

Today's episode is incredibly cool, and you're going to want to listen through all the way to the end, because you're going to hear about a bunch of different effects that happen during visualization, placebo effects. This comes from a documentary filmmaker who has interviewed some of the biggest names in mindfulness and in personal development, to understand what's really going on in there and this all culminated into a documentary, but at the end of the show you're going to hear a very interesting, very personal interview about what it's like to be in a position to really economically change things, and just what a sudden shift in your perspective can do there. This is the sort of thing that you've never heard on Bulletproof Radio, and you are going to enjoy it because it's a fantastic interview. Thanks for listening.

You're listening to Bulletproof Radio with Dave Asprey. Today's cool fact of the day is that if you hit your head like I did recently, in fact my wife did too funny enough, she stood up and hit her head on a cabinet door and gave herself a real concussion that we went to the Amen clinic to diagnose, that really affected her working memory, it turns out there's a new test that can test whether you really have a concussion just by spitting in a cup, which is a lot easier than injecting radioactive sugar, which is the way we do it today. There are small molecules in your saliva that help you diagnose and predict the duration of concussions, at least in kids, according to Penn State College of Medicine researchers.

They found these small molecules called microRNAs, and if certain ones are present in your saliva, you can diagnose a concussion. Most concussions clear up within a couple weeks, but in about a third of patients they stick around longer. My experience is that when we were doing Executives at 40 Years of Zen with advanced neuroscience, we can spot evidence of concussions from childhood in adult brains, and if you've heard some of the other episodes about brain injuries, if you've whacked your head, it really increases your chances of having PTSD. Mark Gordon will tell you, "Look, there is no PTSD without traumatic brain injury," so it's kind of cool. Did it happen, or did it not happen? You spit in a cup.

The test isn't commercially available yet, but it probably will be. This is the sort of stuff that really helps us be better human beings, 'cause if you know something's going on with your hardware you can fix it, but if you don't know something's an issue, you're unlikely to work on fixing it. That's kind of cool. All right, before we go into today's show, if you haven't had a chance to try the Bulletproof Fudge Brownie Collagen Bar, you're totally missing out. One of the things I do when I travel, is I don't really like to eat on airplanes. In fact, I don't like to eat junk food either. I don't do it. I carry some of these bars with me, but they're so good that I have this problem ... I eat them 'cause I want to eat them, and then I could eat at a good restaurant, but I just don't want to because they turn off hunger in a way that's completely ridiculous, and they taste like dessert.

If you haven't had a chance, try the Fudge Brownie Collagen Bar and you'll be so happy you did. They're available at [bulletproof.com](http://bulletproof.com). All right, on to the show. Today's guest is Kelly Noonan Gores, and she's an actress turned writer, director

and producer who just made a passion project, a documentary called, "Heal." What she did was she followed the lives of people who overcame chronic disease and chronic pain by changing the way they think about it, by putting their energy into therapies based on belief and based on the belief that the body can heal itself with its own innate abilities.

The reason she did this, is that she's been looking at how minds, convictions and life choices, basically what you eat, the environment that you live in, what you believe, how they can change your health. This is probably because she's an LA native and has been a yoga practitioner for almost a decade, which means she's basically a hippy. With that introduction, Kelly, welcome to the show.

Kelly: Thank you. Thank you so much. It's funny.

Dave Asprey: All right. You have had a pretty successful career; writer, director, producer, actress, all these sorts of things, and of all the things you could've done, you could've shot some cool drama or something, but you did a documentary, and you interviewed some kind of big names like Deepak and Bruce Lipton and Michael Beckwith, Gregg Braden. What made you go down that path?

Kelly: It's a great question. It's weird to say, but it was just a calling. Like all of these people I put in the film really impacted my life. They taught me through their teachings, through their books, through their conferences, life altering transformational things that I apply to my life. I saw my life getting better and better, and of course film is the medium I'm comfortable with.

I grew up acting, so rather than write a book, I wanted to just power pack this film, this documentary, with all of my teachers that empowered me to just really feel like I was participating in my life through the choices I was making, through my thoughts, beliefs, emotions, and at a time I where I was probably thinking about doing the film for about 10 years, but in the last I feel like five, six years, especially recently, not a week goes by I don't hear of someone getting diagnosed with cancer.

I think it's wild how many people are dealing with these chronic illnesses these days, so now was the time, more than ever, that people need to kind of take their power back and know that they can participate in their healing, and that our bodies are designed to heal.

Dave Asprey: Is this something you had to deal with? I mean were you chronically ill, or you just saw it in someone close to you? It seems like you have a personal mission here.

Kelly: I know, you would think that. Luckily I'm very blessed, both my parents are alive and healthy. I never lost anyone close to me to a terminal illness. It's one of those weird things where I've always been a seeker. I always sought to understand how things work, how the universe works, how our bodies work,

and I'm just fascinated with how the body is kind of a microcosm of the universe and how intelligent and interconnected it is. The more and more and I learned, the more I wanted to empower people.

Dave Asprey: Now you have a lot of experience as a writer and producer, and I did one documentary. One about toxic mold where I flew around and interviewed a bunch of people, and I got to say, telling a story on film is incredibly difficult to do. It's incredibly expensive and editing decisions, it seems like it's actually way harder than writing a book, which is itself a very meaningful task. How long did it take you to do this film?

Kelly: Yes, you're exactly right. Had I known, I may have just written a book, but the entire process ... I set the intention, because as you know, I'm married to a guy who has a very busy life, we're always traveling. While he was very supportive of me doing my film, it wasn't going to be a five year process. I was like, "Okay, I'm going to finish this thing in a year," which is unheard of for a documentary.

Dave Asprey: Yeah.

Kelly: It took a year to film, and then it took about ... we started the editing process about halfway through filming, and editing is really where the storytelling happens, especially in documentaries. We had 20 plus hours of interview footage and the end product is an hour and 45 minutes, plus these women that we were following on these healing journeys, so there was a lot of content.

Editing was definitely the challenging part. It took the greater part of nine months to edit, but from start to finish ... we're releasing on December 5th, and I hired my producer two years ago on that date, so it's exactly a two year process.

