



**Transcript – Patrolling with the Health Ranger Mike
Adams - #330**



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Speaker 1: Bulletproof Radio, a station of high performance.

Dave: You're listening to Bulletproof Radio with Dave Asprey. Today's cool fact of the day is that for the last century scientist have been documenting the effects of lead on your body. Today each year in the US lead in drinking water contributes to get this 480,000 cases of learning disorders in kids and 560,000 cases of high blood pressure in adult men and likely a similar number in women. That is not small stuff. You have people telling you to eat less salt but drink more lead. Why are we not paying attention to thing like this? It doesn't make any sense whatsoever. As you might have guessed the odds are we're going to be talking about that on the show today.

Before we go into the show I totally appreciate you listening to Bulletproof Radio and I wanted to do something to say thanks. I contacted my friends at dollarshaveclub.com and arranged for them to give new members a month of the executive razor for free just for trying a tube of Dr. Carver's Shave Butter. Anything that says butter is going to get me excited but this is not the kind of butter you put in your coffee just so we're clear. This is shaved butter. I'm really excited that they agreed to do it for you.

Let me remind you why millions of others have joined as proud members of the club. Dollarshaveclub.com delivers amazing razors right to your door for a third of the price of what the greedy razor companies will charge. That means when you join DSC you can afford to shave with a fresh blade anytime you want which feels fantastic. I get a first class shave when I use the executive blade and that's without even hurting my wallet. When I use the executive with Dr. Carver's Shave Butter, the blade just gently glides for the smoothest shave ever.

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Today's guest is someone that you probably heard of at least if you use the internet. That means we're talking about none other than Mike Adams from Natural News. Mike is an incredible guy because he stood up 1 day and said "You know what I'm done with the lies of big food. I'm going to break them." He started a big lab. In fact, if you're watching on YouTube you look behind and he's actually sitting in his analytical lab. It looks very similar to the types of labs that we use during the R&D part and the testing part when I'm making Bulletproof Coffee and the other Bulletproof products. That's actually really what they look like.

In fact I know for certain that it's not a set because I just saw a guy in a mask and a gown walk past the back of the set. What Mike did is he took what he was doing in Austin, Texas as an entrepreneur and said, "I'm going to invest in finding out what's really in food." Most



interestingly for today's interview what's really in water. I'm pretty shocked at what he's found. Actually that's not true. I'm offended but not shocked. There's a difference. Mike, welcome to the show.

- Mike: Thank you. It's great to join you and I really appreciate you giving me the opportunity to share some of this information with your viewers and listeners.
- Dave: Walk me through your story. I've been following your stuff for a while and some of it is pretty controversial which is fine. It's not like Bulletproof hasn't done anything controversial. What brought you from the health ranger perspective and doing information stuff and then going to analytical chemistry? That's very unusual. Why did you do that?
- Mike: It is unusual but if you get into food and clean food and nutrition and you start following the trail, it eventually leads to this real hard core scientific analyzing of the superfoods, the dietary supplements, the organic versus conventional foods. Eventually you have to start peeling back the layers and looking at what's in these products. There are many really great highly nutritious very clean products in the market. I don't want to be known as the guy that says "You can't anything because it's all contaminated." That's not the case. There are great clean foods. By the way, a lot of foods that are grown in America and Canada in particular and even the EU are very, very clean because of the environmental regulations. The soils are cleaner.
- There are also a lot of foods particularly from Asia, China and India in particular that have more contamination because of the pollution problem particularly in China. A lot of people who are consuming superfoods and protein products in North America don't realize that those are actually grown and processed in places like China and that if you do test them in an analytical lab you will find mercury, cadmium, lead, arsenic, other really problematic heavy metals as well as chemicals.
- I built this lab and yeah it's really a working lab as you can see here. We can't just stop everything. We have to keep going on the analysis. I built this lab so that we could really have an x-ray vision into all the foods, supplements and superfoods and then share that information with the public. The nonprofit website where I share the data, if you'll let me plug the site.
- Dave: Sure, absolutely.
- Mike: Its naturalsciencejournal.com and that's where we publish data right now. We publish data for water test. We've had volunteers all across America so far. We'll do Canada next. They've sent us water samples. We've tested them for heavy metals and we publish the results on that website Natural Science Journal. That's the short version of what we're doing.
- Dave: It's amazing because I've been soundly yelled at by people who like brown rice for saying because there's 80 times more arsenic in brown rice and there's negligible nutrient value in the outer layer of the rice. Stop doing that. Arsenic is bad for you. In fact, it's worse for you than whatever benefits you might get from bloating and gas from eating the outer layer of the rice. That's one of those things where when you quantify it and you look at "All foods have positives and all foods have negatives." Just like you it's not about "Oh you can't eat that." or "Don't eat



anything. It's not safe or it might have toxins." Look, minimize the toxins which will require knowing what's in there.

Mike: Yeah, exactly. One of the biggest challenges I have with educating people about this is explaining the concept of the orders of magnitude of concentrations. You can find some level, some very tiny level maybe parts per trillion of lead in almost everything but parts per trillion of lead is not toxic. If you go a million times larger to parts per million and you start getting 10 parts per million or 100 parts per million, now we're talking about real toxicity. The Flint, Michigan water supply had at some point I think over 100 parts per million lead.

Now the EPA limit is 15 parts per billion. Remember a part per billion is 1000 times lower than a part per million. We're talking about huge, over 1000 times higher than the limit and that's what people were drinking in their water. I look at foods. I look at arsenic and rice. I found just the other day I was analyzing some jasmine rice and I found an astonishing I think it was 1700 parts per billion of arsenic.

Dave: That is nontrivial.

Mike: It really shocked me. I hadn't seen it that high before. Right now I'm buying a lot of different brands of jasmine rice to test them and see if that's a pattern or if it's just a fluke.

Dave: The hard part is looking at brands. I run a brand. I'm obsessive about sourcing to the point that coffee like we have the plantations. We put an infrastructure to process the coffee in a certain way. I know damn well what's in that and that I verify it with laboratory chemistry. There are other things like I wanted to do a Maca thing to blend in. I looked at Maca and did my mycotoxin testing. I didn't even do all the metal testing. I didn't get that far. This is a dried product, dried on a forest floor somewhere probably.

