Joy: It is.

Dave: It's very different from Jay. Jay, you were a professional stripper for a number of years.

Jay: Yeah. Many, many years.

Dave: This is not true. I'm just trying to embarrass her.

Jay, you hail from Massachusetts, through. What's your story? How do you get to be some guy who's made 50,000 customized elixirs. You're not a mixologist because you're not a bartender but if there was a healthy equivalent of a bartender, you may be the most experienced guy I know in that whole world. How'd you get to be that way?

Jay: [Jingmaster. 00:09:03] No. I grew up in a small town in Massachusetts and both my parents are really excellent coaches. My dad's actually a chef.

When I was in my early 20s going to school in Boston, I started getting heart palpitations out of the blue. I didn't really know what to think of it and actually get a referral to one of the top cardiologists in the city of Boston. I went to him and he basically couldn't tell me anything. He pretty much said, "I can try you on some medication if you want. It's probably hereditary," and that was about it.

That was a bit of awakening to me because growing up, you have this idea of doctors and professionals and that health world. You really think that they know everything or at least that can be the concept.

Little bit after that, my dad came down with prostate cancer. They took it out, they operated and it was fine after that but those two things lead me into a year or two later, I was staying at a yoga ashram up in Canada for a few months. I was doing

a work-study program up there. There was a psychologist from Germany there who is really into cleansing and raw foods and doing liver flushes and all this stuff.

Dave: This is Girston, I'm guessing if it was German or something else?

Jay: He wasn't, no. He was really into the raw food lifestyle but also doing Bernard Jensen cleansing, colon cleansing, stuff like that, David Jubb liver flushes, stuff like that.

Just in a couple conversations with him, it turned into an instant passion. I was really into the raw food stuff for a while and that lasted about as long as it took for winter to hit when I was in Massachusetts because I didn't know it at the time but I'm somebody with a cold constitution, living in a cold environment, in the cold time of year, eating a cold diet and that leads to imbalance. That just doesn't work.

Dave: How did that display for you? How does it feel to be imbalanced?

Jay: Feeling cold all the time but also sluggish digestion. My body type is in Ayurveda what you call vata, the vata dosha which is lighted, it's like air and ether elements. Greens, especially raw greens have a lot of that kind of ethericness so you get ungrounded and spacey but especially coldness because it's just cold in Boston.

Dave: No. No one's ever accused raw vegans of being airy and spacey until this episode. I can't believe you would say such a thing. It almost blow my minds.

Jay: I have a story on that day but ...

Dave: I say that being a former raw vegan, just so we're all clear on that. I actually really respect and admire the thought process and the attention to quality. Just there's some core assumptions there that I think you've come across too where you don't want to eat only that stuff.

Jay: Yeah. Everybody has different constitution types and the times of the season matters, where you're living on the planet matters, the temperature, the climate. All that stuff factors into the types of foods that you should be eating that are going to be balancing for you.

Joy: Even the seasons of your life, where you are in the seasons of your life.

Dave: Is that true for men and women?

Joy: It is, actually. It is true for both men and women. I know now my digestion because of the path that I've come across is better now than it probably was 15 years ago but I've been able to bring it back from how I was when I was in my teens and early 20s when you can eat anything, you eat road kill and be fine. It's all good. Stay out all night. Everything's all good because you got that [ogus. 00:12:46]

By being able to bring my gut back around and being able to understand how this magnificent body temple works with pivotal and being able to then create what he's been doing and what I've learned how to do is to make those elixirs and make

those different tonics and so forth. Yeah, it doesn't matter what stage you're in. You have to find out where you are and then make your plan.

Jay: Just to finish on my story there, I ended up moving out here to California, probably now about eight years ago. I got involved with making elixirs at various tonic bars. Over the last eight years, I've worked at these superfood tonic herbal elixir bars. I've designed some and ran some and worked ... I worked at the Erewhon Tonic Bar for a long, long time.

Dave: Just so people listening, Erewhon is the highest end natural and organic food store in all of Los Angeles. The only store I've been to where they have a licensed medical doctor walking the aisles in the nutritional supplement section so that she'll actually tell you what to buy as a licensed physician. Every other store out there, they're not allowed to tell you what the health benefits are that they might tell you anyway because that would be making a drug claim but a doctor's actually allowed to do that which is cool.

I very much admire Erewhon. Yes, they do carry Bulletproof products and they make Bulletproof coffee on site at the tonic bar where you used to work.

Jay: Right.

Joy: Yes.

Jay: What the tonic bar you're combining superfoods from around the world and then tonic herbs from around the world. You're creating hot drinks like Bulletproof coffee. You're creating superfood smoothies and also even superfood ice creams on the spot to order, customized for the individual depending upon how they're doing, what kind of day they're having, et cetera, et cetera.

