



Transcript of “Dana Walsh & Brent Martin: Lyme Less, Live More - #255”

Bulletproof Radio podcast #255



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Dave: Have you ever wanted to actually be Bulletproof as in come work for Bulletproof? We have a new internship program and I'm really excited about this. Come work with us. You need to live in Oregon or Washington or maybe California. We really prefer the Pacific Northwest. Be ready for 3 to 6 months of about 20 hours a week. Bulletproof is becoming an amazing place to work. I put so much of my time into building a culture here where we take care of each other. We have a shared mission where we really work on upgrading the world. You feel good when you know you're helping people every day.

There's a link to a form where you can apply to join the team. Being an intern is a great way to get on board full time. Bulletproof is growing and I'm looking for people who do something every day to make themselves better even if it's just a little thing. If you have that kind of an attitude, come be an intern here. Help us help a lot of people. I'd be grateful if you'd take the time to apply if this is appealing to you. Check out the link on the form on this week's blog post show notes. Just go to the website, click the link and think about being an intern. It'd be awesome.

Today's cool fact of the day is that Lyme disease gets its name from Old Lyme Connecticut. Back in 1975, about 3 years after I was born, a woman brought an atypical cluster of pediatric arthritis cases to the attention of Yale researchers. A couple years later, those Yale researchers identified those clusters as Lyme arthritis because it was from Lyme, Connecticut. In 1982, they discovered borrelia, the bacteria that causes Lyme disease. The first brochure about Lyme disease was developed by the Arthritis Foundation.

I don't know when I got Lyme disease but I know I had arthritis in my knees when I was 14 that was diagnosed. I had drug problems for a long time and had very, very carefully diagnosed Lyme disease that was a major factor in making me sick. I think it was second to toxic mold but Lyme disease has been a major issue for me which is why that's a cool fact of the day and why today's guests are super cool. Lyme disease is basically endemic right now. It's a major, major issue. We're going to talk about Lyme. We're going to talk about what happens when you get Lyme and we're going to talk about what happens when people around

you get Lyme because different things happen to different people. It's a much bigger issue than you think it is.

Today's guests are the founders of Lyme Less Live More. They're friends. I've known them for quite a while and supported their work because helping people understand how just sneaky this stuff can be is really important. There are millions of people walking around with Lyme who just don't know it. When you realize that that might be something that's preventing you from working at your full potentials, that's making you struggle when things are supposed to be easy, it's really, really helpful to understand these things. That's why we have today's guests. I'm talking about none other than Dana Walsh and Brent Martin. Welcome.

Brent: Thank you, Dave.

Dana: Dave.

Dave: How long have you guys been doing Lyme Less and Live More? I've e-mailed about your stuff to people who are on the list but I don't think that we've had a really good chance to show this. How long have you been doing it and why do you talk about Lyme so much?

Dana: It's been about 2 years. We both have a Lyme story. Brent, 10 plus years. I'm going on 15. I can tell you the story of how we met. It's really fun.

Dave: Let's do it. Where there ticks involved? I'm hoping ...

Dana: No. It wasn't like- No.

Brent: That was a back story.

Dana: Exactly. That came before. I was on a documentary called Under Our Skin which was about Lyme disease and the untold story of Lyme disease. They followed me when I was on tour with U2 very, very sick with Lyme. I knew I had it but I was lost in the treatment abyss. I ran out of money and ran out of dreams. I got invited to go on this tour. I went and then a filmmaker found-



Dave: You said on tour with U2.

Dana: With U2.

Dave: Not YouTube but U2 like these rock stars.

Dana: Yeah.

Dave: That's pretty amazing.

Dana: I had been working as a producer in the music business and then I got invited to do their VIP parties. Now, I was already very sick at this point. Like I said, I ran out of money and this is a dream come true. I'm like, "I'm going to do it sick as a dog." I was out there with fevers. I was trying to hide the sweat dripping down. I had vertigo. The name of the tour was Vertigo, not funny in my book, but I did it for 4 months. I'm glad I did. Then, the filmmakers followed me to meet Dr. Klinghardt whom I eventually moved up there to treat with from a-

Dave: Dr. Klinghardt, for people listening, he's a well-known guy in alternative medicine. He was in my documentary about toxic mold and just one of those guys who knows an incredible amount, specific about Lyme disease. He was at the dinner table the first night I had dinner with a woman who's not my wife and we're talking about Lyme disease more than 10 years ago. I actually shared a room with him once at A4M. He's one of those guys who just knows weird stuff.

Dana: That's why we love him.

Brent: Indeed. That's why we love him.

Dana: That's why he gets people well. Again, they followed me up to meet Dr. Klinghardt and then move there. I treated with Klinghardt for 3 years full time. That means every day at the clinic all day back and forth. Then, I was well enough to move back to the Bay Area. I was in this weird space of not wanting to talk about Lyme anymore. You get yourself out of that hole and it was like I don't really want to relive that but I got to a point, because a lot of people wanted to talk to me after seeing the film

and the amount of people that needed help was just ... It was flooring me but I wasn't ready.