Dave Asprey: So similar to the amount of time it takes to write a serious book. For people listening, if you watch a one hour documentary, there's 20 hours of footage, and to get that 20 hours of footage, you probably spent I'm guessing about 400 hours of planning, flying, contracts ... like just the amount of effort, and then editing time was I'm guessing 200/300 hours of editing time to do it? So what you're getting is a team of people working for in total 500 to 1,000 hours compressed into a one hour window of the stuff that matters most.

That's invisible, you watch it like, "Oh, that was cool. That was an hour of my time," but it's one of the most valuable hours you can get, and the same with reading a book for four to eight hours, how long it takes you, it's like thousands of hours go into it. So, those compared to this interview, where there's probably eight hours of prep time between scheduling and then preparing and all that sort of stuff. So this is still compressed time, but I would say it's worth your time if it's a topic that's interesting to watch a documentary, just because of just the amount of work that goes in, and what you're getting is sort of like the extract,

the essential oils of a plant versus eating the whole salad. Like you can just take a little capsule, and it's easier.

Anyway, it's a plug for how much work that I know goes into it that's invisible to people who haven't done it, and my hat's off to you for doing it and making a career of it, 'cause it kicked my ass to try and do a documentary.

Kelly: Thank you. I have to watch that, 'cause I actually ... that was on the journey I didn't even know, but in hindsight once I learned about mold, I had been exposed to mold, and I had to-

Dave Asprey: Really?

Kelly: Yeah, like three years ago I had to go through the process of cleaning it out of my system. I grew up by the beach so definitely there was mold just in the water and probably in our home, but then I was exposed to black mold at a dingy little apartment in Santa Monica that affected my lungs and everything.

Dave Asprey: Wow, it seems like it's happened to so many people. My producer found out during shooting that she had a toxic mold problem, and it just completely fell down. We went into a moldy environment to film and like, "Oh, yep, you might have some work to do." It's funny because the guys you talk to in Heal, guys like Bruce Lipton, who writes about epigenetics, he's one of my favorite people, he's been a guest on this show as well, who informed my very first book about pregnancy and fertility, like, "Oh, wait, you can turn the genes on and off in the environment? This is a big signal."

But that's not the only signal I want to talk about at all, but you actually went down the path of epigenetics in the film, saying okay, genes don't control things. What evidence to you put in the film to actually show people who maybe believe that your genes are your destiny? What's in there for them?

Kelly: Well, the evidence that I put in is Bruce Lipton talking about it. I mean I-

Dave Asprey: Okay.

Kelly: ... when I read Biology of Belief, it was one of those aha moments where I was just like, "Everybody needs to know this." The evidence is his research on how he discovered that the environment is what informs the expression and the activity of the cell. So he explains it, and then we ... in the context of just ... the whole film is basically saying we have more ability to heal than we've been conditioned to believe.

One of the ... in our Newtonian physics based Western medicine model, we are kind of taught that we're victims of our genes, and that might be true in 2 to 5% of these genetic mutations, but for the majority of, especially the chronic illnesses that are coming through the doctor's office these days, they're really

influenced by stress and these epigenetic factors. So just to give people that awareness, I thought Bruce was the guy to do it.

Dave Asprey:

Bruce is definitely the leading guy in the field, and he took a lot of bullets because he went from being one of the first guys to clone cells, like hard core scientist, and now he's like God is in everything sort of things. So people who are very science minded and don't want to talk about spirituality are like, "Wait, I'm going to reject all of the epigenetics' thing, because there's a spiritual component," but in your film you go there, you talk about the spiritual side of things. After you've interviewed all these experts, after you've gone through all the stuff in the film, how important do you think spirituality is to genetics?

Kelly:

I mean to me it's a lot. I mean it's very important in my life. I think that what ... there's a researcher in the film named Kelly Turner, and she made her research and project about studying people that had spontaneously healed. Her book is called Radical Remission, and having that spiritual connection and understanding, was one of these nine factors that all of these people that actually were able to heal from these terminal illnesses that the doctors said they couldn't heal from.

One of the factors was spiritual connection, and I ... just meditation and all of these ancient healing modalities, feeling that connection and that peace and that faith ... I just think it's so fascinating to explore, because if there is this higher power, whether we call it God, or whether we call it the intelligent kind of force in the universe that's keeping everything in perfect harmony and balance in nature, then having faith in that connection gives you this outlook on life.

Having faith that the universe is good, it's always expanding, it's always pushing you towards your greatest unfoldment and your life hack of being your best, most amazing self, if you really believe that God is loving and always ... everything is happening for a reason, and God is always there, whatever terminology you put it in, then that's a really powerful outlook of faith in life, and the good of life, and so that to me is ... and Bruce Lipton will argue that you have that belief about life, that perception, will then send these signals into your cells and release brain chemistry that is life affirming, rather than stress chemistry that is damaging to the immune system and shuts down and disrupts all the systems in the body. I don't know if that ... I explained it well, but yeah.

Dave Asprey:

I think you did explain it well. I went through a lot of this, because like well, sometimes it really doesn't look like things happen the way they're supposed to happen, and honestly there's a lot of crap going on that maybe we don't like. I came to this conclusion that my nervous system is stupid, and it'll believe almost anything I tell it. So part of my meditation, my gratitude practice is, look, I'm grateful things happen the way they're supposed to happen and I don't have to rationally, cognitively always believe that, but as long as my nervous system believes that, I'm probably getting the epigenetic benefits of that.

So I'm allowed to have rational, conscious questioning and at the same time have the spiritual connection and the spiritual belief that I don't necessarily know why, but I don't have to rationally believe that's always true, as long as like I've tricked my mind into believing that. Do you think that approach might have merit? I don't know.

Kelly: Totally. I mean it's like fake it till you make it, you know?

Dave Asprey: Yeah.

Kelly: Part of the ... yeah, 100%. I like that. The nervous system is stupid, so you just ... you keep practicing that gratitude and the visualization and you're tricking ... they say that, you're tricking the nervous system to start creating those synapses and growing the nerves that is going to reflect that belief, whether you actually believe it yet or not.