Joy: That's not true of all elixir bars. That's really particular to Erewhon. That's something I found out coming out here from Florida. You go to other elixir bars and no one's pounding ice cream. That really originated right there at Erewhon on Beverly Boulevard with Truth Hawkins and Sarah and Jay. After Truth left and Jay's was actually the senior herbalist until ... He just retired.

Jay: Yeah. Just recently.

Dave: Retired?

Jay: To focus on ginseng and stuff.

Dave: All right. I didn't know that. I'm sure that Erewhon is sad to see you go because you really do have a ton of knowledge there.

Jay: I have my 10,000 hours of slinging gins behind a tonic bar.

Joy: You trained a lot of people.

Dave: You got your neurons trained to sling ging. I can tell you Andy Hnilo, another friend podcast guest, we just helped him launch Alitura, the new facial mask stuff which you guys are probably intimately familiar with as well.

He and I always go there and just get these crazy, mad things made up. "Could you add more fat to that?" Add more avocados in the blender, adding Brain Octane. It always comes out smooth when you drink it and you're liked, "I feel seriously different after you have it." It's hard to generate a food high and I don't mean like THC kind of high but you eat something and you feel a sense of vitality that just comes into you but when you have the quality of ingredients that you use when you're mixing these things and they're mixed properly, it's like a drug in a good way and it's incredible.

Kudos for spending so much time on figuring out how to create that effect because it's pretty reliable.

Joy: It's the synergy, the synergy in knowing what irks you, especially for that particular person and that's basically what we truly do. We're able to ... it comes down to three things. Where do they want to go and how do they want to feel, what are they willing to try and have. Then, it's got to taste kick ass awesome. It's got to be flipping good so when you eat it, you want to have more of it and then tell other people and they get to also have to because one of the challenges with working with herbs, especially tonic Chinese herbs and Ayurvedic herbs is they don't taste all that awesome.

Dave: No, really!?

Joy: When something tastes like burnt tires or maybe something you wouldn't want to have every single day, compliance is difficult so that's when the culinary artisan part of what we do is so different from what so many other people do.

We find that part where it's creatively conscious comfort food so you can have macaroni and cheese. It tastes exactly like the macaroni and cheese and even has all its component but it's sugar free, gluten free, jacked to the rafters and that's what makes people look at we do and say, "What else do you got?" It's everything. Ice cream and all sorts of things.

Jay: Most of them actually taste better than the original because your taste buds and your entire system's getting a hit of actual nutrition versus no phony chemicalized pallet.

Joy: Yeah. You can get the real effect. Everyone's welcome at our table. Doesn't matter if you're a vegan or vegetarian or flexitarian. You can't get back from In and Out Burger and you just want to feel better, then it's for everybody and that's how we do what we do essentially.

Dave: That's the way to do it. If people are on a certain path, that's the path they're on. They may stand it. It may work great for them. It may not but you mentioned something like you're customizing these for the people. Traditional Ayurvedic practitioners is going to be doing a seven point pulse analysis, looking at your tongue, the color of your skin and bags in your eyes and all that kind of stuff. You're limited in your ability to do that when you're making a tonic drink for someone. What are the things you look for to know how to customize a drink to make someone perform better?

Jay: You don't. Sometimes, especially if the tonic bar is busy and you have to line up people you got to go really fast and maybe that interaction's 30 seconds that you have or maybe a minute to make a drink for somebody.

You ask some basic questions. How are you feeling? How's your energy? You get a sense of do they have a hot constitution or a cold constitution. Things like that. Then you ask them really where they going that day. That's going to depend if it's morning, noon, if it's night. Are you winding down for the evening? Are you going to be going out? Are you going to be partying all night long? Things like that. You get a sense of how their day's going to be and what they really need so maybe they just ate and they just need something light but something with little bit of energy, maybe they haven't eaten and they want something that's like a meal replacement so something with a lot of calories that's going to keep them going for like the next six hours. Basic things like that.

You don't necessarily really have to get in depth and you give them a whole ... I want to say prescription but a whole array of different tonic herbs that they can take but the thing with tonic herbs, too. When we talk about tonic herbs, we're talking about herbs that are gentle, that you can take every day. They're herbs that they make a difference over time. You really want to take tonic herbs over weeks and months and years. Over the long run, they make a big difference. When people are really sensitive, they can really feel the energetics of it but not everybody can but they're gentle herbs.

Dave: What are some examples of the kind of herbs you would typically use?

Jay: From the Ayurvedic system, ashwagandha is one of my favorites.

Joy: Awesome.

Jay: From the Chinese system, thinks like ginseng and deer antler.

Joy: [Reechi. 00:20:31]

Jay: Reechi.