Aflatoxin which is the most cancer causing thing known to man was 13 parts per million like very substantial amounts. I'm like, "I'm not putting that in there." That was a high end supplier. The next batch might have been just fine. It's that roulette perspective where like it's hard to say this brand is good or this brand is bad. Many brands want to do good. They somewhere they're like "We just want meet the whatever. The EPA says it safe therefore it's safe." Safe is a bell curve. If the EPA says 15 parts per billion on lead is safe, it was billion not million, right?

Mike: It was billion, correct.

Dave: In water that's because you drink a lot of water. The problem is, doesn't mean it's ideal.

Mike: Not at all.

Dave: What would you say to some listeners like "This water is tested safe by EPA or FDA or whatever standards. It meets the minimum." What's your take on that?

Mike: My experience from this, I've been a clean food advocate for a very long time. I've been a nutrition advocate. I've been an activist. I'm anti-GMO activist, clean food activist turned



scientist. What I've learned in this is that personally today I don't trust any company unless they are doing their own testing. What you mentioned when your testing your coffee and your testing your chocolate that is actually more unusual than you might imagine.

Dave: It's quite unusual and it's hard to find suppliers on the chocolate because I don't own a supply chain there.

Mike: Exactly we're all on the same boat. We have the same issue. We have our own brand and our own store too. When we're looking at raw materials that come in and cacao doesn't grow in the United States of America or Canada. It comes from Africa or it comes from Peru or Ecuador. When the cacao comes in, you demand from the supplier, "Where is your certificate of analysis or certificate of organic authenticity and so on?" We've had suppliers give us certificates from 3 years ago and they think that that's going to pass.

I think about 80% of the companies in this space don't do testing and they take those certificates and they believe them whatever they say. They say "Yup must be true." That's the mistake. You're going to get burned because these suppliers are not doing the science. They're not doing the testing that they should be doing. If you aren't doing your own due diligence as a manufacturer, as your own brand, then 1 day you're going to get burned by some contamination issue. It's going to shut you down. We've seen it with other brands and it's going to keep happening.

Dave: It's important too because a lot especially younger health entrepreneurs don't understand or I say food entrepreneurs don't understand what's going on here. If your name is on that package, you better have lab results with your name on them. If the lab results come from your manufacturer, they don't count. You still have liability. I ran into all this stuff when I first doing this. Remember I'm like a computer tech entrepreneur. This is my code. I wrote it. I know what's in there. You're done. When you're dealing with something relatively simple like a supplement. If you have the name of your manufacturer on there because you're one of those white label slap some labels on there and we're all happy, fine.

Even then if your name is on there, you need to do a secondary test. I think it's cool that you have your own lab to do it because you're able to do it in your lab that's certified. I do use a variety of third party labs with certain test that aren't legally required, that are just part of our internal standard but I don't think that that is the rule. Most of the food startups that I've seen don't have a QA department. They're like, "Oh yeah we just order some stuff from these other people. It comes in capsules and we put some stickers on it." You can see where it's going to end up when someone gets sick.

Mike: Let me tell you another layer of this that I've never talked about publicly before. This will blow your mind. Before we were ISO accredited, now we're ISO accredited. It just takes about 2 years.

Dave: Explain what that means for people listening.

Mike: It's a 2 year auditing and quality control process and the international organization ISO after they test you and they audit you, they go onsite. They make sure you're proficient. They make



sure you have all these processes and quality control. Then they certify you. Most labs are not ISO accredited. Even before we were accredited, I was sending some samples out to other labs to confirm our findings. For metals, we use an instrument called the ICP MS. it's a mass spec instrument. A lot of other labs use an instrument called the ICP OES, optical emission spectroscopy. It's not nearly as accurate. I had one lab that was accredited giving me back cadmium result data that was off by a factor of 10.

Dave: Oh my god! Yes this is plain wrong.

Mike: It's totally wrong. I had to correct them and I wasn't even accredited yet. I said, "Guys your cadmium is off. I know it's off because I got the calibration curves here." They got back to me 2 days later and said, "Yeah you're right. We were off by a decimal point. We'll give you those tests for free." I said, "Wait a minute what about everybody else you've been testing? Are you going to alert anybody that all the numbers were wrong?" The answer was no.

Dave: Guess what else is just as bad is human blood in urine testing. The labs produce wildly different results and all of the anti-aging doctors I work with they're like, "Oh no I work with this lab because I know about that." I shouldn't say all of them. All of the top ones who are really getting the good results because they realize they can't even rely on lab data from there. Kudos to you for building your own lab. That's not something that I've had the backing. It's not cheap to buy a mass spectrometers and to staff and build. You're doing it as a nonprofit too which is really cool.

Mike: The thing is I'm a healthy food consumer. I was showing you. This is my smoothie. This is my breakfast here and my lunch. Avocados, coconut water, organic bananas that I grew myself by the way. I grow my own bananas in Texas. I want clean food. Man, I tested my hair and my urine. The first thing I did when I got this instrument, I started testing my own body. I was alarmed. I was blown away. Why is my body still contaminated when I thought I was eating healthy? I started to really, really clean up my own diet and to do that you can't afford to pay some outside lab like \$200 a test. I go to a restaurant now and I take a vial of tube like one of these. I take a test tube, centrifuge and I collect food and I take it back and I test it. Then I only eat at the cleaner restaurants. I'm a little obsessed with it yeah but that's my passion.

Dave: Are you orthorexic?

Mike: I've heard the term but no. they say it's a mental disorder if you're a clean food advocate. Give me a break.

Dave: There are people who would have been anorexic and like, "Oh my god I'm going to die if I eat something that might not be clean." I find that's used to dismiss people. Actually I feel bad when I eat dirty food. It's not a psychological condition. It's a mitochondrial condition. Like your mitochondrial respiration isn't working very well so you add some heavy metals to it. You add some other toxins to it and suddenly you feel crappy. I don't know it seems like biochemistry to me but it could be a mental disorder.

Mike: It's self-preservation. You might call it nutritional self-defense.

Dave: Yes.

Mike: I want to eat clean food. That's not a mental disorder. That's sanity. What's insane is people running around eating cadmium and drinking lead and eating pesticides and thinking they're healthy because the label says natural which as you know doesn't mean anything.

Dave: Yeah. Right now we can make up a name for the opposite of orthorexia which is the thought that it's okay to walk around and stuff a bunch of random crap in your body and then expect to feel good. You have a name for that some sort of stupidrexia. I don't know. You're exactly right. The normal thing is I want to eat food that makes me feel really good. It doesn't have a burden on it that my body has to deal with. There's always some burden but you want to minimize the burden because amazingly you'll live longer which is the point.