Then, I just got to a point like, "Wait. I don't have to talk about Lyme disease specifically. I want to talk about what comes with it and how to heal because we know it's not just Lyme disease. It's so much more that comes with it, mold and then the back story of traumas and things that happen with people." In that time, I was in a meditation. I went to a retreat. I got very still and I said, "To the universe, bring my partners and allies on this next project, whatever it is." I got home. There was an e-mail introducing me to Brent Martin and saying, "You two are up to the same things and you're going to make things happen in the world."

Brent: That's absolutely right.

Dave: That's pretty incredible. You had Lyme. Do you know you got it?

Dana: I don't know. I'll tell you I had a mysterious ... I was living in Colorado and a mysterious rash on my toe and then a straight line went up my leg. I went to the ER and they gave me antibiotics for a week. It cleared up, no problem. It was 2 weeks after that that my whole life turned upside down. I was just feverish pain head to toe. I mean head to toe just inferno of pain.

Dave: It's one of those things where people don't necessarily correlate what's going on. I never knew what it was like to not have pain my muscles and joints and brain fog and fatigue and bad digestion. The fact that I was ... Actually, we knew I had toxic mold sensitivity but not to the extent that I've been poisoned and that my symptoms were correlated there. We did the advanced Lyme testing and my wife, Dr. Lana, and I actually ran a medical lab testing company. We did the normal test. Then, we did very species specific tests for whether you have an active Lyme infection or not, whether it was European or American strain. I had the American Lyme and I had it for a long time. It was an active infection. It really was part of what was just trashing my energy all the time.

Just like you, you have this dream job. I'm like, "Oh, yeah. Let's make cloud computing. Let's make the internet actually work," like the

company where Google's first servers had been installed or Hotmail's, all of their servers within there like Yahoo, MySpace. Remember those, guys? All of those stuff was in our buildings and 40% of the internet traffic flowed over the network of this company where I was doing product stuff. I was attending board meetings and all.

Dana: Feeling like that.

Dave: Feeling like crap.

Dana: I know. It's unreal.

Dave: It's terrifying because my brain's not working. A lot of the time, it's just not. I'm so exhausted but I'm going to actually ... That's how I discovered smart drugs. Okay, I'm going to make my brain work. I don't care what it takes. I'm just going to do it, so it did. Trying to explain to people, actually everything I'm doing requires a huge amount of effort, it's a struggle and maybe it's not for you. There's a reason I'm having beer because I want to actually function tomorrow at work because little things that maybe don't make most people noticeably weak, they're little chinks in the armor but for someone who is dealing with excessive toxins from an infection like that, those matter more. That's why I'm aware of those things and why even for healthy people like, "Stop doing those little things that make you weak." When you look at what was document Under-

Dana: Under Our Skin.

Dave: Was it Under My Skin, Your Skin, right?

Dana: Yeah. I know. Our Skin, everyone's skin, a lot of skin.

Dave: Under Our Skin. You document your struggle with that in moldy. I went out and found a dozen people who had almost identical symptoms to Lyme disease. These are people who had mold in their houses and there's this huge correlation where if you have mold and you have Lyme in your body, the Lyme is likely to get worse because the toxins are synergistic. They're biochemically very similar. We know 28% of people

are genetically way more susceptible to those mold toxins. Those are the same people who are going to get sick and stay sick from Lyme.

When you look at Under Our Skin, you look at Moldy, you see these people who are like trash. What most people don't understand is I was trashed at that level. You're unable to regulate your emotions. I remember there's a time where I'm working for this absolute just gen of a guy, the guy who taught me how to lead in just this level of integrity and amazingness even in a company culture that wasn't very good and his name was Peter.

He had just, in a team meeting, in a team where I was the first team member and we built this team, we hired some of my students from a program I used to run at the University of California and we're growing like a strategy team at this incredible company and he says, "Dave, I'm going to make you team leader," which is like, "Holy crap." I was having a really bad morning. I was zombified. Instead of saying, "All right, I'm going to do right. Thank you." What I said was, "I know what team ... Like what a dick move. I'm like, "I know what team leader means. It means that you don't get paid more and it means a lot more work. Gee, thanks," the opposite of how I am today when I'm in full control of my faculties.

Afterwards, to his credit, instead of being like, "Hey, FU. You're out of here," which is what some manager would have done, Peter sat me down and goes, "Dave, you do that for the whole team. That's a career move for you. What's going on? instead of like, "You're a jerk. It was like something's wrong." I thought about it. I'm like, "Oh, I have chronic fatigue syndrome. That's what I've been diagnosed with and fibromyalgia and much other stuff. I guess I just have a bad day. It's just how it is. I talked to the ..." That was lack of ability to control my emotions, very common when you have these toxins in your prefrontal cortex.