Joy: Both flora and fauna and even from the Chinese tradition because we are actually trained tonic Chinese herbalists, it's not just on the job thing. We look at

something we can actually do Chinese space mapping. We can look at their tongue and have a better idea of what they didn't even realize is going on and see what their digestion is like but when you talk about using these different herbs, again, that's where you can kick it into high gear, make it even more high definition by using some of the super foods with it and that changes what we do from what if you go to a traditional Chinese herbalist, they're going to pull out the [asayee and the mackiee and the capawachu 00:21:12] and all these other things people going, "What is she saying?" and the camu camu to make it into lemon meringue pie. "There you go." Then all of a sudden, they feel better.

Dave: I've taken a lot of Chinese herbal preparation, acupuncture practitioners, things like that but they're usually made of little pellets and all. Not so long ago, I went to this very old idea. It's about 90. Guy's written a book on acupuncture. Guy's from Chinese here in Victoria so very well credentialed. He just did stuff with a needles that was incredible. Knocked me out. When I was done, he said, "Okay. Here. Take this to the local place."

I went to this place where there's no signs in English and basically in Chinatown here in Victoria which is pretty well established. There's sitting in the back smoking, I think he was smoking. Anyway, if not, he was running out back to smoke but it was such a different experience but what they end up doing is they take these pieces of paper and they would put these giant ugly sea pods and all these handfuls of crap into this thing. It was all herbs but In their native forms. There's a mass like this big, the size of a baseball if you're listening. They fold it all up and whack it with their hands and say, "Put this in boiling water and drink it." Like you said, it tastes like ass I think is the technical term for it.

You're taking this stuff and by the way, it worked, I felt better when I drank it but oh, man, it was a lot of work. You're taking these ideas and you're putting into a food that actually tastes good?

Joy: It's functional food.

Dave: That's a pretty different approach. It's one that's blending the western culinary tradition with the Eastern herbal what do these things do to your body and to the energy in your body, your perspective. I think it's really interesting. It's why I wanted you to be on the show.

Joy: One of the things that's really important to us is we don't compromise the integrity of the ingredients, either if they're organic, we also prefer always organic but we don't compromise the flavor or the culinary part of this for the efficacy of it so we learned which superfoods and which herbs work really good together, which

makes it taste like salted caramel which makes it taste like and still have the effect that you're looking for.

That, what you're talking about when they put it all together, they put it in a little mesh bag and then you take it home and you make it, what have you. You can see behind this siphon. It's usually what you put it in or regular teapot to do just that with the full herbs or the whole herbs. We work mostly with powders and we love using powders because when we do our consults with clients, it has to be simple.

We'd use the highest form of and the highest grade things. I love these, thank you so much for really good vanilla powder, amazing chocolate powder and that collagen hydrolysate from Bulletproof. Amazing. It's a really nice bridge for people who are either vegan and going into vegetarianism going maybe into something else or just vegetarians who are okay with having collagen and they slide right up. By incorporating things that are more from the fauna part of our culinary world, it make it so much better. The ghee itself. Oh, my gosh. It's just the gate.

Dave: We're trying to make more Bulletproof ghee, trying to get enough grass-fed butter there, I was on the air at the radio in Ireland because some of the Irish main newspaper, the biggest one in Ireland is saying, "Hey, those dumb yanks are putting butter in their coffee. Ha, ha, ha." Just incredible comments like, "Oh, they're all fat anyway. Blah, blah, blah." They had me on the radio there to talk about it. I'm like, "I can't get enough grass fed butter," so fortunately the Irish dairy people responded and said, "Oh, we got some butter for you," so I'm really happy they'll send a container ship full of butter that we can all feed on from the North America and grow our health.

Joy: It's not getting past the Canadian border, just so you know.

Dave: Ghee is actually allowed past the Canadian border.

Joy: It is? Okay.

Dave: It's not butter because there's a difference you know.

Joy: Yeah. I had to send you some Edge shampoo which it is so it's all true. In fact, we're actually preparing to make something for you now that doesn't even require a blender, just show how simple it can be.

Dave: Do you have ingredients? I know we talked ahead of time. You're ready to do a quick demo? You have to tell every step you're doing because more than half of people are listening to this during their commute via their half maybe watching on iTunes or YouTube video and all that. What we're seeing here is a little picture in a little bowl and a cool wooden platter.

Joy: Yes. What we have in here, this is our brilliant brain beaming beauty and just banish the body aches, quick little shot. The things that we're using in this do exactly

that. They speak to the brain, they speak to the body and we'll start with the ingredients. Do liquid first. This is culinary coconut milk. It's a little thick but oop!

Dave: It looks like you're pouring mayonnaise out, not-

Joy: No, it's actually culinary coconut milk. You've got the little jar there.

Dave: Who makes culinary coconut milk?

Joy: So delicious. You have it right there for you and it's organic. You guys love that.