Mike: That's the thing you can't escape toxicity completely in this world because the world is toxic but you can escape 99.9% of it.

Dave: We have liver and kidneys for a reason. They can handle 1 part per billion of lead pretty darn effectively.

Mike: That's right.

Dave: If sometimes you drink 10, yeah fine, whatever but if on a regular basis you're drinking 100 your IQ will go down and this is shown I wrote about this in my first book about pregnancy especially for pregnant women and for babies. This is life long decline. These are people who are not going to function as human beings as they were capable of because of these environmental things. Then to just dismiss that stuff makes me mad.

Mike: There are also some very strategic things that you can do. For example, juicing. Remember if you're juicing you are separating the water and the water soluble nutrients from the fiber of the fruits and vegetables. Now if you're juicing conventionally grown pesticide laden fruits and vegetables, what are you doing? You're removing the fiber that actually binds up with those things. You're giving yourself a poison cocktail if you're juicing pesticide laden fruits and vegetables. The fiber actually is a protection from those things.

Fiber binds with those things and carries it through your body and you pass it out but if you're juicing organic fruits and vegetables that don't have the pesticides, then you're doing good because you're getting the higher absorbability, the higher bioavailability of the nutrients that are water soluble. I wrote an article about this the other day and people were freaking out. People were saying, "Oh my God I've been juicing conventional celery because it was cheaper." I tell them you're poisoning yourself. Juice organic only.

Dave: Yeah it's really, really important. I try to, infact that's a kind of a weasel word. I have a whole blogpost about how trying is not what you want to do. Let me put that more accurately. The only time that I eat nonorganic produce is when I'm travelling and I'm at a hotel because they never serve organic vegetables at hotel. If they do you get a tablespoon of organic vegetable. It's like, "No, I wanted a plate of organic vegetables guys like enough to actually fuel my body. I

didn't want a decorative amount of vegetable." Sometimes I eat nonorganic there but at home everything is grown right there. Literally all the vegetables we need for a year grown organic permaculture semi-biodynamic garden and I haven't buried pig's heads full of manure that seemed like a little bit of work but that's part of the biodynamic. On a full moon you bury ...

Mike: What?

Dave: That's what I'm saying. That was exactly my response. It's just like organic and permaculture but whatever.

Mike: I remember that part of permaculture.

Dave: That's not biodynamic literally. You have to plant ... there's weird ritualistic stuff that was like, "That's too much work and I don't know 200 year old Swedish guys." I did look into what they asked you to do. Some of the wineries that are biodynamic actually do the full thing to be biodynamic certified which means somewhere there's like a cow's head full of manure to bless the soil and just weird stuff. Not my deal. What I'm saying there is that I have control here. I live on an organic farm. That's great.

Most people don't have that level of control. If you're going to eat nonorganic vegetables there's list out there, environmental working group has one about the least contaminated vegetables and then you actually ... this is going to be shocking like you said don't juice those ones. Don't concentrate those ones. Just eat them because it's what was within reach for you and don't eat the real toxic ones. It's one of those things you're not perfect. You want to try to be perfect. You're just taking your risk level that was up here and you're pulling it down to here.

Mike: You're being smart.

Dave: For another \$10,000 you probably could have brought it down another 20% but that was too much money and it didn't make sense. It was necessary because your kidneys and liver can handle the burden you put in. I don't think that this is talked about. Even most of the paleo, most of the health and wellness websites it's just not sexy to talk about harm reduction. That's really what we're talking about.

Mike: Yeah you're right. Remember that paleo diets or sometimes gluten free diets will focus so much on just the gluten free that they forget a lot of processed gluten free foods are full of pesticides because they're not organic. I've seen more now that are non GMO project verified but they're full of GMOs and they're gluten free. It's almost like distraction. If you get distracted into 1 little thing. "Oh you can't have gluten in it." Then you forget about all these other things that maybe more important I've got a theory. I haven't proven it yet but I think that the reason gluten is causing problems with so many people is because a lot of the wheat is being sprayed with glyphosate.

Dave: Absolutely that's a part of the equation. I've been looking at that quite a bit. I do not react the same way to European wheat where it's not sprayed. A side effect of spraying glyphosate on wheat is that the soil fungus that's always present in wheat and other crops like that it makes

about 100 times more mycotoxin. You can actually get a mycotoxin map of the US and a map of Europe and Africa and they're very different.

One of the reasons people on paleo do better is they're eliminating some of the glyphosate that would have been in the food but they're also eliminating all of the soil fungus that would have put toxins into the grains. A lot of like the gut disturbance stuff is directly correlated with those things. When you look at all that I'm like, "Why do ranchers test for this?" Animals either get fat or don't get fat when they get the wrong fungus in their food. I think it's true for me as well. The interaction between spraying and antibiotic like glyphosate on our soil and on our food that directly affects the plant metabolism and then messes with us. I'm offended by it but I won't touch that stuff.

Mike: We've been doing some research into looking at quantitating glyphosate it's fascinating.

Dave: Are you going to publish?

Mike: Yeah. Sometime this year we will publish and we're going to test off the shelf foods for glyphosate. That molecule is devious. It's absolutely devious. It's a small tiny molecule that can really penetrate everything that's why it permeates cell membranes and when it's sold as a herbicide its mixed with penetrant chemicals that don't have to be listed on the label by law in America anyway. Then it goes through the foods. You can't wash it off the foods. In the food, it's in the grain. It's in every section of the food. What's interesting is countries like Taiwan and the European Union especially have set limits on glyphosate contamination in the foods of 0.1 parts per million. A Taiwan factory recently rejected I think 60,000 kilos of Quaker Oats oatmeal because it had more than 0.1 parts per million glyphosate.

In America the EPA which is in my opinion essentially run by Monsanto at this point that run by the polluters, the EPA set that level 300 times higher 30 part per million and they change it about 18 months ago. They raised it by a factor of 20. Taiwan says these oats are unsafe for human consumption. The EPA says eat all you want. You mention some of my work is controversial. Yeah the government doesn't like my work because I'm exposing their lies and I'm going to keep exposing them.