A couple years after that, I did my SPECT scan with Dr. Amen who's also been a guest on Bulletproof Radio and someone I featured in Moldy. When they looked at my brain at that time from ... I didn't know if it was mold or Lyme. I suspect it was more mold given where I was living but I

had Lyme too. They looked at my brain scan. Dr. Amen said, “Dave, you have the brain of a hardcore street drug addict like someone living under a bridge. That’s what your brain looks like.” The guy who looked at my brain waves back at the time, one of the guys who trained with Dr. Amen said, “Dave, inside your brain is total chaos. I don't know how you’re standing here in front of me, much less getting your MBA at Wharton while working full time in a startup. It’s not possible, this one with a trashed brain.”

That’s what happens. You have these high performing people or average performing people, it doesn’t really matter, but they’re capable of this and they’re doing this but worse than that, this is why you guys are on today is that to do this is such a struggle. When you get it right, the struggle is actually not noble. Struggling doesn’t make you a better person. It just wastes energy. When you’re in control of your biology, it’s not a struggle because you want to do it. You might work really hard. You might even fail because you don’t know how to do it or you haven’t figured it out but that’s not struggling. You’re going to fail without struggling. You can hit your lemons but you don’t have to struggle. Struggling comes, system is wrong at least in the world I live in today. Sorry to get my soapbox here but I’m happy you guys are going to talk about it.

Dana: No, because you got through the day by sheer will. It doesn’t have to be that hard. Like you said, opening all the energy, it’s a whole new reality.

Dave: You did the same thing, right? You put one foot in front of the other to go on tour with U2.

Dana: Yeah.

Brent: It’s easier to say, right?

Dana: The experience was amazing because we, as a long term Lyme mold person with chronic infections, you’re going to learn to live outside of yourself. I just ignored my body and just ...

Brent: It happens.

- Dana: This dissociation that happens. While the experience was amazing, on one level, I was just not really even present for a lot of it, just pushing through. It returned the life after 15 years and Brent, 10?
- Dave: We were talking about your story here and I got along that soapbox and totally...
- Dana: No, it's okay.
- Dave: How did you get Lyme? How did you know you had Lyme and what did it do to you? Help me understand that.
- Brent: Oh my goodness. I came from an athlete standpoint. I graduated from LSU, ran cross country and track at LSU, high level competitor and continued after I graduated working in industry in manufacturing and doing track runs. I was training and running through trails, picked up on a trail. It took about 7 days before I found it on me.
- Dave: Wow.
- Brent: Then, started itching in a non itchy place.
- Dave: Did you have the bull's eye rash?
- Brent: I didn't even know. I didn't know the look. I actually had go to a doctor to get pulled out, removed because it was so swollen. They didn't give me antibiotics because it's Pensacola, Florida and they don't have Lyme. Nobody talks about it.
- Dave: They do. They just don't know they do.
- Brent: Right. I'm moving along my life. I'm going out. I'm training but everything starts to slip. I was a very high performer at work when I was in college running but everything started to slip. Alcohol tolerance gone overnight, one of my first symptoms. I didn't realize it. It took 7 years before I finally realized something very deeply is wrong. I started basically going online and learning everything I could, self-help and thought I was having a nervous breakdown, a life crisis. Finally, after 7, 8 years, I found out I had Lyme. I finally got pushed in the right direction

dealing with people asking the right questions. “Have you ever gotten bit by a tick?” It’s like, “Actually, yes, I have.” The thing is most people don’t even realize. The thing is too, I was actually sick my whole life even before Lyme.

Dana: That’s really key.

Dave: Yeah, me too.

Dana: Same.

Brent: Whole history of a life of allergies, chronic sinus infections, always just a little sensitive to the environment, a little ADB. These stories start matching up. The banners start matching up.

Dana: We see a lot of it.

Brent: My luck, I luckily tested positive for it but most people don’t but I was also doing other treatments going into that. Maybe it raised my immune system to catch it. Dana got tested. Her doctor was telling her how are we even walking around his lab as well.

Dana: Same thing. It’s important to say misdiagnosed 6 years fibromyalgia and pain inferno.

Dave: I’m going to piss off everyone right now. I don’t believe in fibromyalgia or chronic fatigue syndrome.

Dana: It’s not real.

Brent: You’re not going to test positive for it.

Dave: I believe in toxic molds or other neurotoxin exposure. Lyme disease is another neurotoxin exposure. Those are the 2 biggest sources that I know of. You could also, been swimming in toxic blue green algae water or something but these are neurotoxins, is what they are.