Dave: This is what you guys sent me but culinary stuff. Interesting. So delicious is famous for putting genetically modified stuff in there or [caragene 00:26:38] in. Oh, these are [Goregone 00:26:39] not caragene in this stuff because it's culinary.

Joy: Yeah. Ta-da! Yes, see.

Dave: Is there the E.P.A. in the packaging?

Joy: No, they told it was not.

Dave: Yeah. Rock on.

Joy: Because we're at expo last and that's one of the first questions I asked.

Dave: Love this. Thank you for sending this. When I saw it, I said why do you send me so delicious coconut milk? Everybody knows not to drink that but because it's culinary, this is a totally different product. I'm so interested, all right?

Joy: Wait till you see what's in the little bag.

Dave: All right.

Joy: Look what we have right here.

Jay: It says culinary coconut milk but really it's coconut crème.

Dave: Yeah. Looks delicious and that stuff makes crazy ice cream when I've used other forms that used to be able to buy that aren't on the market any more. Cool.

Joy: Okay. Now, we got four tablespoons of coconut crème. It can be in a cup. It can be a coffee cup, whatever you want to use. Then, we're going to use, this is one tablespoon, actually Dave's collagen and a teaspoon of the vanilla. We're going to put it right in there.

Dave: Now, is that what you put in the vanilla bag you sent me is culinary-

Joy: Yes.

Dave: Ah!

Joy: All you need is a little spoon. I'm using a tiny little whisk but you can use a spoon. It works just as well. We love the vanilla because the vanilloids that smack you right in the 'noids is awesome. It tastes great. It's a vasodilator. It's amazing.

Dave: Can you talk a bit more about vanilla as in herbs rather than not a flavor herb but as its effect on the body because so few people know that vanilla started out as a

medicinal herbs from the medicine side of things and became a flavoring herb. What are the effects on the body of vanilla that no one knows about?

Joy: It actually comes from an orchid, that vanilla beans but yours has a really nice three or four different types of flavors that are undertones that I really love like that cherry wood flavor to it but it's a vasodilator. It helps with circulation. It's good for warm hands and feet.

Jay: It's a major aphrodisiac, too. That was how it came into fame in herbalism was its use as an aphrodisiac.

Joy: Yes and smacking you in the 'noids, yeah.

Jay: It's good for fertility and it's great for boosting gin.

Joy: Yes. Then, in this next little bowl, we have lion's mane, the Mycelium, it's a powdered Mycelium from Lion's Mane which is medicinal ... actually it's a tonic mushroom. You can actually eat it as a mushroom or this case it's has been freeze dried and powdered. There's two caps in there which is about a half a teaspoon.

Then we got pearl powder. Pearl powder loves the legal polysaccharides which makes your skin glow, hence the beauty part of this. Then, mix that in there and neither one of those things have a strong taste at all so you can mix this right in there.

The weird thing about this is it's going to be so blue because now we're putting in, this is two of our favorite things. This is a spirulina powder extract. It is called Blue Magic. E3 Live actually makes it and this is brain on. This is phenethylamine or [fenestamenal fasa quad 00:29;47] okay and the brain on. That comes from the AFA. The bright blue pigment here is the ficosyanadins from Spirulina. We're going to put that in there which has a huge [coxume 00:30:04] inhibitor background. Awesome!

Jay: This whole shot is designed for helping to lower inflammation, helping to activate nerve transmitters. The lion's mane is famous for having compounds it can cross the delivery barrier and actually help to create nerve growth active proteins so it's very tonifying for the entire nervous system.

Joy: Right. In America, it became a little more well known. In 1986, the Nobel Prize was given to two scientists who talking about nerve growth factor. It was Lion's Mane that they were using. Lion's Mane is a really nice thing. We have people who have issues with not just memory although it's wonderful for memory but Parkinson's and things like that. It helps to get rid of amyloid plaque as well as [build milan sheets. 00:30:55]

Now, we've got our little blue baby right here which is so bright with sapphire blue. I'm going to put a couple of drops of stevia in it, although it probably doesn't

need it and oddly enough ... One, two, three, four. Put five in there. Five drops. This is a Sweet Leaf stevia. Stevia all by itself is a tonic herb. It ...

Dave: It's herbalism.

Joy: Yes.

Dave: Can I maybe, when I make this at home, can I share this with my kids?

Joy: Absolutely.

Dave: They're not going to go bonkers from the PEA?

Joy: Not at all. It's a love molecule. It'll calm them down and make them just look at you with starry eyes.

Dave: I got it. PEA, it's definitely a little stimulating. I've had times when I've been overstimulating by taking stray PEA and draw attention, I'm going a little bit crazy land but I'm also ...

Jay: How much were you taking, Dave?

Joy: Yes, Dave. How much, because I think you're taking a smidgen.