Dave: I support that mission 100%. I've taken a lot of flak in the coffee business because there are government standards in Europe, in China. China has standards for this stuff and Japan. The US has zero standards. I have a former president of the specialty coffee association on video saying "Yeah I was in Japan when the trade minister rejected there was like 100 containers of moldy coffee." Like, "What happened to it?" He goes, "We send it to the US." It's all a big hoax or whatever. This is the world I live in where most governments have limits and the limits are either a farce like they are for glyphosate in the US or they just don't exist. Then we do get stuff that isn't approved in other countries. It is lower quality. It does affect the quality of our existence. It's just how it is.

Mike: This way the US is the dumping ground for the most contaminated foods and dietary supplements that are banned everywhere in the world. I'm not kidding. I'm not even kidding. The US is the dumping ground. If you look at pesticide limits and heavy metal limits across

Europe and in places like Taiwan, China like you mentioned, Japan, Korea they are so much tighter and safer. Everything that doesn't pass there, gets thrown back to the US and then it gets sold online. Amazon.com will sell you anything with anything in it. They don't test anything. Not to single out Amazon it's true everywhere. All the retailers. Kudos to you for testing your product. I think you're at the leading edge of this because people demand transparency.

Dave: It's actually important across all the food in that how you feel is determined by your food. My next book is about what's happening and the way your body makes energy in your mitochondria because a lot of these compounds especially the heavy metals that are in water and in all these foods they slow down your ability to make the electrons that power you. We're all batteries at a certain point.

Like that line from the Matrix where they're sitting at the back of the car and one of the characters his name I already forget looks at Neo and says, "Shut up coppertop. Isn't like "You're just battery." When you look at us, that's where we are. If you have a battery which has a mix of metals, you put the wrong metals in there, it doesn't work. That's happening in our brain. If you're feeling stupid, it might be the water you drink. It might be the food you ate.

Mike: That's a great explanation. Heavy metals interfere with healthy minerals. They will bind to the same receptor sites but then they will block the catalyst reactions that promote cellular balance, health, energy, everything like you said in the mitochondria. A lot of metals like mercury will go to the sites where zinc is supposed to go but there's also good news in that. That if you take more zinc you can displace dietary mercury and prevent the harm of mercury. This is another fascinating theory.

Why are some children harmed by heavy metals more than others? The answer is that I think their diets so lack basic nutrition that they don't have any defenses against mercury or lead in the water or cadmium or what have you. It's the most vulnerable in society who are then just there's a tipping point of exposure. They can be harmed very easily but a healthy person who has a good organic diet, lots of minerals, lots of good nutrition, high vitamin D from being outside having some sunlight that person can actually survive far higher exposures and come out healthy with no damage believe it or not.

Dave: It's totally true and there's a question on genetics, on methylation, whether you're good at excreting metals. I'm not. I had high mercury and high lead going back about 14, 15 years ago. In fact, I wasn't quite 30 and I had very high risk of stroke and heart disease. My blood would coagulate within 10 seconds of leaving my body so I had super sticky blood. I had to go through like a full lead and mercury chelation therapy as part of getting my brain back. This is personal to me. Let's talk about what you found on all these water samples from around the country that people send in.

Mike: Consistently we found about 2% of the samples from water supplies all across America violate EPA standards with either copper or lead. This is what's interesting. We didn't find mercury in any sample in any quantity. Not even a single part per billion. I know why that is in the lab. We call mercury a sticky element. It sticks to everything.



- Dave: I was going to say that. It has to be a lab issue or do you think it's just a pipe issue?
- Mike: It's a pipe issue. Mercury will stick to everything. Mercury is easy to filter out of things with any kind of physical matter or carbon.
- Dave: Yeah carbon.
- Mike: Lead is not very well filtered out by carbon alone. You have to have an ion exchange resin or calcium or other kinds of things or different forms of calcium. There's high lead in some water and then there's copper. Copper my theory is that it's the copper pipes that terminate at people's individual homes or businesses or hospitals. We found some pretty scary water going into VA hospitals on the east coast in America which may not surprise anyone if you know anything about the VA hospital system. The bottom line is 98% of the water samples were clean or below EPA limits. That's good news but then there's 2%...
- Dave: That's actually great news.
- Mike: Yeah. I was actually a little surprised at that. Then there's 2% that's very toxic and some of them were over 500% higher than the limit. How do you know if you're living in the 98% or the 2%? That's the question.
- Dave: How do you know that the limit is actually set for human performance human health? The limits are set for economic viability and there's always chlorine some of which I'm guessing wasn't present when you got it because it evaporates from the water.
- Mike: We just haven't done the chlorine test yet. We've got an instrument actually this one right here is for fluorides, chlorides, iodides ...
- Dave: Bromine.
- Mike: Anions yeah, right. We just haven't got the testing done yet.
- Dave: What about chloramine, do you test for that?
- Mike: We can test for that on our mass spec system another instrument. It's a more complex molecule. It's on our list actually the next thing we're going to test for is pesticides. We want to look at pesticide content in the municipal water. Everybody sent us enough water to run multiple test. That's awesome. We told people we're going to test for lead. We didn't really say we're also going to test for the other things. Then when we got it, we're like, "Hey let's test for these others things too." Everybody is pretty happy about that.
- Dave: It's going to be groundbreaking. You've got to sample size thing where ... like the selection isn't necessarily random and I think there's a lot of question about "What's going on in the pipe between the main water line and the house and what's going in the plumbing in the house?" It's outstanding how bad some plumbing is.



Mike: Yeah.

Dave: What I've always done for a very long time is installed a whole house filter where I usually put in a particle filter and then a giant activated charcoal filter at a minimum. For drinking I usually use reverse osmosis and here I have an ion exchange. I have well water which is very clean. I live on an island which is cool. I'm using very deep aqua for us so I could drink straight out of the well, but I filter the crap out of it and what comes out is very, very clean and pH entirely natural. You've tested some water filters as well. What do you find?

I've seen all sorts of different approaches for renters. I've rented quite a lot in the Bay Area because buying houses there is crazy. You're not allowed to drill a hole in the sink but I might have done that once or twice. "Oh sorry about that. I'll pay \$100 fine." What do you find when you test the non-installed filters?

Mike: I did an extensive test on the standalone filters. Non electric gravity filters such as Big Berkey and ProPur, some of the others and the cheap low end ones like Brita and what have you. You can buy them at Walmart. Then I also tested some that required electricity like the AquaTru which you plug in. It's got its own pump but it's still standalone. You don't have to install it into your plumbing. To do this I created a chemical cocktail. For example, right here in our fume hood we have heavy metal standards that we use to make external standards for testing. We have lead and cadmium and arsenic and all these things in separate bottles. I just combined all those and created this highly toxic ...