Brent: Heavy metals can fill out ... You throw that too. It’s basically we are this group of people who are super susceptible to toxins. Our bodies may not

be able to dump the toxins right. For Dana, she's having the major pain, huge pain in joint, and fibro which is, me, it was all no pain maybe because I'm an athlete but cognitive, moods, anger. I'm just ... Memory loss.

Dave: Then, you're-

Brent: It was that and trying to be raise my way up to corporate America playing the rat race, that started to get really hard really fast, 2 kids. It was a tough time.

Dave: You said something pretty important. You said you're more susceptible. I would argue the 3 of us are probably canaries. I'm a little canary who will probably kick your ass. I got to find stuff. Because of that, I'm more aware of this but I see this a lot in relationships where you have ... In Moldy, one of the couples we interviewed, they're both physicians. One of them is sick and the other one is like, "I don't really feel very much." The fact is that they're toxins that you get from Lyme disease or any of these other things. They contribute to long term decline. They cause DNA damage.

Just because one person's like, "I feel pretty good," you're still taking your hits. Your hits didn't hurt as much as they do on the next guy but those hits didn't benefit you. You are going to live longer if you avoid getting Lyme even if you're someone who gets Lyme and you feel better in 6 weeks and all or you avoid whatever these other toxins are. That's a big tenet of both my healing from this stuff that I've dealt with which is way more than it is normal for one person to have but also someone who's never deal with anything.

The perspective of don't do stuff that makes you weak, I'm just better at spotting stuff that makes you weak because I didn't thought I was strong. You guys are in that same situation. I don't know what are the things that make you weak that the normal people who have Lyme or don't have Lyme, what are the things that make you weak that you could not do?

Brent: The Kryptonites?

- Dave: Yeah. Give me the Kryptonite list.
- Dana: Gosh. Environment, mold, being around mold at all. I'm like you, a detector. I had some of the highest mold they've seen, molds, sinus, whatever, molds. We can no longer drink alcohol. We cannot eat gluten or any processed food pretty much. If I had a piece of fruit that's non-organic, I'm so very sensitive.
- Dave: Non-organic fruit. Let's say this one doesn't have Lyme disease and like, all right, I'm at the hotel. I don't know if this piece of cantaloupe is organic or not. There's a level of Kryptoniteness of foods, right.
- Dana: Yeah.
- Brent: Yeah.
- Dave: You guys are pretty extreme. If non-organic fruit makes you feel unwell, you're really sensitive. I can eat non-organic stuff. I just think it's not a very good idea but I might eat non-organic vegetables at a restaurant because it's better than eating crappy chicken which seriously, I'm not eating at all. For me, that's just wrong on every level.
- Brent: I think you have a point.
- Dave: There's a level of stuff that like no one should do that. What are some of the really big Kryptonites that you spot like the things you're bothered really ...
- Dana: EMF'S.
- Dave: EMF'S.
- Brent: EMF'S, WiFi you know.
- Dana: Big one. It doesn't mean that we don't ... Of course, we have an online business. We're constantly in the WiFi field but we have to take breaks. We know how to do that in ground and or staying and all that to recover.

- Dave: Now, you're just maybe you told half the people listening that you're total crackpots, right? Just kidding.
- Brent: Essentially.
- Dana: That's how we roll.
- Brent: That's how we feel. That's how I think we feel sometimes. What's interesting is there's a whole controversy in why being chronic. We've done treatments for years in the past and first time in 3 years not treated even about the same ... and really move past it. There's always that lingering, do we still have Lyme or not? I still feel the environment. I still have that mold sensitivity. It's almost like when you get Lyme or major mold exposure, if you are a sensitive person, we were consistent before we had it, you still stay sensitive. Our bodies stay tweaked after. We basically have to learn to live in different set of rules. That's really why we created Lyme Less Live More. How can we really live more, accept what is and how do we really learn to live more with a new set of circumstances. Look, there's a whole life out there that's still beautiful and to your point, we're making better choices now.
- Dave: You can change the environment to suit your own biology. It's totally true. Different people have different biological limits and things that might make you weak may be okay for someone else. This is where it gets a little bit weird like WiFi for instance. We have WiFi on right now. I recognize that WiFi is something that makes biological systems by large a little bit weaker. Some people who are on the cusp, it's still strong to break the camel's back. If you only have this much resilience, you really want to be careful about WiFi. If you have this much resilience, you still should be careful about WiFi because it doesn't add anything. Having WiFi makes life better because you can get access to data and things like that. It's really cool but when you're asleep, seriously, turn off the WiFi. It doesn't cost you anything to do that.
- Brent: Keep your cell phone away from your head, so many ...
- Dana: Little things.