Dave: It's like half a kilo. It's no big deal. No, it was ... I don't remember. It was a normal capsule, whatever they sell it in but it was at least 100 milligrams, I guess.

Joy: Yeah.

Jay: With superfoods, you always want to start kids out slow because obviously, they're much more sensitive and they already have lots of energy.

Joy: They're usually cleaner. They don't have all the detoxification problems that as we get older have a little bit more toxins going on. There's ... Aren't you stressed?

Dave: My kids are pretty darn clean. I'm pretty sure of that. I've done everything humanly possible and I know more than the average bear so let's hope that they're doing well. I certainly think so.

Joy: Yes.

Dave: You put more culinary cream on top. What we have now is this incredible bright blue thing with a dollop of white on top.

Jay: For the folks at home, I'm doing a close up here.

Dave: This is a relatively simple thing. Your carrier molecule here is or not molecule but carrier substance is really culinary coconut milk which has about six percents of the same fat that's in Brain Octane oil. You're getting some of the lower caste and the other benefits of coconut oil in it.

Joy: You know what I forgot? I'm going to interrupt you. I was supposed to put two tablespoons of brain antioxidant on that.

Dave: Oh, you didn't add it?

Joy: I didn't add it. I put it on top of dual flutter, no problem.

Dave: Really? You sure? There's no need to do that.

Joy: No, it's actually part of the recipe.

Dave: It is? Okay. I guess we'll post the recipe with the blog post. We didn't plan this ahead of time but I find I do when I'm using coconut milk, I blend Brain Octane in because coconut oil and coconut milk, they're full of really good fats. It's just not possible to eat enough of it to get the very short chain medium chain fats. If you're trying to just change the ratios, not eliminate lauric acid but just get less compared to the C.A., I'd notice a difference in how I feel and perform and lots of other people do, too. You do the same technique, all right?

Joy: Yeah. This little nutropic stack helps again with brain when people are getting ready to go into an interview and of course we're working less celebrities that want to remember lines, this is a favorite. The anti-inflammatory part of this for cops too, because everyone's burning the candle at both ends. They're working hard, they're with their personal trainer to keep all their joints and everything nice and to put out that inflammation.

Dave: Now, you're seeing them taste it and obviously, they're enjoying it. Now-

Joy: Tastes like chocolate.

Dave: I have to ask. If you go put on your police officer hat again and go back 15 years in life, if you have heard this for 10 years, if you were driving in your squad car and you heard this, how would you connect with it. How does someone who has a normal job and does normal stuff that doesn't necessarily have lion's mane in the cupboard and incredible strains of bluegreen algae and all these other things, how do you connect with the benefits that come from tonics like this? Say, I live in ...

What's a good ... Say, you live in Atlanta or you live in,

Joy: Kansas.

Dave: ... Minnesota is a perfect place. I have lots of followers in Minnesota because [medtech quantified cell 00:35:08] stuff I do but there isn't exactly a hot bed of herbalism in the middle of Minnesota so how accessible is this stuff or is this just like for Hollywood celebrity people?

Joy: This is for everybody. Part of what we do, we do different shades of green for this. If somebody was looking, the things that people come to us with and the most complaints across the board, doesn't matter if you're in Kansas or if you're in Bali, it's, "I can't sleep. I can't remember anything for mental focus. I have pain. My joints hurt or my everything hurts." Libido is another big one. "I just can't get a ... " They don't feel like themselves. Their hormones are jacked up.

When you start to show them, usually it takes just like it did for me to answer your question specifically, took a medical 2x4 to smack me before I stood back and go, "Wait a minute. I'm not taking a handful of prescriptions, everything from a

statin drug to something for type two diabetes which I to this day still haven't had to take and my blood work's fabulous and it's because of this.

It took opening that door but when we make it into ice cream and they go, "wait a minute, there's what and what and what in here?" We can show them they can get it online and then we make it simple. What we do is reduce it to the point that makes it simple for people to be able to do that. I understand this is blue. Getting it past the blue but I love that it's blue.

Jay: Also, Dave, you have to remember that food is medicine so even common food. Take celery. Everybody knows celery, everybody has celery. Celery is a fantastic nervine. It's actually really calming for the nervous system. Even just regular food, you're eating is going to have its own effects, it's warming, maybe it's cooling different organ systems and tissue layers that can work on but the way to really connect it to people also is just for them to realize that in the world in which they're living, there is a lot of toxin exposure. Joy when she was on the force for 20 years, she was exposed to a lot of lead when she had her heavy metals done stem. She had her lead toxic-

Dave: Firing ranges are always full of lead.

Joy: I had no idea.

Dave: [Crosstalk 00:37:23] go shooting.