Dave: A smoothie.

Mike: Exactly. Then I did an IPMS test of that liquid to get the exact elemental concentrations of that liquid as a starting point. That's our starting point. Then I took that liquid and I poured a large amount into each filter. I let each filter do its filtration. Some by gravity which takes hours and some by electricity and so on. Then I took the resulting water then I tested it again via ICP-MS and then I calculated the percent removal of each element. Those results have been published for free at waterfilterlabs.com except the AquaTru is not on there because I did that later.

What I found is there's really only a few filters that do a good job. That the cheap low end filters that you buy from Walmart the water goes through them very quickly so they seem well they're fast. They're filtering fast. They're not filtering very much. They're not removing much. Some of them only removed 20% of the lead which isn't really worth filtering.

Dave: They are getting out the chlorine which is of benefit. It's not nearly as important as the metals but at least it's a move in the right direction. It provides an optical feeling of doing good but you're actually not getting the real benefits of water filtration.

Mike: At the same time these are removing the chlorine, they're probably adding BPA from the plastic vessel.

Dave: Good point.

Mike: The net effect is really neutral. In terms of gravity filters which again are non-electric actually the Big Berkey did the best when it has the arsenic fluoride removal add on filters attached and it did better than 99%. I think it was 99.9 something percent of lead removal than all the elements across the board. In terms of electric ones, the AquaTru filter did really, really well as good as the Big Berkey but faster. Because it has a pump and it has its own reverse osmosis system, it filters the water very quickly just in seconds or maybe a minute whereas something like the Big Berkey or ProPur takes hours.

The advantage though the Big Berkey is if there's a power grid failure and you're in survival mode, you don't have electricity so you've got that gravity filter. Here in the lab we use the AquaTru now for our own drinking water because it's fast. At home I have a Big Berkey for emergency preparedness. That's my conclusion. The results speak for themselves.

Dave: I have not a Big Berkey. I have the filter cartridge from Big Berkey and 2 buckets and a gasket in case there's an emergency.

Mike: That's all it takes.

Dave: That's the earthquake preparedness kit from California basically even though I live in a place I guess we get earthquakes up here but I live in a rainforest. I have a pond on the property. It's not like I can't just go get water and boil it.

Mike: That's awesome. By the way, I realize that probably 90% of the people living in America or Canada today are living in areas where they don't know where to find water.

Dave: That's a really good point. You get people who have map of springs but I can tell you if there's no electricity for a few weeks you don't want to go to any of those springs because they'll either dry or have people camped at them.

Mike: There will be a toll involved in getting spring water at that point.

Dave: That's well said. Some of the content that you work on is a little bit proper oriented let's just put it that way. What's your take on all that? How important should people listen about it? The Bulletproof audience I know that there are some people who are really into preparedness. I've done my urban escape and evasion course. I know how to take care of myself but I don't spend probably as much time thinking about those things as you do. What's your take on that? How concern should people be?

Mike: Thank you for asking that by the way. I always appreciate rational discussions about this point. I think that human society as it exist today is very vulnerable. Far more vulnerable than people realize and it's because I've studied history. I've looked at the collapse of civilizations. I've seen the cycles of history and I understand human psychology to some extent.

I also as a scientist I look at how we are systemically destroying the very systems that are required to sustain human life. The ocean ecosystems, fishing populations are collapsing. The contamination of the soils and we got to have a talk one day about bio sludge and bio solids

because we are taking human waste and industrial waste concentrating them, calling it, labeling it organic fertilizer and selling it to be put back on the farms. I've got 10 samples of bio sludge right over there. They are the most toxic deadly combination of poison cocktails and heavy metals that you've ever seen and we're putting it all over our land. I say this openly with no apology humanity as it operates today is suicidal. I don't mean every person is suicidal.

Many of us are survivalists. Many of us are preppers. We want humanity to succeed. We want to come out on the other side. We want to have a future. As a whole, the way we operate with the corporations and the governments working in collusion to cover up all these poisons that are happening that is suicidal. I understand that societies are fragile and they can fail in systemic ways that are unexpected and inadvertent. It's the law of unintended consequences. What happens when you collapse the ocean ecosystems? How does that affect us? What happens when you put lead poisoning and chemical poisoning on farm lands all across America? What happens? Give it a generation we'll find out. I don't think it's a pretty picture.

Dave: It's funny that you said give it a generation because I used to be concerned 20 years ago I did my environmental studies, courses in college and the global population problem that's a short term issue global fertility rates. My first book was like ... my wife was infertile when I met her. We have 2 kids now. We use food and nutrition to restore fertility. I studied epigenetics quite a lot. I look at 1300 studies to figure out how to turn stuff back on and spend almost 5 years putting together the book about it.

I'm not concerned about global population problems because we've destroyed our soil and our oceans and we polluted everything. It's 1 in 8 couples in the US today in normal child rearing age can't get pregnant when they want to. It's getting worse year by year. What's happening here is basically our species can't reproduce very well. In another couple of generations IQs will keep going down not up because of the stuff. Mutation rates will go up. The thing is though most of us unless we're like anti-aging people like me we'll probably won't be around to see it but it's not going to be a problem to many people it'll be a problem to many healthy people.

Mike: You make some really good points there but one in particular that I want to address is the transgenerational effects of what we're doing today. I've said this publicly before its already too late for most of humanity because the chemical exposure has now been built into the women who as they are pregnant with a female, a daughter, the mother's body is building not only the body of the daughter but the eggs that daughter is born with. A baby girl is born with eggs in her body.

Dave: It's what your grandmother ate that determines that.

Mike: Exactly. Today the women, what they're eating, what they're exposed to the chemicals, the poisons, the heavy metals, the glyphosate that is already impacting 2 generations down the road right now. You can't change that. You have to wait for that to play out for 2 generations before you even know the infertility rates, the mutations rates, the cognitive declines rates, all of these things. We are past the tipping point in my opinion. I know that sounds kind of doomsday but long term I'm an optimist and here's why. There are sectors of humanity people like you actually who grow your own food or you source clean food. You strive to live a clean lifestyle. You

literally are the future of the human race people like you because you're the only ones who will be fertile.