- Dave: This is about risk management. To say it's not going to hurt me, I'm strong, it's meat-headed that way. You can say, "It's not that harmful for me. At least, I don't think it is even at what way. There's a coupe studies but maybe I'm just going to choose doing all this because I don't like the results," which a lot of people do. Not that these studies are bad. It's questionable. No matter what's going on there, the argument for sleeping with WiFi on isn't very strong. If there's potential risk, everyone should do that and if it's someone who is like, "Wow, I don't have the kind of energy that I once did. Something's really wrong," maybe you should be more aware than others. I think you guys are doing a good job of taking on a sick population and saying these are the things you can do to change the environment around you so that then, basically it works to serve you or doesn't make you as weak as it was before.
- Dana: That's right.
- Brent: We can create an environment and a lifestyle that actually you thrive again and you're actually happier in a lot of ways. You're life's much more rich.
- Dana: We're the canaries. We have to take steps and measures. WiFi to me is, I'm fine with it for a minute and then I start going down.
- Dave: When you say going down, how do you feel?
- Dana: I start getting burning in my hands and in my ... I get like a-
- Dave: Are you getting it now?
- Dana: A vibration. No, but that's when I'm in saturation, when I'm sitting there for hours.
- Dave: There's only one WiFi signal on the whole property. I have to switch.
- Dana: It's usually when we have the 4 computers open but something Klinghardt says that's so beautiful to your point, Brent, when you go through an infection or mold illness or something, you have, he calls it an energetic immune system. You know it's like when we walk into a

moldy room, you've got that Spidey sense and you know how to take care of it.

Dave: People will probably have a hard time with that but that Spidey sense thing, it's well-documented. If someone looks at your back, your skin conductivity will change. You don't have eyes in the back of your head that you know of but you know. I interviewed Mark Divine who's a Navy SEAL commander. It was like, "Do you know when you're in someone's eyes, there's someone else that gun aimed at you?" He's like, "Yes. You know." How do you know? Those guys trained for years. They have this.

Like you said, if I walk into a building with toxic mold, I can feel the change in my sympathetic nervous system. Brent, I've trained the crap out of my sympathetic nervous system. I know it what it's doing. I know what my body's supposed to feel and I know when something tweaks on it. I might not know what it is but with mold, I pretty much know. It sounds crazy but it's not crazy. Animals know don't go near the dangerous things. They know when there's a predator around. We're still wired that way but we just lost the connection.

What you guys have found, it sounds like is that you need to get more in touch with that. When you walk into an environment that makes you weak, rather than saying, "No, it didn't make me weak," even though it actually did, you're acknowledging it, you're noticing it and you'd either change the environment or you're moving where you go which is a way of changing the environment. Leaving changes the environment very quickly.

Dana: Learning how to have good boundaries around that.

Brent: How of us many didn't have boundaries before? That's one of the teachings of being sick like that.

Dave: Speaking of teachings, you guys have a whole program for people who have Lyme disease and to teach them how to understand these things. Can you give me the bullet points in that? I think some of those bullet points of a lot of the people who aren't dealing with a chronic illness but are people who actually want to build resilience into their life, just give

me the basic structure of what you teach people with Lyme disease to do.

Dana: We have the Core Series. Do you want to start with the Core Series?

Brent: The Core Series which you are contributing for a couple of years ago.

Dana: Yeah. That's wonderful.

Brent: That's really taking people through some basic physical pieces that we need to look for to start really overcoming Lyme and chronic illness because it does open up, not just Lyme and then, the mindset piece which is huge. Family doesn't tired. Family gets tired of it. Friends get tired of the story. It's 5, 10 years, 15 years.

Dana: You're still sick? Really?

Brent: You're still sick? I saw you got a good day last week. Are you faking it today? They just don't understand because our environment's changing. Our bodies are constantly regulating and adapting. We have good days and bad days. The mindset's huge and our belief and energetics, the WiFi, those other pieces. Then, beyond the Core Series, what we've learned in getting feedback from everyone is like we need to bring the people together so they can support each other.

Dana: Community.

Brent: Community. Then, we started doing seasonal cleanses where we are bringing people in and showing them these are sensitive people and the normal hardcore cleansing doesn't always work. We basically have another set of rules and that's what we've identified and brought together to gently help people learn more self-care, health ...

Dana: It's about self-care really.

Brent: It's about self-care.

Dana: We're trying to change the name maybe because cleanses sounds really scary and it sounds like you're going to deplete yourself.