Joy: Yeah and not just that but then the solvents that we use to clean our weapons afterwards and we touch it every day, every day, every day. Not just that, we just recently spoke at a conference after we spoke with the one with you. I had everyone stand up and I asked them if you do any of the things they want you to sit down because I wanted them to see why it was important for them to understand we were going to show them. Do you whiten your teeth, color your hair, paint your nails, cook, do you microwave your food, do you cook it on a non-slick Teflon ... All these different things and it even gets the really toxic stuff and everybody was sitting down before I got to the fourth or fifth thing.

These are insidious and they game change because not only are we getting this environmental toxins but the food is where the game really changed because the butter that my grandparents had is not the butter that we have now. We have to go hunt it up somewhere else. It's not the butter that's just in the grocery store so just understand that and opens the door because the door and it starts to resonate with them a little bit. "Oh, I didn't know that," or, "I didn't understand the difference, that margarine's one molecule away from plastic. I thought that was better for me."

By giving them something that they can relate to, they come around.

Otherwise, the people we end up seeing truly are people who just want to have

optimum performance and people who just want to not have to go home and put their affairs in order. We've been fooled by not being told that we can heal far and away better than they think it's even possible.

Jay: When you look at tonic herbs, there are plenty of tonic herbs that people have at home on the spice rack that they don't even think of as tonic herbs. Turmeric is one of the tonic herbs in the Ayurvedic system. Most people have that in their kitchen. Cardamom, cumin.

Joy: Black pepper.

Jay: Yeah. A lot of these things. Black pepper, people can use as spices and we use those certainly all the time and then using the herbal extracts that use also and infuse into food with that is a next step and next level but people are really familiar with a lot of spices that have incredible medicinal effects.

Joy: Right. Green smoothies and that sort of thing and making things in the blender because a blender's where it's at for us. Then, all of a sudden it all tastes good and you can't discern everything that's in there. You're eating it because the whole thing tastes good. You're looking forward to the next one. It's giving you more nutrients than you have in the last month probably.

Dave: You guys are really familiar with quality herbs. When we talk about stuff you have in your cabinet, it's well known that spices have a lot of mold that grows on them because they come from tropical regions because they're stored, because they're very expensive. You don't want to throw away the ones that are a little bit off.

Things like black pepper. Black peppers universally contains aflatoxin. It's a question of what degree it does and funny enough, north of 80% of people with Crohn's also have aflatoxin higher than normal. There's a correlation between good health and lowering the food borne contaminants like that.

When I put together the Bulletproof Diet, at least special when you're doing the elimination phase, don't eat black pepper, even though it has a medicinal properties, even in my case, I'm sensitive to this stuff more than the average person. Even if I order the very highest [intelletory 00:40:43] pepper direct from the farm thing, more often than not, I'm, "Wow, this stuff isn't pure pepper. There's other effects happening here."

How do you council people to have spices that work, that aren't irradiated, aren't containing MSG or other things like that. What's the path to having spices that are going to do what they're going to do and not have a hidden down side?

Jay: Looking at the companies, that just like it's a whole another thing from going to even whole foods and a good grocery store or going to a farmer's market, going to

see the person who picked the food from their farm the day before. It's a different level of intimacy with their food. Likewise, finding the companies that have really good quality control and they're not just importing in big drums but they really take the steps necessary. Some companies will even have the toxicity readouts on their web sites. Those are few and far between but going with companies who we have good quality standards, you can look on their web sites and read about them. If it's just plain packaging and there's no back story, the good companies will give the back story.

Joy: Let's get the switch out. I'm sorry.

Dave: Yeah. That's where I was going. It's like we can also try it. If you buy the generic oregano, you don't know you're getting Mexican oregano versus Mediterranean oregano. They're different plants. "Why is that one brown and that one so green?"

I found that the quality of my consciousness is correlated with the quality of the herbs that are in my food. Quality of those herbs matters more than it should. It's just those few are always eating the lowest quality garlic powder mixed in everything. They don't know that they're getting some antinutrients in with the good stuff.

I would love for people to use less spices for a few meals, feel the difference and then add them in one at a time to go out, I put a tablespoon of oregano in there and that was interesting. I put a tablespoon of black pepper in and it tasted good but it was different, too because you should be able to feel the effect of these herbs if you're in touch with your brain. At least that's my experience. Do you guys agree with that?

Joy: Yeah, They got to clean out to green up. Sometimes, even really powerful herbs and even supplements, we find people that are non-responders. It's because their gut is so clogged, they don't get it. It goes straight through them. There's no absorption.

Also, we address that as well with different modalities about how to do that, to do it aggressively gentle so it's not weird and they are okay with it. Again, it goes back to compliance but the culinary part of that question is just to switch it up. If you're used to having something that has a pepper in it, then use the real pepper. Get a jalapeño, a red jalapeño and get the things that you know. Basil. Everyone knows the smell of fresh basil, snapped right off your windowsill because you can grow these things right on your windowsill. I know we do. We grow 50 pounds of food on our little 15 by 11 patio. It's just a little rollie box that has cucumbers and zucchini and all sorts of stuff. It doesn't matter where you are. If the want is there,

then the will is there, then our can get this done but to answer your question about that. You just switch it out and upgrade your tomato sauce or upgrade your oatmeal or whatever it is that you're having, whatever it is that you're having.