Dave Asprey: Something magic happens too, if you program yourself to look for something, you'll probably find it better. So if you're looking for abundance and good things, you might stumble across them, and that's been my experience in life. Can we prove it scientifically? No, but there's some cool stuff, including cool stuff in your film. Let's dig in, you talk about the placebo effect in the film. What's your take on placebo?

Kelly: Well, to me, the placebo is kind of the scientific evidence that ... what Bruce Lipton's talking about. That your belief really effects the outcome, whether it's in life or what's going on in your body. They study ... they have to ... when they're testing drugs, the placebo plays a big part to show the efficacy of these drugs, and to me ... so they give this group a sugar pill and tell the control group that they're getting whatever medication they're testing, let's call it Xanax.

So a certain percentage of the people in the control group taking the sugar pill, are going to believe they're taking the Xanax, and their anxiety will drop or whatever the effects of Xanax are supposed to be. They find that in, especially in like antidepressant drugs and other drugs, that the people taking the sugar pill will react ... 50% of them will have that same effect that they think they're getting, or as much as up to 75%, which just ... and Joe Dispenza talks about it in the film, that they're not just believing and so they're ... it's like a fully psychosomatic thing, they're believing it and then because of that belief and expectation, their brain actually starts to release the chemistry that is antianxiety effect on the body.

So I'm looking at it like we should be exploiting the placebo effect in treating patients, rather than kind of just using it ... because if we can learn to exploit and kind of embrace this placebo effect, and then use it to wean people off medication. Put them on medication that acute, traumatic instance where they might need a bridge to get through the hump, and then we can kind of ... if we

can learn to exploit the placebo effect, then we can really activate our own healing system and without the side effects. That's where my mind goes, but-

Dave Asprey:

I used to believe only a weak minded person would be subject to the placebo effect, and if you could just see reality, you could ignore the placebo effect and the drug would only work, yet that's a very limiting perspective because, well, if you could just use the thing ... and it lead this interesting idea where a friend of mine makes something called the X-pill, and it's a pill that's labeled on the bottle that it's a placebo.

Like you just basically take a little purple pill and it has nothing active in it, and you just tell yourself what you want the pill to do. You put an intention in it, and you take it. He has studies that show it works. I was at Burning Man this year, he gave everyone one of these pills and when you go out to see the man burn, there's 75,000 people all wearing strange blinky outfits, and it's a madhouse.

So one of our good friends get separated from the group, and if that happens you're pretty much never going to find them again. So he's like, "I don't know what to do? I have this placebo pill. I'm going to take the pill to help me find my friends." He's totally like, "What else can I do?" Sort of making fun of himself almost. So he takes the pill and like literally 30 seconds later turns around and finds everybody. He was like, "There, it worked." No, we have no scientific proof that he wasn't just going to find us, right? So maybe the pill did something, maybe it didn't, but the point is he felt good about it so like why not harness this? It's never going to hurt you to use placebo for you, right?

Kelly:

Exactly, and what a more playful way to look at life, and again just like you said before, what you ... if you're looking for something, if you're putting your attention into that thing that you want through that X-pill or whatever, poof, your friend show up. You're more likely to find abundance, if you're focused on abundance and not lack. So, that just ... I love that.

Dave Asprey:

You talk about something else in the film. You talk about the nocebo effect. Can you define nocebo and talk about the message behind it?

Kelly:

Yes, so Bruce Lipton calls the nocebo effect like a negative belief. This kind of has a personal story behind it with me, because I just remember my ... all my grandparents died within two years, and it was just devastating. I remember the doctors told my grandfather that he had six weeks to live or something, and sure enough, he died within like just that six weeks.

I was just thinking, I knew for a fact if they had not told him that six week mark, he could've lived beyond that, whatever. So nocebo is when someone tells you ... so that's why I kind of the themes in our documentary is like go to the doctor, get good medical advice, get the diagnoses with all these amazing advancements in technology that can give us the best diagnostics, but don't accept a prognosis, especially a negative one.

Don't allow the doctor in the white coat to tell you what's possible in your life, because if someone says that there's less than 2% of people can survive from this cancer, well 2% did. My argument is, the fact that you're taking away people's hope and then of course fear is a powerful thing. If your mind is focused on dying in that period off time, you're going to accelerate that process because it's stressful, it's fearful and all that chemistry is shutting down your immune system and you can't heal.

I'm just hoping that this film, one of the messages is, focus on what you do want. We need to start retraining our brain to the best case scenario, because we're kind of hardwired to focus on the worst case scenario and that nocebo effect, that negative belief, if you buy into that negative prognosis, that has the ability to accelerate your disease better.

Dave Asprey: So if you think you're going to die, you probably are, and if you think you're going to live, I probably are.

Kelly: Correct. Really believe it, yeah.

Dave Asprey: People sometimes give me a hard time because I've been really public, and I'm very serious about the fact that I'm going to live to at least 180 years old. It's like, "Guys, this conversation we just had about nocebo might give you a hint about why I'm public and why I actually believe this, because if I don't believe it, I'm pretty sure I won't." Maybe I'll die trying, that's okay too, right?

Kelly: Yeah, exactly.

Dave Asprey: All right, so limiting the negative beliefs and focusing on positive is a core message in Heal, your documentary. Another thing you go into that I thought was really powerful, is around visualization and healing. What is the role of visualization and how do you recommend people go about doing it?

Kelly: There's a couple aspects to that. A few people in the film that I interviewed, some of the experts, Joan Borysenko, David Hamilton who was an organic chemist working in the pharmaceutical industry, now he's an author and promotes self-healing and self-love, they talk about if you just ... if you ... again, it's the meaning that you apply to things.

Actually one of the woman that we follow in the film, she looked at her chemo ... she always had this judgment of chemo as being poison, and she was ... acupuncture, yoga, she wasn't going to do the chemo because she thought it was poison. Eventually because of her state, enough people told her, "You've got to do this." But as she was going through her process, she was working with this spiritual therapist and she helped her change her mindset that poison was going into her system killing everything, to okay, this is targeted medicine, it's your friend, it's going in, it's targeting the cancer.