- Dave: Sometimes, it's more fun to just be dirty.
- Dana: Exactly.
- Brent: These are nerds. These people have the nerve to rebuild their bodies. That's so important. It's what lost.
- Dana: Something that we talk about is there's so much information and particularly for Lyme, it's a lot to take in. Why don't we just do this together? Let's get some good habits, add in some good Himalayan salt into your diet.
- Brent: Hydration.
- Dana: Hydration, looking at mindset, looking through the different exercises. It's a beautiful transformational program and seasonal.
- Dave: Awesome. Where do people find out more about that kind of stuff because there are a good number of people with Lyme and molds or other people who are just like, "There's something. I don't know what it is," who might benefit from this? What's the URL? Where should people go to learn more about this?
- Brent: Go to lymelesslivemore.com. All the information is there. With Lyme Less, because it's not just about Lyme, it's-
- Dave: It's not just about that, right?
- Brent: We're acknowledging and our community is growing. We're getting people with cancer, mold illness of course. It's about living more with it.
- Dave: That's really cool. It matters for people. I think there's a lot of people who are you hit a wall and then you're there and you're like, "Okay, I'm going to do whatever it takes." Then, you start to be in touch with the inconvenient things. As when I hit that wall, I'm like, "Let me spend all of my money and all of my time. I'm fixing that," which happens to a lot of people. I'm fortunate that I'm like, "Wait, I can actually do this and then I can go way beyond where I used to be."

Speaking for any wall, we're running out of time because I know you guys are here at Bulletproof Labs at my studios up here on Vancouver Island and you have to get back for your flight so thank you for coming up for the interview. The final question though that I'm not going to let you get away without asking, and I'm asking for you to give me 2 because normally, we say top 3 that you'd recommend for someone who wants to perform better at everything they do. I didn't say someone with Lyme disease. I just mean someone in general whether or not they have a disease, top 3 most important things. Exceptions, there's 2 of you. It's 2 and 2. Dana, let's start with your perspective, 2 most important piece of advice on earth for someone.

Dana: I really do think food is a critical piece not just because of the nutrient value but also because it's teaching you self-care. It's teaching you to pay attention to your body, to what you're bringing in. It's an interesting thing. Having good boundaries.

Dave: Cool. You mean good environmental boundaries, interpersonal boundaries?

Dana: Interpersonal and not feeling afraid to take care of yourself and say no and go for those good habits instead of trying to fit in like we used to do, that sort of faking it.

Dave: Having some pizza and beer even though you're zombified for a week.

Dana: Exactly.

Dave: Zombified is actually a word.

Dana: It is. It's a Lyme word.

Dana: Lyme word, for sure.

Dave: Thank you. Brent.

Brent: It's all about understanding. It starts with one, understanding yourself, what are my boundaries, what are my new set of rules and then becoming more aware of that and just having the confidence and just

I'm going to do this for me and not worry about others and then on the other side about the understanding, finding others who understand you. When you find other people, when there's a community, all of a sudden, you're accepted back into life. That can just be ... You don't have to be alone.

Dana: Who we are.

Brent: You don't have to do it alone. You're not alone. You're just not alone.

Dave: It's hard to find a community like that. That's one of the reasons that I started the Bulletproof Conference and I'm going to plug it really quick because it's so relevant.

Dana: Good.

Dave: We have about 1,000 people that we're expecting at the Bulletproof Conference, October 23rd to 25th in LA. Are you guys coming?

Dana: This trip, we're like ... Wait we're going. We got to figure that out.

Dave: You guys have passes for sure , if you want them they're there.

Dana: Great. Awesome.

Dave: It's a sort of thing where I wanted to hang out with people who are like, "I'm going to hack things," not hack illness but hack wellness. It doesn't matter what like-

Brent: Hacking all day.

Dave: ... doing maximum resilience and just maximum performance. To be able to spend a few days with a thousand people for me is like, woohoo. I've been looking forward to this all year and with maybe about 3 dozen companies bringing some cool toys to play with that you don't have to be sick to get huge benefit from. If you are sick, you probably will but if you're well, you'll still be like, "Holy crap. What just happened? That was an upgrade." That's what it's about. It's all about community. You've struck in there for me there. I hadn't even thought about that.



Brent: It's a beautiful thing.

Dana: It s.

Brent: We need it. We're a social species, social animals and let's put us to the right communities, not the life-sucking ones, the vampire. We're the building ones, the nurturing.

Dana: Actionable.

Dave: I know you guys have to get out for your flight so thank you Brent and Dana from lymelesslivemore.com for coming here on Bulletproof Radio. Have an awesome drive to the airport on a sunny, beautiful Vancouver Island.

Dana: Thanks for having us.

Brent: Thanks. It's been great to be here, Dave. Thank you.

Dave: A little while ago, actually 2 days ago from when I'm recording this, I posted on Facebook a question that said, "Hey, give me your Q and A. Tell me the questions you want me to answer so I can answer them." When I do a longer episode, Dr. Mark and I usually sit down and go through the Q and A but because we have time on today's episode, I'm just going to answer a couple of these and I'll work on doing this sometimes just to even get more of this direct feedback. Pardon me for looking at my phone here but I'm looking at our Facebook page that's live. If you were to ask me something right now, I might answer it.

First question from Mateo Tenzera, what do you think about brewing your coffee with a Chemex? Chemex is very similar to a pour over. In fact, I have the equivalent of a Chemex floating around in the Bulletproof coffee labs up here. What it is, it's a big rounded glass flask. You fold a paper filter into a cone shape and you pour the water over it very slowly. Basically, I'm a fan of doing that. The problem is that paper filter adds flavor which you don't necessarily want and it can add chemicals and paper absorbs coffee oils.