Jay: Some people are just canaries in the coal mine. Some people, especially if they have leaky gut issues and pretty much anything that they eat is getting instinctively into through their intestinal lining, into the blood, they're going to have a lot more irritation than even sometimes even maybe a protein shouldn't be causing an allergy reaction is because of the state of their gut.

Some people are ultrasensitive. Some people are really energetically sensitive, too. I came across that certainly when you're making drinks for so long for so many people. One of my first questions always that I happen to make a drink for somebody is a get a gauge of how energetically sensitive they are because some people are super, super sensitive and you need to give them a fraction of what you give somebody else.

Dave: Most of my life, I would have had no idea how to answer that question. How do you're know if you're energetically sensitive? If you have a yoga meditation hippy happening.

Jay: If asks somebody that-

Joy: Sensitive in general. How does coffee hit you? If they're coffee drinkers or tea drinks, how does caffeine hit you?

Jay: I'll also ask people, "Are you sensitive to other people's energy? Do you feel other people's energy," and with that, some people will say, "Oh, yeah. I do." Do you feel the effects of food that you eat? If you eat a food or an herb, do you feel it? Do you feel an instant effect from it? If they do, then I know that they're sensitive in some way, if they don't, they're like, "No, I don't really notice anything ever." It's like, they have a high tolerance level. I can go more heavy handed with them.

Dave: Yeah. I always struggle with that one, trying to understand to people how to make Bulletproof Coffee. A lot of people, once they've done it a couple times, like a couple tablespoons of Brain Octane, couple tablespoons of butter and two good sized cups of coffee, that's about right but for some people, a teaspoon of Brain Octane just launches them into orbit and they're, "Oh, my god. I feel so good. No, I feel tense." It was so little but it varies. We keep telling people, "Start slow and see how you do," but one of the reporters for Yahoo News Virginia is, she's like, "Dave, I did a third of a cup of Brain Octane the first time." She had a very uncomfortable first experience. That would be disaster pants training 101 there but it happens, it's because we are different.

I appreciate you bringing that up.

Joy: Yeah, we do have people, especially if we know. We can tell or see but their symptoms of what we could just see in them that they have candida issues because the wonderful thing about the Brain Octane oil is it's kryptonite to candida and it's awesome. We start with quarter teaspoon and we get the texts and the phone calls. "I know where my keys are. I feel good. I feel myself again." That's just from mixing it in a cup of milk without the coffee.

Then, if they want to do coffee or if they do something else, we show them a whole different way of using it but yeah, you've got to find people where they are, see where they want to go and then see what they're willing to do to get there. That's what we do because it's for us is our mainstay and the crown jewel of what we do is the food. The food and the tonics and the ice creams, the cleverly created food that we make.

We also want to be able to show people how to do it themselves and be their own guru because when you're sitting down, you got four kids to feed and you've got to be able to afford all that, we're also try to show them how to do it so it's affordable. How do you make that happen? Later on in the website when they come visit our website, there's spaces for that. We can find out how can I be able to afford to be able to do this and get the benefit of it?

That's also part of what we do.

Dave: Speaking of websites, what is your website? How can people learn more about your work?

Joy: It is www.jingslingers.com, J-I-N-G-S-L-I-G-E-R-S.com, jingslingers.com. It's being revamped right now. Actually, no. By the time this airs, the complete reboot should be done.

Dave: There is a warning here for you. Website redesigns are never finished.

Jay: It's an ongoing process.

Dave: We're still working out our redesign. Has been since it was launched but it's always good to continuously upgrade. We'll put it that way.

There's a question that I've asked every guest that surely you know is coming. It's the question about what are the top three recommendations that you would have for someone based on your experience not just as strippers or police officers but your overall life experience. Sorry, I just have to do that. I know you weren't a stripper but it was worth it.

Jay: I want to be clear on that. Some people only going to hear part of this, Dave.

Dave: We're editing out the part where I say you're not a stripper. Don't even worry. Since there's two of you and we're trying to shoot for time, let's do two answers for each of you. Who wants to go first?

Joy: I'll go first. I'll take it right from where we are because there's something about laughter that's the best medicine. For both your mind, body, spirit. We've got to play more, immerse yourselves into nature and find your joy. Let your heart be your GPS, in this case GPS meaning your gift of personal sincerity.

Joy: Your name is Joy, like find your joy. This is like a promotion. No one's ever self-promoted during this answer before. Very good job, Joy. I'm kidding. Find your joy, find your bliss. Go ahead.