So she started reframing how she was looking at this. Poison was now actually this healing elixir going into her body and just killing the cancer cells, and because she reframed that, she had ... and there was other factors involved, so again, scientifically I'm not sure how much is attributed to the visualization, but she had like a very small percentage of the normal side effects of chemo. You have to watch the film, but there's ... David Hamilton talks about visualizing in radiation.

The radiation as little beams of lighting targeting the thing. They tell about all these stories, especially that's why kids are so great with their imagination, it's using your imagination to enhance a story in your mind and then they show that it has positive physical effects on your body. Then the other part of the visualization is Joe Dispenza talks about how ... again, it's using your imagination to cause an effect, kind of like what you're saying about being in gratitude and being grateful for kind of what you want before it's actually physical.

So he talks about visualizing ... he healed his own spine by visualizing the spine being built one by one, the vertebrae, and keeping his attention on that, and then also kind of using his imagination to feel those feelings of the things that he wanted to do that he took for granted when he could walk, 'cause he broke his spine. So he's feeling the emotions of watching a sunset with a loved one, he's feeling the hot water and this joy of taking a hot shower and being able to stand up, 'cause he'd been lying in bed for six weeks.

When he talks about how that ... having that focus and the attention of those visualizations and combining that emotion, he caused the effect of his spine actually healing itself and within 10 weeks he was up walking again and training for triathlons again. That's like the power of the mind and the heart when you sync them up, the effect it can have on your body.

Dave Asprey:

I met a guy about eight or so years ago, who was paralyzed and he got a medical anatomy textbook and just studied it and just visualized every nerve pathway in the spine for something like a year, and then one day he just got up. I'm like, "That's not possible." He's like, "Apparently it is, because I just did." So something in there is listening, for sure, and visualization, it seems to matter. Do you have a technique, either one from the movie or just one that you use for visualization, that you think is really powerful that you might want to share with listeners?

Kelly:

I would say Joe Dispenza, he has guided meditations, but I think the important thing is rather than just using your mind and using your imagination is to really combine the emotion. Bring in as many ... in your visualization, don't just think with your head. You want to feel with your body, you want to taste, you want to smell, you want to feel the emotion of being healed, or whatever it is you're visualizing and focusing on, and trying to bring about in your experience, the real important thing is to combine that feeling with the thought, and then being grateful. Gratitude is like the anchor, like being grateful for that, having that

wash over your body, like gratitude to me is the most powerful creative emotion.

Dave Asprey:

I've definitely got your back on that one. On the feeling things versus seeing them in a visualization, this is missing from almost everything that you'll find out there written about visualization. I was like see this, vision is a terrible way of visualizing. It's like feel this, like what does it feel like in your gut when you sense it? That's where the real power comes, at least in my own practice.

I was appreciative that in Heal, your documentary, you talk about the real ... the sensory parts of visualization that just go beyond like, "Oh, what did it look like?" 'cause if I was filming myself, 'cause I don't feel it when you film it, right? Okay. What about the science behind meditation? You go into that in the film as well, which is cool, 'cause a lot of people still think meditation is not scientific, but I'm like, "Well, there's like lots of studies," but what are the things that really stood out for you in terms of the science for meditation in the film?

Kelly:

Yes, so the cool thing is meditation has been around for years and years and years, and in the ancient texts there's all these kind of stories of how meditation ... and they show these rainbows coming out of the pituitary gland, through the body there's all this art around meditation, and Kelly Turner, the researcher, she's like, "You can scientifically prove now that these juices of life are literally flowing out from your pituitary gland and releasing all these healing hormones into your body, the endorphins and oxytocin and all of these wonderful things that help your body heal and thrive."

So there's that. The most compelling thing I think is Joe Dispenza leads these advance workshops in meditation and he connect every ... the brain, heart, [inaudible 00:29:26] all the brain sensors up and they measure the brainwaves. So they've obviously proven that meditation lowers stress, and that stress is causing like 90% of illnesses these days, but what I thought was so fascinating is they measured your IgA levels, which is immunoglobulin A, which is the body's natural, primary defense against bacteria and viruses.

At the end of this four day workshop, the IgA levels of all the participants was at the ceiling or even above what is considered high, and so that to me show ... he's like, "It's better than any flu shot." You're literally, by meditating, by dropping yourself into that peace and releasing the stress and releasing all of that built up energetic and emotional tension in your brain, you are boosting your immune system and your defense against all of these outside pathogens, so you're not as susceptible to get sick. I thought that was fascinating. I mean that to me is like, "Okay, great, if I can get through cold and flu season by just meditating, I'm going to try it."

Dave Asprey:

I've talked with a few Naturopaths or even Western doctors who practice chelation therapy around helping the body to drop toxic metals. They've observed that people who do a personal development workshop, or people who do a deep meditation, they can actually detox mercury faster, and if they're like

holding onto stress, that they actually won't detox properly, even if they take the drugs that help you get rid of say mercury or lead or something, which I found really fascinating, but that's the power of your beliefs on your core biology, right?

Kelly: 100%, yeah. It's also ... it's just that kind of ease versus dis-ease. If you're in any sort of resistance, if you're holding onto any sort of stress, or suppressing emotions, or anything like that, you're affecting your blood chemistry. You're in a state of resistance, which leads to state of dis-ease. The more you're ... meditation's going to drop you into that ultimate state of ease, and you're going to release all this surface tension and emotional baggage, and so that puts you into the ease, so you're going to let go of things that don't belong in your system much easier. That makes total sense to me.

Dave Asprey: So do you spend like six hours a day meditating now?

Kelly: No, but I do ... you do kind of get addicted to it, and you notice I'm so aware of when I don't meditate, that like little things just trigger me. But if you meditate on a regular basis, those things just like ... you don't get triggered. You build this resistance of ... a good resistance. You just don't ... you have such a larger tolerance of peace, because every day you're kind of letting go of the stuff, the build-up basically.

You're letting go of all that little build-up of frustration and stress and so that you just kind of get back to that zero ready to deal with life. I meditate at least 20 minutes a day, sometimes once in the morning and once in the afternoon when I can.

Dave Asprey: What kind of meditation do you do?