Coffee oils have benefits. You can search what these are. Coffee oils also raise LDL but they don't raise inflammation as far as I can tell from the research that I've seen. What you can do to get the more robust flavor as well as to get the biological effects of the coffee oils, then you can get what's called an Able filter that fits inside your Chemex. This is a laser printed stainless steel or gold filter. As you put the coffee in, you pour the water over it. Short answer is I like the Chemex. It's very similar to doing the Hario style pour over. You could do a French press, anything with a metal filter and water that's heated to above 175 degrees is ideal. Most home coffeemakers use water that's 175. You want to be close to the 200 when you're brewing good coffee. It's a huge difference.

Next one from Julie Fisher, do you recommend taking a break from supplements ever? If so, how long and what would the benefits be? I absolutely recommend taking break from supplements. However, if you have gotten to a certain level of performance by using supplements and then you just go cold turkey and cut them off entirely, you're probably not going to like what happens if you do that for a long period of time. There's great evidence that for your antioxidants to work well, you should be pulsing them. That means take them for a few days but skip a day every now and then. Don't take the same amount every single day.

One of the mistakes that I used to make when I started out on vitamins is like, "Okay, I'm going to be really religious about this. I'll buy a whole bunch of boxes and I'll do 2 weeks at a time and I'll put the same thing." It doesn't work as well as, "All right, this morning, I didn't get that much sleep last night and I worked out hard the day before. Yikes, I'm going to need more antioxidant, more adrenal support today. I'd take more of those." On the weekends, I didn't really have time. I skipped my vitamin C for a while. My self was like, "Oh, no. Vitamin C shortage, what do you do?"

This is called keeping your body in a state of readiness. You can cause hormetic change. This means stress that causes beneficial change. By pulsing out antioxidants, you actually can make your antioxidant enzyme systems stronger or you could do what I do. I use ozone therapy occasionally. Ozone really makes yourselves generate more of their own antioxidants. Yes, you should pulse your vitamins. You should mix them

up. You should vary them and don't take the same thing at the same time every single day with a few exceptions. If you have thyroid problems or specific in your treating or, say, Himalayan salt in the morning to help your adrenal stay strong, things like that, do it every morning. That's going to be good for you but the rest of the time, mixing it up is the best policy.

Next question, Dale says, "Can you fly me out to where you are, feed me amazing things and pay me to be an assistant?" Probably not, Dale. Sorry about that but I am looking for someone out here on Vancouver Island who could help on some projects out here. If you live locally, I'm up for it. Some question about MDHFR but I'm not going to address that right now because it's too long. Let's see. There's so many questions here. There was hundreds of them. I'm going to just find some more. What are your thoughts on the HCG diet? It seem so awesome. I'm reluctant but curious. The research seems sound. This is from Frankie Ross Smith.

The HCG diet is pretty interesting. What you do there as you use HCG which is a hormone that tells your body it's pregnant. You inject HCG. When you're pregnant, you partition your fat very differently. The idea is you go on a very, very low calorie like 400-calorie diet and you take HCG injectable. What happens then is in some people, they lose profound amount of weight. It's a heavy duty diet hack. I think there are easier ways and probably safer ways to lose weight but this can be really, really fast. The way that I recommend losing lots of weight quickly is called the Rapid Fat Loss Protocol, RFLP.

There is a post about it on the Bulletproof site. It's not in the Bulletproof diet book. The subheading is how to lose weight faster than you really should. Whether using HCG as a diet or whether you're using another Rapid Fat Loss Protocol, your fat stores heavy metals, pesticides, hormones and all sorts of other things that are not so good for your brain. I've had countless people who go on rapid weight loss go, "Oh, my God. I can't believe I need new pants but I'm a zombie for 2 or 3 months," because all those toxins get released at once. They overwhelm the liver and they mess with your head.

Whether you're on the HCG diet or you're doing Rapid Fat Loss Protocol on the Bulletproof site or something else, take activated charcoal. Yeah, I make Bulletproof upgraded coconut charcoal which is a very special kind of activated charcoal but even if you don't do that, any charcoal you can get. Upgrade your glutathione. Get some more antioxidants. Losing weight at half a pound a day versus a pound a day is still really fast but a pound a day which is doable and I've had people do that, it puts you at risk of getting brain fog and just releasing all these toxins. It's best to buy them as you go. Use infrared saunas, things like that. Maximize detoxing when you maximize the rate of fat loss whether it's HCG or not. I would recommend trying things without HCG before you start injecting HCG.