Joy: No negative molecules of emotion. Your thoughts are your food. Don't feed yourself the should, should, should. Don't should on yourself.

Dave: Great words. I haven't heard that. Did you make that up?

Joy: No, actually. I'm going to give credit for that. That's Michael Beckwith that we work with Michal Beckwith in the Roth Festival. It was such brilliance and yes, he said he goes because you can't do anything about it. Don't should on yourself. No reason to should on yourself.

Dave: Should never should on yourself.

Joy: Yes. You can only do best from this [inaudible 00:50:42] minute forward.

Dave: Right.

Jay: All right. Number one, I would say, cultivate an attitude of gratitude and especially an attitude of gratitude for the great mystery that is human life. We're upright, walking, ape-like creatures. We have incredibly advanced nervous system who's potential nobody really knows. We have created all kinds of nascent technology. We can do Kundalini yoga. We have opposable thumbs and how we really got to be this way, this red hot minute really is a great mystery. Getting more in touch with that is how you get more in touch with your playful side and really the state that you were in when you first came to this planet when you were a kid.

Number two. I'm actually going to make a book recommendation. My mom is librarian. My dad worked in printing for years. Books are in my D.N.A. so I'm going to recommend to everybody in the book *Mastery* by Robert Greene. It's fantastic book. For kicking ass in life, you really got to know how to master that thing that you love, whether that's a skill or profession. Whatever that is and that book is absolutely required reading for any biohackers looking to kick ass in life

Dave: In fact, Robert and I have been emailing so he's in the key somewhere to come on the show. His other books have 48 laws of power. Some of my career advances happened because I'm like, "Oh, look. Someone's using those rules against me." Yeah. I got a huge amount of respect of his work as well so I'm happy you brought that up. I'm equally happy, Jay, easy one minute stripping because I know that was one of the books you were thinking about.

Jay: That was actually number three but we don't have time for that. That was number three.

Joy: [Crosstalk 00:52:35] and it's all done with vegetables.

Dave: I know that for the next year, you're going to be living this down which is really funny. Just make a hula skirt out of banana peels and you'll be fine.

Jay: Thanks, Dave.

Joy: Thank you so much for having us.

Dave: You got it. We'll be seeing you at the Bulletproof Conference December 26 through 28, 2014 in Los Angeles at the home of the Rose Bowl. If you haven't signed up yet, bulletproofconference.com. I think you'll probably mixing up some crazy tonics while we're there if the plans are going to place all come together.

Dave: Yes. We'll be slinging some ging for your Bulletproof guests. It'll be awesome.

Dave: I'm really excited about that. If you haven't signed for the conference, there are still a few or you'll be burned. Tickets available at least as of the time we're recording this thing they get sold very soon. Check it out. It is going to be a pretty amazing three days.

You're going to get time to spend with some really advanced biohackers. You're going to get to hear Steven Collar about how to be in a flow state. We're going to have actual equipment that you haven't seen before. We're wiring you up to things and basically scaring the living crap out of you so you can create the neurotransmitters are required for you to enter that flow state and feel what it's like and then we'll get your data while we're doing it.

You're going to get hands on biohacking, not just a bunch of boring lectures. You're actually going to feel and see and experience the biohacking stuff including how a custom crafted tonic can actually make you feel. The people on the show today are going to bring that to you. Joy, Jay from gingslingers, thanks for coming on today.

Jay: Thanks, Dave. We can't wait for the conference.

Joy: That's right. Big love to you, my big brother. Awesome.

Dave: Awesome. Bye.

Jay: Bye.

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It supports a Brilliant Brain, Beaming Beauty & Banishes Body Aches with Powerful Primordial SuperFoods.
Yields 4 shots.



Gear

One Small bowl, measuring spoons, and a spoon or small whisk for stirring.

Ingredients

[4 TBSP So Delicious Culinary Coconut Milk](#)

[2 TBSP Brain Octane™ Oil](#)

[1 TBSP Upgraded™ Collagen Protein](#)

[1 TSP Upgraded™ Vanilla Powder](#)

[2 caps/1/2 tsp Lion's Mane Mushroom Mycelium](#)

[1/2 Tsp Jing Herbs Pearl Powder](#)

[1/2 Tsp E3Live Blue Majik Spirulina](#)

[1/2 Tsp E3Live BrainON Powder](#)

[2-5 drops SweetLeaf Stevia to taste](#)

Pour the Culinary Coconut Milk and Brain Octane Oil into the bowl. Mix in the dry powders with the whisk or spoon until fully integrated. Add drops of Vanilla Stevia to taste. Okay, now be amazed that it will somehow taste like chocolate... That is the PEA tickling your tongue and feeding your brain. The Collagen bolsters your skin and the natural COX 2 inhibitors helps to banish body aches.

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