Kelly: I studied Transcendental Meditation, so I went through the whole process, got the mantra, went back, got the advanced mantra, and sometimes I do that, and I just feel there's amazing guided meditations now that have kind of binaural beats or music combined, that can actually ... the music and the sound waves can actually do cool things to your brain while you're meditating. So depending on my mood, if I'm feeling a little like, "Ugh," I don't have the self-control to work on the mantra right now, I'll just throw on a guided meditation. Or if I'm on a plane, and I want to tune people out, there's a lot going on, I just throw on the headphones and do one of those, but-

Dave Asprey: Wait a minute, do you use the flashing goggles on airplanes too? I do.

Kelly: No. I'm not there yet.

Dave Asprey: People totally freak out, 'cause there's like all these flashing lights on your headphones, and they're like, "What's going on inside that guy's head?" I think

it's hilarious. Anyway, I was hoping you were the other weird person doing that, but it's just me.

Kelly: It's funny.

Dave Asprey: You should try it once, just film it. Get someone to film you doing it-

Kelly: I will.

Dave Asprey: ... it'll be a little excerpt for people who watch Heal. All right. Now I'm going to ask you a hard question, who was your favorite interview in the film?

Kelly: Oh, no! We can't do that. Oh my gosh, honestly these were all my teachers. I mean one of the craziest experiences for my producer and I, and my cinematographer, is we went and interviewed Dr. Jeffrey Thompson who is this sound ... he's a chiropractor, but he uses sound and he's very ... he's like this scientific genius. I mean he's just ... you look at him and he's like a mad scientist with this heart if gold, and he's got all this technology that hooks up to your body and can find the precise sound frequency that's gonna drop you into the parasympathetic nervous system, the relaxation response.

So I literally asked him one question, and two hours later he stopped talking. We were just like, "Holy moly." He like ended on the Schrödinger's cat theory. We were like ... our minds were just like exploding. So, that was fascinating. I mean he's a brilliant, brilliant mind, so I was honored to tap into that for two hours.

Dave Asprey: Did you do like the director's cut or uncut sort of thing? I looked at doing that, and I think we did for a little while with moldy ... and like I cut so much good stuff, and people want to hear it. It was like that whole interview something that is available anywhere, or is it sort of on the cutting room floor?

Kelly: Yes. So I feel this like moral obligation like this is such good information, I have to get it out there. So we cut about 40 minutes of extra footage, like extra interviews in kind of these topics that I felt were outside of the one on one scope of the lesson. If you get the DVD or buy it on iTunes, you get the 40 minutes of extra footage.

Then I think we are going to release the extended interviews, we're going to cut down the extended interviews of every single expert we interviewed, including Bernie Siegel and a couple other people that didn't end up making the final movie. But yeah, because there's just so ... they say so many profound things, it's just, again, it's storytelling. You have to tell a coherent kind of fluid story so it just didn't all make it in.

Dave Asprey: You talk about something called the invisible forces of energy in the body. What is that?

Kelly: Yeah, so the experts talk about that at an atomic level, at the quantum level we're all just vibrating energy, right? So we're all vibrating in different ... the human body's vibrating at a certain frequency, and everything is connected through this field of energy. We're connected to the outer world, our inner world is connected. Bruce Lipton talks about how that field of energy where we're just literally waves of energy vibrating, communicates through things like thought, which is a signal we send.

Emotion sends out a signal and a frequency from the heart. So yeah, that we talk about the quantum level, everything is kind of ... it's kind of a cool way of looking at it, because it helps us understand that things can be changed and shifted and aren't so permanent. If we are just vibrating energy, like that's why energy healing may work, or prayer, or vibration, or sound. All of this affects the vibration and the frequency of ourselves.

Dave Asprey: I would say there's more than a little science supporting that, even though it often [inaudible 00:37:23] doesn't cross domains. You look at what you do to make bacteria grow in a dish, you see them like in films, they're always moving it, because if they don't culture cells when they're moving, the cell plate back and forth at just the right angle, at the just the right amount of stuff, they don't grow. We know that vibration can make you tired.

If you're in a noisy environment or just physical vibration is shown to increase stress on the body, so like we know the body's listening to that stuff, but a few academic and medical researchers have gone down that path to say, "Well, wait. If we know it can cause harm, maybe it can cause good." You found some of the top experts who are paying attention to that stuff, and then saying, "Well, if it can do bad, how do we turn it on?"

'Cause like Jeff Thompson there, which is super cool, and that's one of the things I liked about your movie, is you're willing to go to these places where maybe we don't know everything, but we know there's an effect, and we hypothesize why, but frankly we may not know why, but we can probably figure it out at some point.

Kelly: Absolutely. One unfortunate ... when you speak to that, the example that comes up that I wanted to include him in the film as well, but unfortunately he passed away before I was able to connect with him, but Dr. Masaru Emoto. Are you familiar with his work?

Dave Asprey: Yeah. The water guy.

Kelly: The water guy. I think that is so compelling, because the earth is 70% water, our bodies are 70% water, our cells, blood, and he showed scientifically that words have a vibration, music has a vibration, and if it's words like love, grateful, thank you, beautiful, all of these words affect our cells, and when you freeze ... I don't know, do you want me to premise?

Dave Asprey: Yeah, please. Please.

Kelly: Okay. He took a bottle of water and he labeled it with love, let's say, and then he took another bottle of water and he labeled it with hate. Then he froze the water and under the microscope he looked at the crystals of the frozen water, and the ones that were in the bottle of love were these perfect, harmonious, beautiful crystals. Then the ones that were frozen under the label of hate, were these just disjointed, inharmonic, ugly crystals, per se.

They did the same thing with like music from the Beatles, and heavy metal music. So to me that's just shows like these ... if you're thinking self-hating thoughts or fearful thoughts, that's effecting your cell vibrationally, that is going to be discordant and non ... but if you're really feeding yourself, making loving decisions and speaking to yourself and being grateful and having those emotions and treating yourself, and looking in the mirror and loving yourself rather than hating yourself, that's going to have a very different effect on your cells, and obviously a positive life affirming effect. I thought that's fascinating.