Dave: The good thing is I've already reproduced. I spend way too much time on airplanes to have any business reproducing right now. I travel 100 plus days a year.

Mike: That's amazing.

Dave: If you're gonna have a big impact, sometimes you have to be in the right place at the right time.

Mike: Yeah.

Dave: That means good god the amount of radiation and toxins and all that stuff that happened just on airplanes. The flame retardants they spray on there. The pesticides, endocrine disruptors, horrible toxic junk lighting which is now affecting ...

Mike: Do you lick the tray tables?

Dave: Totally. I just rub myself all over the tray tables.

Mike: Those are the cleanest parts of the airplane, the tray tables by the way.

Dave: I look at that. The thing is when you build a resilient system you can take a hit and I used my own products to help me detox from flying. I use the biohacking methods I give away for free to reduce the damage but I'm still taking some damage from that. I believe I can outrun that to the best of my ability. If I don't, I'll die like I was going to die anyway. I can produce ...

Mike: The radiation that you get from flying on the airplane is inconsequential compared to the genetic repair capabilities that are unleashed by the nutrients that are in your own products that you're taking.

Dave: You called it.

Mike: It's like 1000 to 1. You could get a lot more radiation and have no problem.

Dave: I'm just laughing because as I do more research like very detailed mitochondrial biochemistry one of the things I just added in the last couple of weeks to my recommendation. I didn't publish this yet. It turns out that nicotine, not smoking. Smoking is bad for you but nicotine as a microdosing substance radically reduces free radical formation in the mitochondria. If you're going to be flying when your mitochondria are basically exposed to a lot of that stuff maybe a small dose of nicotine that makes you feel good anyway when you fly mean that when you land you'll have more intact mitochondria than you did before. That's so politically incorrect but it's kind of funny.

Mike: You make a good point. Right now in our lab here we're looking at CBDs from hemp. I'm not an advocate of smoking hemp. You smoke anything that's carcinogenic from smoke. As a liquid

supplement, CBD are extremely therapeutic. Nicotine may be another example. Plants synthesize powerful, miraculous medicines and if you understand how those work and you can incorporate them into your diet, then they can have amazing effects. Look at the smoothie. I blend in turmeric everyday into my breakfast smoothie. I've got a big heaping spoon of turmeric in here. Why do I put turmeric with avocados?

Dave: That's a very good reason.

Mike: Very good reason yeah. The turmeric, anti-inflammatory, anticancer boost cognitive function, prevents dementia, prevents Alzheimer's. There's a reason why people like you and your viewers and listeners who follow a high nutrient lifestyle and a superfoods lifestyle. There's a reason they are smarter. They are more adaptable. They are more emotionally capable of handling the world. You know what I'm talking about emotional resilience comes from superfoods. I don't think I can live in our world today because it's so crazy if I didn't have superfoods to back me up seriously.

Dave: It's totally true. Some of the stuff you're talking about there like turmeric it boost a compound called Nrf2 in the brain. It boost some called BDNF and these are repair enzymes and enzymes that make your brain grow more interconnected neurons. They're literally nature's smart drugs. These are the long acting smart drugs not the short acting smart drugs like caffeine. When you look at that and you compare that to a typical healthy breakfast which is avocado, toast I'm sorry that is not going to get you through the morning. It's not going to activate all the systems in your body that you're capable of activating. I'm happy to show that information.

The problem is that a lot of people they look it up they either say it's too hard or they say I don't know if it's really going to make a difference or they say it's too expensive. What do you say to those objections it's too hard, it's too expensive or maybe it won't work?

Mike: I grow turmeric and so it's free. If you've got dirt or maybe if you're living in an area that's too cold in a little greenhouse you can grow your turmeric for free. What's expensive is being sick. What's expensive is hospital bills and pharmaceuticals. What's expensive is losing 10 years of your life not having that time with your family or not having that time to contribute to society. That's expensive.

Dave: The cost of feeling shitty all the time, that's an infinite cost because like you're walking around every day and you know you're running at just a fraction of what you're capable of and everything takes a lot of effort. That's why when someone says it's too expensive. Like well where else are you spending money? How much do you spend at the bar every week? Take that and spend it on quality food and suddenly it's not expensive at all. Don't go to restaurants as often. By the way, I run a restaurant. Don't go to my restaurant although you'll find I have good prices there compared to the food quality. Whatever. Cook at home. If you really are on a budget like college students are, you can still eat a diet that's 80% better for the same cost that you're doing today. Its always possible.

Mike: I like to tell people "What could be possible in your life if your brain functioned just 25% better? What could you achieve?" There's that movie I forgot the name where the guy takes this ...

Dave: Limitless.

Mike: Yeah Limitless. Takes the pill becomes super genius. Everything is possible. That's an exaggeration of course but superfoods are on that spectrum. I'm a firm believer that I could not have run this lab and mastered this analytical instrumentation. This is PhD level work. People tell me that all the time. "How do you not have a PhD? How can you do this? Everybody else has a PhD." I say its superfoods. I'm not even joking. I learned organic chemistry. I learned instrumentation. I could not do it living on junk food. No way, it's impossible.

Everybody is born a genius I believe. Everybody has a brain that is capable of almost unlimited creativity and innovation and yet from the day we're born and most families that are feeding junk food to their kids and infant formula with high fructose corn syrup. They are dumbing down their children from day 1. By the time they somehow make it through school or somehow make it through college, they are a fraction cognitively of what could be but you can turn that around with superfoods. I believe that everybody can be more cognitively capable than they are now. Everybody can improve that through nutrition, everybody.

Dave: You can and you have the most leverage starting early on. We're going back to somebody talked about a little bit earlier when you have glyphosate or just bad fats, you've been eating the wrong oils and they've got into your cell membranes. They're throughout your body. Every cell is surrounded by these little droplets of fat. It takes about 700 days to replace half of the fat in your body. The half-life of fat in cell membranes is about 2 years.

Mike: That's a long time for a half-life.

Dave: What that means is that if today so you're a woman thinking about having kids, if today you just moved to eating the right kinds of fats for having the right cellular biology, 2 years from now you'll be pretty clean and by that point you'll have stored extra DHA. One of the reason fertile women have hips and butts is they're storing one of the omega 3 fatty acids in their padding. This is why the first child is usually with the highest IQ because the woman's body would drain DHA to put it into the baby so the baby can actually have more intelligence or you could do the stuff that I read about in the book like supplement with DHA and EPA the other fish oil that you need and put those into the body because that actually can have such an effect.