The other use of HCG that is not dietary is that if you've been on testosterone therapy like I was for 8 years under a doctor's care, jabbed my levels at normal levels, not abnormal, high body builder levels, what can happen is you get testicular atrophy. Basically, your balls shrink. When that happens, HCG is oftentimes used for a short period of time to trigger your body to grow them back to their normal size. A lot of guys in the 40 plus anti-aging crowd who are taking testosterone to maintain healthy levels, not to be like super human but just to be like you were on your 30 instead of you're going to be when you're 50.

To do that sort of thing as an anti-aging therapy, sometimes, they'll go on brief cycles of HCG to maintain their fertility levels and to maintain testicular volume. That's the other use of HCG that is medically warranted and is pretty useful. HCG's a very powerful compound and you should not mess around with this stuff without being under doctor's care. You can also have some other unusual things happen like you can have female style fat deposition if you inject HCG or men start getting female butts and stuff like that because you're body's like, "Oh, you're pregnant." If the body believes you're pregnant, weird stuff can happen.

HCG is not without risk but if you're under a doctor's care, you're doing the HCG diet and you're actually cutting you diet down, it's not just low calories. It's also low fat. There's no evidence about using brain octane or some of the weaker medium chain triglycerides like lauric acid that doesn't actually act like a medium chain triglyceride. I wouldn't

recommend using that for sure but we don't know because with the brain octane style fats, and that's just one of the 4 kinds of MCTs. Your fat partitioning is different without any way it tends to go to energy. We don't have evidence whether using that on HCG diet is different than just eating a zero fat diet but generally, you want to be on a zero fat diet when you're doing HCG. I haven't actually used HCG diet kind of stuff because I would be concerned about all the risks but there is evidence that it works.

That was a long answer to an interesting question. If you like that, you can actually go out to the show transcripts on bulletproofexec.com. You can click on that part of the transcript and it will take you right to YouTube. You can get just that clip and you can put it somewhere. Anything that I say on today's episode or any other episode now, you can go in. We're the only website like this out there today. There's a search point where you can actually just click on any part of it and we'll give you that snippet on YouTube which is really useful for you to not just say Dave said this but here's the video of Dave interviewing someone where they talk about this one thing that's really interesting to me or someone else. You can do that for the HCG stuff.

I'm going to answer one more question. I think we have time for that. If not, let's cut this one out. There are so many questions here. I should have sorted through this but I've decided to do this just the last minute because I knew you guys would like this. Here's a question from Moz Woman. That's a cool European name, Eastern European because you got no vowels in your name Moz which is cool, or Moz, however you say that. You had a question about TMJ, what you do about TMJ. There's a couple interesting things to know about TMJ. One is that this lock jaw sort of thing, that jaw stress that can happen here, it's tied into your vagus nerve. Your vagus nerve is tied into all sorts of fight or flight responses. If you have TMJ, your nervous system is broken.

I've did an amazing episode with Dr. Jennings and we'll put the show number in the show notes here. Dr. Jennings and I talked about realigning your job. You wouldn't know just from looking at me now but my chin is a half inch forward from where it used to be. I didn't have surgery. What we did was we lowered my jaw but increasing the height

of my rear molars and allowed my jaw to naturally move forward to take the pressure off of this part of my jaw. I had no idea because you won't feel this if you're used to it but for me just to chew, I had incredible amounts of jaw strain and tension. I didn't have formal TMJ symptoms but I had nervous system stress, sympathetic over activation, adrenal fatigue that can come from TMJ. If you have TMJs, your chances of having apnea are much higher.

My recommendation there was that you look at aligning your jaw properly not just for cosmetics but for optimal neurological function. This is neurological dentistry. The other thing that can trigger problems with TMJ is actually neurotransmitters. There are things like Choline Force which is a supplement I make that raises your choline levels. It's one of the very affordable things. I'll tell you flat out I make this stuff, there was nothing special about the choline raising things. You can go to Whole Foods. There's a whole bunch of brands. We all charge about 25 bucks per a month supply. There are some companies who will sell theirs for \$60 for a month's supply. It's the same stuff.

What we're doing is we're giving you more acetylcholine building blocks and we're stopping your body's ability to break down acetylcholine. For about 2/3 of people, they're like, "Wow. I feel a lot more energy from acetylcholine." The other 1/3 of people get TMJ. They get tension up here. They get muscle cramps. What you need to do there is if you're taking any of the acetylcholine enhancers including Choline Force, the one I recommend because we do all of our lab testing and because I formulated the thing, it's really important that you look at that. It's also possible if you're taking lots of soya lecithin which is another choline donor or even eating tons and tons of eggs, if you are acetylcholine dominant, you may be getting TMJ just from that. Try tweaking the diet but my guess is you're going to want to look at your jaw alignment and probably start sleeping with a bite guard, a night bite guard that allows your jaw to be aligned. Hacking TMJ is really important for your neurological health, your energy levels for everything else. Hopefully, that was really helpful. That was 3 questions.



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