Dave Asprey: Something else that really matter there is, if you're thinking those thoughts about other people, it's probably affecting them too, and that's why it's not enough to sit in traffic and say, "Well, at least I didn't flip the guy off, but I hate the guy that cut me off," or sit in a boardroom and to be really pissed off at everyone, but smile and do the right thing. You're still putting crap out into the world if you allow that stuff to happen in your nervous system.

So I believe we have a duty of obligation based on my own experiences and based on the stuff, a lot of what you've covered in Heal, just look, that stuff matters and you can argue it matter for this reason or that reason, but if you haven't figured out how to kind of clean out your mental laundry so you don't walk around thinking hateful thoughts most of the time, you're sort of like peeing in your own drinking water, but you're also affecting everyone around you and we just can't do that as good human being.

But most people on earth still struggle with that, and how do you recommend listeners might tap into their minds to maybe do that less, to have more of these things? Do you have like one big recommendation?

Kelly: Oh man, I mean we talk about, again, it's kind of a spiritual ... that's a big question. It's kind of back to that spiritual thing. We're all one, we're all dressed in different clothing and different cultures, but we're all the same, especially, again, down to the cellular level where our hearts are beating, our lungs are breathing. If we think about it, like we're not consciously beating our hearts, we're not consciously breathing, these thing ... this intelligent system that is allowing us to experience this life is doing it all for us.

Like our bodies are so intelligent and it's constantly cleaning stuff up and that's everybody's system, and we may come in different packages, but we are all the

same. What I've learned on this journey of making this film is and of how these positive emotions and love, compassion, gratitude, all of those things really affect the health of our bodies. Then to the opposite effect, hate, jealous, rage, anger, all of those things directly release chemistry into our bodies that is damaging and leads to dis-ease.

Not only for our own health, but just to start viewing people with that compassion for your own health, but also for them. There's no separation. We're all the same, we're all in this together, and of how to get people to realize that in this chaotic kind of separate us versus them world is ... I don't know, that's ... I hope you answer that. Can you answer that for us?

Dave Asprey: Sure. Turn off the news and watch more good documentaries.

Kelly: Exactly.

Dave Asprey: One of the simplest things you really could do is have a really powerful filter that when someone is trying to put something into your brain, pay attention. If it's not something that turns on the good stuff, and it turns on uncertainty, fear and doubt, turn it off and do something else.

That's a really simple thing, because we know that we're wired to survive, which means we're exceptionally tuned to things that might be scary, things that might cause fear, so we're hyper responsive to those, which means you have to lower your dose. When you do that, it sort of effortlessly lowers the background fear, stress and anxiety in the body. That's something that I think everyone can do, whether or not they have a spiritual practice, whether or not they're willing to meditate, or do any of the more advanced stuff that you talk about in the film.

It's like let less crap into the system, that seems like a low hanging fruit, but I mean ... my own path is a lot of neurofeedback and things like that, to the point I don't really have the mean voice in my head at all anymore. I'm a very different person than I used to be, because there isn't a harsh inner critic. It's just finally shut the hell up, and I'm grateful for that.

Kelly: Yeah, and that's amazing. Peter Crone is a guy in the film and he's been a huge teacher in my life, and in the film he ended up kind of being the Ayurveda guy, but he's so much more than that. He's actually ... really gets people to just kind of free their mind from that judgment and from that separateness, and he gets people to believe that life is really for us, nothing's against us, and to get you to that self-acceptance so that you can accept others and allow others to be whatever manifestation they are, because of whatever history they have, and just to really be okay with life and be okay with how everybody is behaving, and just being okay with yourself.

He's so powerful, and he's such a powerful teacher that I wish I could've articulate it as well as he does. But yeah, to live from that place, just to really

accept life and accept people as they are, is such a freeing place to live. If you're in that energy all the time, which it seems like you are, then it is possible to live to a 180 years old.

Dave Asprey:

At least a 180.

Kelly:

At least.

Dave Asprey:

Limiting thoughts here.

Kelly:

Exactly.

Dave Asprey:

No. One of the things that kind of popped into my mind there, is that when we're going through that ... that's sort of that angry, cranky voice in our head and we're working on what can you do with that, is just the knowledge that whatever it's saying is probably not true. That seems really important. One of the things that completely blew my mind was that ... I wish I remembered which personal development thing it was at, but I used to have a pretty substantial problem with road rage.

Like I had excessively large muscles on my middle finger, and someone was talking me through this, and I'm guessing this was maybe a Star Foundation, probably Barbara Findeisen, the founder of the American Pre-and Perinatal Psychology Association ... this was many years ago, and she's like, "Look, someone cuts you off in traffic and you can it's 'cause they disrespected you, 'cause they thought they were more important than you, but you could ..." and that's the story, "But you could just as easily say, 'Look, they're cutting in front of you because they're on their way to the hospital to see their child right before they die.'"

Like you just don't have any idea. So after that I'm like, "You know what? I'll just choose that story." It's like, "There you go. Have this space in front of me." It just doesn't cost you anything, right? For me that was a big shift to just realize I was believing my own BS, and if it doesn't pass the rational test, you want to just tell yourself some other lie, 'cause they're both lies. You have no idea what's going on, this is the truth, right?

Kelly:

That's exactly right, and that's ... exactly, rather than take everything personally. That's another thing Peter talks about in the film, it's like whether you're stressing about the future that you don't want, or focusing on the best case scenario that could happen, both of them aren't true. They're not true yet, so pick the better choice.

Dave Asprey:

Right.

Kelly:

Pick the compassionate story that you're going to give the person that cut you off, don't take it personally and don't focus on that.

Dave Asprey:

There's also a mental illness where people just believe that the world has a conspiracy against them, everyone's out to get them and all. There's the flip side of that, which is also a mental disease, whose name I don't remember. This is the one where you believe that there's a conspiracy in the world to do everything you want. Now, I don't rationally believe that there's a conspiracy like that, but I've told my nervous system to the best of my ability that actually there is.