If you take too many of them the baby's head will be too big and it won't come out. You have to time that right. That's profound knowledge. From then on even at first trimester, second trimester, third trimester you lose leverage on all of this. You want to do it to a baby when they're nursing like you're talking about, you have so much leverage. Don't put crap in a baby. It's just not okay. If you start eating crap when you're a teenager, great you got all of that neurodevelopment, all that stuff and better yet you just eat a little crap when you're a teenager. It doesn't have to be perfect.

All of a sudden you're going to have is you're going to have a forty-year-old who's like twice as healthy and performs well and has more energy and looks better and isn't getting diseases of aging because of what happened before he was born. That's where the most leverage happens.

I wrote my first book about that. It wasn't the Bulletproof diet. It was about babies because that's where it's easiest.

Mike: Absolutely prenatal nutrition is key but also this scenario where I've been very outspoken, very critical. Drug companies have been trying to push antidepressants on the pregnant women. They've been trying to push chemotherapy onto pregnant women which will of course destroy the developing child. They've been pushing flu shots which contain mercury onto pregnant women. Doctors that are retiring today when they came through medical school many decades ago they were always taught don't vaccinate pregnant women because of the risks to the child. Today they're just told "Take the shots. Take the chemo. Take the antidepressant drugs." It's toxic. If you do that, you're going to damage your child.

Dave: It's good for business though. If you can create a child with autoimmunity you know that the healthcare spend for that child is going to be so much higher. When you just think about it from a spreadsheet perspective, come on.

Mike: See now you're starting to sound like me. That's what I write about.

Dave: I went to business school. Here's the thing though most of the time I don't believe that there's an evil cabal of bad men doing that. Even the real dickheads they're still human at least most of them are. The problem though is that when you set up a complex system and this is what my actual degree is in decisions support systems. It's a subset of artificial intelligence. I studied computer science. I used to run the web and internet engineering program at the University of California. How do you control a system where you can't see everything and you don't know everything because other people own parts of it but you still have to make it do what you want?

That would be like the body. You dig on us and you get emergent behaviors. When you repeat a small decision tens of billions of times you get these complex systems. Like Steven Wolfram prove this. All these amazing life forms we have are the result of very simple rules repeated over and over and over. What's happening in case like that is it absolutely looks like that. All it was, was a bunch of bean counters and other good people working at a company made decisions to optimize profit. All those micro decisions when you add up the sum of them tilt the system towards one that makes the most money.

Here's the deal. You actually do make more money when you get people not well and not dead. That's the system we build and it wasn't on purpose. It wasn't a bunch of bad people and there are Rockefellers and people who said we should depopulate the earth and Kellogg's cornflakes were engineered to reduce testosterone so people wouldn't want to have sex so they'd be nicer people. All those things are true but it's the emergent behaviors that really screw things up. I don't know how to fix those.

Mike: You make a really good point. It is a structure of the system and this is one reason why I've argued so strongly against the profit model of the disease care system. You're right. If you talk to individual entrepreneurs inside big pharma let's say. Most of them are not evil. There are the Martin Shkreli of the world who are like Dr. Evil types but most of them are not evil. Most of the doctors are not evil. I know a lot of doctors they want to help people that's why they went to

medical school. They're just as frustrated as we are by the way with the pill pushing culture.

Most of the scientist are not evil. They're just trying to get by in a system that is mostly controlled by corporations and government. You're right. The individuals are not evil. They exist in a system that prioritizes profit over humanity. That's the problem.

Dave: It is a problem. This is maybe 3 or 4 years ago. I went to this amazing conference at Stanford called the CASBS. It's a conference on neuromarketing which is kind of scary. I do neurofeedback. I did this 40 years of zen program with clients. You measure human brainwaves. What neuromarketers are doing is they're looking to see what advertising does to the human brain so they can be more effective at it. It's good because we want to know how we respond.

If you want to protect yourself, if you want to have a built in ad blocker in your head, then you need to understand what ads are doing to your head so you can counteract it. I went to this conference. There's a couple of hundred people and there's just fascinating content. I'm sitting next to this chief marketing officer from Monsanto. When you said that I was looking for horns. I didn't see anything. He was actually a nice guy.

Mike: The horns come out at night.

Dave: With cloven hoof prints all over. He actually was a nice guy. We chatted for a while. I'm like, "This must be kind of a hard job managing PR. Like how can that not be hard." He was like, "No I absolutely love my job. We're feeding the world." I disagree respectfully with that perspective but he didn't. His assumption was that he was doing good. He's out to save the world and ouch.

Mike: Look at human history. I'm making this comparison not you. Every evil regime whether ... you could even go back to Nazi Germany the Third Reich. Those people who were performing those functions believed scientifically that they were creating a master human race for the future of humanity. They had a belief that in their minds was positive. Those scientists thought they're going to save the world and that's why needed to invade the world was to bring order to Russia, bring order to France and bring order to the world so that they could create a superior society.

Remember that Berlin in the 1930's was the center of scientific advancement of the world. Berlin was culturally advanced. It was the most progressive society you could say in the world at that time and the people who carried out the Holocaust believed in their minds that they were performing wonderful, great acts for humanity. Self-delusion is very easy for groups of humans to achieve under peer pressure and that peer confirmation. That's what we're seeing I think in Monsanto. That's my opinion.

Dave: I think there's some merit to that opinion. That's one of the reasons that aside from just folks and human performance where I spend a lot of my time is on awareness and figuring out how you can generate self-awareness and awareness of what's around you. I actually wanted to have you on the show because what you're doing with the lab that's behind you when people are watching on YouTube is you're generating awareness. We tell ourselves a story "Oh this beautiful superfood is going to make me feel good."



The actual when you look at it with open eyes you're like that superfood is contaminated in 16 different ways and you probably ought not put that in your body even though the label says it's good for you. One of those is based on objective reality and the other one is based on a story we told ourselves. I just realized that I was really good at telling myself a lot of stories. When you have a lie detector hooked up to your head for 10 weeks of your life, you generate some level of self-awareness that you didn't have before. That is the thing that is the cure for people who think they're saving world when they're actually destroying and they're doing evil and telling themselves that they're doing good.