Like the world has lined up to do everything the right way for you. Man, that's relaxing. Like I can know it's not true, but I can feel it's true, and just that difference between thinking and feeling, and to separate those out, I think that leads to relaxation. I would offer that up for our listeners, like okay, just tell yourself there's a conspiracy to make sure everything happens the way you want it to happen. It's totally self-deception, but it's good self-deception, right? Either that or we're all crazy, or both. All right, let's talk about something else that's not in the film. Last year you married a multi-billionaire. Did you visualize that first?

Kelly:

No, but I did ... I think about 10 years ago I started, like I said, gratitude is a big powerful force in my life, and I started playing with this idea of a gratitude journal. It would just kind of ... I love writing, so writing is a big tool for me. So when I learned about this exercise where you can be grateful for things that you want as if you already had them, and kind of play with that visualization.

I started doing that in a journal, and at first you feel really stupid and you feel really silly and you're like, "Oh god, what if any ever reads this? It's crazy." But I started doing it and it was kind of therapeutic and relaxing. Like you said, it's like fantasizing about what you want. So that's just started to kind of get like just a nice exercise I would do at the end of the night, so I would more write about qualities of the guy, like, like to do similar things I do, who can afford to travel, likes camping but also appreciates a really nice hotel.

Obviously qualities of the human and the heart, so intelligent, generous, kind, compassionate, tall dark and handsome of course, you know, but I mostly write about qualities of life. I wanted to be able to afford ... I want to be financially free, I want to be able to afford the things I want to do when I want to do them and not stress about money. I grew up in a household that there was always stress about money, so that was my goal. I actually had the idea like I want to make my own money, because I don't want to have the same arguments that my parents had fighting over money.

So I was never going to be dependent on any man, I was going to do it on my own. Interestingly enough the gratitude journals started working, I manifested this job that I didn't even know existed and I started earning like way more money than I had ever earned before as a fit model. I didn't even know they existed, so that was cool. That happened about three months into this gratitude journaling process. Then I met my husband a year or two later, and we were

dating and I was kind of getting him at ... he had been married before and then he had been single for an extended period of time.

He was kind of like in that bachelor phase thing. He just wanted to date, he didn't want to settle down and he probably wasn't going to get married again, but I was like in love with him. It was obviously ... it was not for ... I mean anyone who knows me, it was not because of his money, it was because of who he is. He's like the most generous guy on the planet, he loves having fun, he loves spending money on the people that he loves and for good experiences, and to bring joy into their lives and have fun. He loves a good party.

So I just had this real big heart connection with him, but he was in his bachelor phase, he was still dating a bunch of other girls. I kind of implemented that into my gratitude journal. I wasn't like, "I'm so happy and thankful that so and so is no longer dating these other girls and is in love with me," I just started looking at his qualities, extracting the ones that I thought were just the reason I was in love with him, his amazing heart, his incredible creativity in business, his fearlessness in life and his love for travel and fun and all these other things we had in common.

Then I looked at the things that I wasn't really liking in our dating life, because there was other girls involved and he wasn't ready to settle down, and I implemented those qualities in there. So like he adored me, wanted more kids, wants to get married, those things that were not happening over here. I just had in my head, okay, like I'm either going to manifest someone else that is Alec and then some, or he was going to rise up and become that person, and that's what he did. He kind of literally transformed into that person that I was kind of focusing on.

So rather than focusing on the pain and the stress that was happening because my relationship wasn't working out the way I wanted it to, he kind of ... I was just focusing on what I do want and moving on with my life, and he ended up coming back around and be growing up I to that man. I just thought that was so fascinating to me, because it was such a testament of like focusing on what you want and then looking at these beautiful qualities that he has, and then looking at what wasn't working, and then making me be aware of what I did want, and then putting that into the package and sure enough he became that person.

Dave Asprey: What a beautiful way of describing that. I hope that all of the single people listening to this just heard what you said. Like that's so profound. So focus on what you want in gratitude and maybe it'll happen, and it did for you. Now that you're in a different economic bracket than most of us, did it make you happier?

Kelly: Ye- ...

Dave Asprey: That was a yes.

Kelly:

In a lot of ways ... I mean look, I have a wonderful, wonderful life, but it wouldn't be ... it wouldn't have made me happier if I wasn't with someone that was willing to grow and evolve in this relationship. I mean we really have so much in common, and he really is kind of like this ... without being calling it spiritual, he's very like willing to take responsibility. He's not set in his ways. He wants to ... he's just a compassionate human, and he's a generous guy, so we have a great, healthy relationship.

So if we didn't have that communication and we had ... and of course, we both have past stuff that's still triggers us, but we work through it. We talk about it, we both take responsibility because we're just ... we're leading with our heart and we're in it together. So I am happier because I'm in a great relationship and I have this beautiful life, and able to do so many wonderful things that I love, and able to give and then do this project that I felt a calling in my heart to do. I mean to be able to do that and be supported, is like what you dream of.

Dave Asprey:

I will say sort of waking up one morning, the day after your wedding, and just going, "Wow, I have the ability to do whatever I want to do." Did it change your energy? Did it change your spiritual outlook? Did it open your horizons? What did it do on that level that you go to when you're visualizing, when you're sensing things?

Kelly:

Yeah, I think that ... I catch myself still having limited thinking, and I try, just as a spiritual practice and kind of personal development, to kind of go beyond that. So like we have this idea that we're only going to live to 90 years old or whatever, so to go beyond that, "Okay, maybe we can live to 120," and then to go beyond that. "Oh no, I'm going to live to at least a 180." So I'm constantly trying to exercise and expand my ... what I think is possible, because my husband does that naturally. He doesn't think anything is impossible.

As far as money, I kind of ... I witness so many people around money that it tweaks them a little bit, so I'm constantly putting myself in check, never to be entitled, and then also never to fear loss. That was another thing while I was ... 'cause Alec and I dated for seven years before getting married, and I always looked at it as the universe and because of the gratitude work I was doing and this life that I was envisioning, the universe was providing through Alec, or God, or whatever terminology I want to use.

So I was always very conscious of not to hold onto Alec as like my saving grace or my reason for abundance, and I had to ... so there was never that pressure of, "You're my lifeline, I have to do everything to make this relationship work." I really trust, and I live in this trust that if it wasn't Alec, it'd be through some other avenue. So I'm just trying to stay conscious around it as much as possible, not entitled, and really respectful of how hard he's worked to create this life.

I mean he worked his tail off for 40 years. He still works hard, but I mean he sacrificed a lot, and worked honestly and so hard, never lived beyond his means, gave everything away to his parents and his family while he was creating this

business. I mean he's the true kind of American Dream immigrant story. So I'm just conscious of that, like how hard he worked. So I just try to keep as grounded and grateful as I can around this crazy life.

Dave Asprey:

I've spent a good amount of time around hyper successful people, partly 'cause they reach out around cognitive enhancement and because they do my brain training program, and so I've gotten to know the. There's kind of two buckets. There's a group of people who have substantial assets and are terrified of losing them, and they kind of walk around with this buzzing anxiety that's like, "Oh no, what if my asset allocation model isn't right? What if something happens, and like I won't have this protection blanket?"

Then there's another group who believes that everything is possible, or believes they have like a moral obligation to do something meaningful with the money. Those are like the happiest people I've seen, not 'cause they have money, but because they have a desire ... they have a mission. They're like, "Now I can like fuel my mission with it." Now that you're recently kind of ... you've shifted gears. I mean you guys dated for a long time, but you're married, do you feel a moral obligation to do something meaningful with your position now, or is it one of those ... like what are you going to do with it all?

Kelly:

Yeah. Absolutely. I mean I actually am kind of a minimalist at heart, so I don't like ... I get anxiety if I accumulate too much stuff. So what else is there to do but to do good with resources that we have? We both love to give, we both ... it feels amazing, it feels really good, but also just to make life better for other people, especially starting with our loved ones and then beyond.

So just starting with this films, it's a passion, it was a calling. Like I had to do it. It was something that every time I heard one of the teachers that I put in the film talk, I would just like, "People need to know this." So I wanted to share. Next ... I like to just ... when you work so hard at something, you need passion to drive you, otherwise you get burnt out.

I'm just going to kind of go with the flow of life and see what that next passionate mission is, but yeah, I mean there's really nothing else to do with money, except for enjoy it with loved ones and then give back and improve society.

Dave Asprey:

So you don't have a single big mission, but you go from mission to mission as you ... so as you find them, that's your model?

Kelly:

So far. I mean a lot of people are coming to me like, "When's Heal Two coming out," or, "This should be a TV series," which it may well turn into, because there's so much to explore, and I am passionate, just like you are, about life hacking. I am passionate about really understanding how ... like just how powerful our minds can be in influencing our lives and co-creating and how ...

what the body's capable of doing, and really kind of embracing that and understand it better.

But yeah, also there's so many causes I'm passionate about, so I'm kind of ... I think I will probably flow from cause to cause. I love animals, I love wildlife, I love obviously children. I think schools need some major transformation, especially in this country.

Dave Asprey: Oh yeah.

Kelly: So it'll be interesting, but I think I'll probably flow to many causes.

Dave Asprey: Beautiful, beautiful answer. Now one more question for you, if someone came to you tomorrow they said, "Kelly, I want to perform better at everything I do as a human being. Based on your whole life's journey, what are the three most important pieces of advice you'd have for me?" What would you offer them?

Kelly: Oh lord.

Dave Asprey: You thought this will be an easy interview, didn't you?

Kelly: Yeah, I was just going to be like, just go to Dave's website [bulletproof.com](http://bulletproof.com). Follow whatever he's doing. I think for sure meditation, or some version of that. We talk about it in the film, like prayer is a version, meditation, walking and connecting with nature, finding that peace whatever that is for you.

I think that's a great ... especially in the inundation of information these days, like you need that anchor in your life, a way to kind of disconnect and go within and reconnect with your intuition and find that peace. Then also gratitude. Being grateful can shift whatever's going on. So gratitude is the most powerful kind of shifting transformational thing, whether it's to attract something into your life that you want, to shift out of this downward spiral of fear that you just ... if you're dealing with a health challenge, gratitude is a real ... the most powerful disrupter and transformer.

So I think some practice around gratitude is huge. Then obviously detoxing your food, your environment, really becoming educated on what these chemicals are in the products you're putting on your skin, the products you're using in your home, and then most importantly, the food that you're eating, because that ... there's so much crap in our food. So the cleaner that you can eat, the not only physically healthier you'll be, but mentally as well. I mean your diet is so, so connected, your gut health, into your mental health. So I think those would be the three, gratitude, meditation and nutrition.

Dave Asprey: Beautiful. Love those answers. I really appreciate your documentary *Heal*, and thanks for being on *Bulletproof Radio*. Can you tell people where they can find out more about the documentary?

Kelly: Yes. So you can go to [healdocumentary.com](http://healdocumentary.com), and find out everything there. You can certainly follow us on Facebook, "healdocumentary" as well, and we are out December 5th on iTunes and you can order the DVD. iTunes, Amazon, any of the VOD platforms. Then beyond that we will be on Netflix and television eventually.

Dave Asprey: Beautiful. Thanks again for being on the show.

Kelly: Thank you so much for having me. It's been a pleasure.

Dave Asprey: If you liked today's episode, you know what to do. You should go out and watch Heal, because you can learn a lot from the people who are in the film. You don't have to have a strong spiritual practice, you don't even have to believe any of this stuff, you just have to trick your nervous system into believing some of it, and you could reap the benefits. Now the side effect of doing that, is that you might actually find that there's more to it than that and it might be a slippery slope, and you might find you actually decide that you are going to meditate, or not.

But the deal is, you spend an hour of your time, you watch the documentary, and you're going to get some really cool ideas. Some of them can be a little bit mind blowing, but this stuff is real, and we don't always know why it works, but there's enough evidence today, way more than there was even 20 years ago, much less 2,000 years ago when a lot of these practices started, that it's totally worth an hour of time watching it. So I highly recommend it, and if you like it, leave good reviews wherever you review things. Give it a thumbs up on Netflix, and while you're at it, if you like this episode, go to [bulletproof.com/iTunes](http://bulletproof.com/iTunes), take you right to the page. You can leave a quick review that says this was worth your time, I'd appreciate it and there you go, you can show some gratitude.