Mike: People's belief systems and reality structures their mental models of what they think the world is, is driven entirely by narrative. It's driven by stories. It's driven by myth. Occasionally myth intersects reality. Often not and this is one of the things that I've also really confirmed here in the lab. Like you we all have to be very careful that we ourselves we don't succumb to our own mythologies or narratives and that we check ourselves. Science here in the lab is one of the ways that I can do that. I found products that are very ... I'm not going to name names so don't get concerned. They're very flowery. They have sacred geometry on the label. They have flower of life. It's organic. It's better than organic.

Dave: I probably know what brand that is. I won't say anything.

Mike: Then I test it and I find it's contaminated. It's from China. The label is the myth. The food is not what the label would imply. That's a great example. These things are true throughout lives even like ... look at economics and finance. We can tell ourselves as a narrative that national debt doesn't matter. That we can print money and get our way out of endless debt by growing the economy. This is a delusion because it's based on a model of endless economic growth and infinite resources which do not exist on a finite planet. At some point that myth collapses.

That's when the preparedness kicks in my opinion and people say, "Nobody could have seen this coming." Of course they couldn't because they were all telling themselves the same false narratives and when it hits, when reality hits, it's so psychologically shocking because it shatters the mythology that people had held onto for so long. Look at smoking and big tobacco. For so long the Journal of the American Association says smoking is good for you. Improves your concentration, makes you a better person. They ran ads. Doctors recommend Camels more than any other cigarettes. This was a narrative. When it was shattered, people's lives were just utterly ... what cancer, heart disease? Are you kidding me? We were told this was good for us. It's just another example.

Dave: It is. We're coming up on the end of the show. I think we've talked about all sorts of cool stuff. Brock here in the studio just told me that we actually have a code for AquaTru, the reverse osmosis countertop filter. Bulletproof is not an infomercial so I'm going to share this with listeners. If you guys want to get a countertop RO unit, I have one. It's a really good convenient portable thing. You don't have to use this code. If you do or don't, it's not going to change my life. It helps to support Bulletproof radio a little bit but do not feel obligated. If you want to save 100 bucks you could use it. aquatruwater.com and the code is check this out 100. Just 1-0-0.

Mike: Easy code.

Dave: Save 100 bucks. Thanks for listening to Bulletproof Radio on that one. If you wanted a good RO unit, Mike has tested it which is one of the reasons I'm willing to recommend it. aquatruwater.com, the code is 100 and some fraction of that goes to Bulletproof. You can also just go there without the code and it's really okay. Now that was the AquaTru thing and thank you for just doing the testing on that.

What I wanted to ask you was and think an unusual answer. It's a question I've asked everyone on Bulletproof Radio and we're past 300 episodes now so it's interesting. If someone came you to tomorrow and said, "Look based on everything you've learned in your life, what would you tell me if I wanted to perform better at everything I do as a human being? I want to kick more ass. Everything in my life, what are the 3 most important things that are going to make me do that?"

Mike: Number 1 realize what you are. You are a combination of a physical being, a chemical and physiological being and a spiritual being in my belief. You are all 3. One of the big mistakes people make some people just focus on the spiritual. They just do meditation. They just do whatever is their spiritual practice. They forget about the nutrition. They forget about the chemistry of what's happening. That's step 1 realize what you are.

Number 2 realize that everything that happens in your brain which is every conscious thought that you have, every decision that you make is filtered through the functioning of your physical brain organ which interfaces with your nonphysical conscious mind and is affected by toxin exposure or lack thereof. If you have a distorted exposure to the environment, if you are full of chemicals, you will have a distorted consciousness. You will have distorted decisions. You will have distorted learning or memory or lack thereof. Number 3 I would say realize that in my opinion I hope I don't get too into the spirit world for you.

Dave: Whatever you want to say. You go as deep as you want to go.

Mike: My experience is that this very short life that we all live is nothing but a test. It's a simulation if you will for us. Our conscious mind inhabits this physical body for some very, very short period of time in the history of humanity or the history of the world. We have a very short period of time to make an impact, to do something that may contribute to future generations, to protecting life, to expanding human knowledge, to inspiring others. Something that matters you only have a very short period of time to do it.

Get off your fucking greed you're your personal self-interest, get past that and do something to make a better world because you live in a world where people before you many people did something that gave you this opportunity. This world where you have access to the most amazing superfoods possible, the most amazing nutrition, the most amazing knowledge basis of human knowledge, the most amazing interconnectivity from the internet and the videos or social media. Do something with it. That's my message do something with it.

Dave: I love it. Mike, where can people find out more about your labs and about your content and all that kind of stuff? I know you're at naturalnews.com and you got a bunch of other urls. Tell

people where to go to find out more.

Mike: My lab is cwclabs.com. The journal where we publish again is naturalsciencejournal.com, an open source science journal. Daily news is at naturalnews.com. If anybody cares to hear my podcast from time to time, healthrangerreport.com. I guaranty you they're all controversial ,every one of them.

Dave: Yeah you don't pull any punches.

Mike: No I don't. Life is too short for that. Like you what people think of what I do doesn't matter. What matters is a higher calling to do something that is important. A lot of times the social pressures contradict the things that need to be done.

Dave: There's a great quote in that. I'm pretty sure it's Helen Keller but I need to find out who it's from. It says, "What people think of me is not of my business."

Mike: That's good.

Dave: I like that quote. You're going to do the right thing. if people don't like it, whatever they don't have to use it.

Mike: That's right.

Dave: I agree with you.

Mike: You also got to realize you're living in a world. If you're into nutrition and healthy eating, you're living in a world where most other people are at some degree mentally ill because they are poisoned.

Dave: That's a strong statement.

Mike: That's technically true.

Dave: They might be a little slower. Mentally ill is a pretty strong statement there. It's a fair point but there are definitely people who could perform a lot better than they are now who have less emotional regulation than they would like. In fact I certainly was in that camp for a while but I'm not there anymore.

Mike: That's the thing we want to help people heal. The good news is you can come out of distortion or mental illness or cognitive problems and you can heal. That's our real message. I know sometimes the things I say sound coarse or blunt. So what? I'm not your fairy godmother here. My job is to give you the information, do what you want with it. It's a free world.

Dave: I think that will be our tweet for this episode. I'm not your fairy godmother. I love it. All right Mike thanks for being at Bulletproof Radio. Have an awesome day. Enjoy your mass spectrometer. I'm a little jealous. I've always wanted my own mass spec but you actually did it



so kudos man.

Mike: Thanks a lot. Thanks for the opportunity. I enjoyed.

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