

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

Dave: You're listening to Bulletproof radio with Dave Asprey. Today's cool fact of the day is about plastic and there's a type of plastic called PET or polyethylene terephthalate. It's a widely used plastic in polyester clothing, disposable bottles and it tends to survive in landfills. In 2106 in Japan, scientists identified a new species of bacteria whose name is Ideonella sakaiensis which I probably said wrong because honestly I've only read about this, which has a specialized enzyme that can naturally breakdown that kind of plastic.

So now there's an international team of researchers studying the enzyme structure and they created a new upgraded variant that's even more efficient at eating plastic. They used something called x-ray crystallography to examine how the enzyme works, how it breaks some plastic. They genetically tweaked the enzyme to create small variations in the structure and they tested those and what they found was that we can make an enzyme that works even better than the one that evolved. The original version and the mutated versions break down PET and another kind of bio based classic called PEF.

And so, I'm really hopeful though with a little bit more engineering we'll be able to cede our landfills. It's time that we take control as a species or at least acknowledge that we have a huge impact on the bacterial balance of the entire planet. What's in our soil, what's on our skin, what's in our guts, what's in our homes and what's in our landfills. And by consciously putting the right bacteria in the right places at the right time, we are going to revolutionize our ability to make the world an amazing place.

It's amazing to have the opportunity to sit down with Nick Foles. I'm grateful for all the love he gets at Bulletproof. As you'll discover in this episode, Nick's a big fan of Bulletproof including some of the new supplements. Because it's awesome I'm sharing a limited time offer with you. You can use code "Nick15" at checkout to get 15% off all supplements for the first 400 listeners. Enjoy.

Today's episode of Bulletproof Radio is really incredible. It's with none other than Nick Foles, the Super Bowl MVP from the Eagles and Nick is one of the most humble performance focused amazing people I've had the opportunity to interview. I spent time with him in person but in this episode you'll hear about his mindset, how he includes a spiritual practice and food and all the other things he does, his approach to failure, you'll hear about how he pretty much got burned out and was thinking about leaving the game and how he stayed motivated, what he does to just build this incredible resilience. You'll also hear about something called POTS that his wife Tori is dealing with, which is a really common problem, much more common than people know about and we go into some details about what happens if your blood pressure suddenly fluctuates and drops during the day so your brain has no oxygen.

So it's just a fascinating real person look inside what Nick thinks about. It's one of the most real interviews that you'll ever hear on Bulletproof Radio and it is awesome.

Today's guest is someone I met at Bulletproof Labs in Santa Monica for the first time. Someone who's pretty well known. I just found him to be a fantastic human being with

this amazing attitude and a pretty high level of accomplishment. I'm talking about Nick Foles, the 29 year old quarterback for NFL Philadelphia Eagles. In January of this year he led the Eagles to an NFC championship in their first Super Bowl appearance since 2005 and then he led them to their first ever Super Bowl championship win in franchise history since the team was founded in 1933 and was named game MVP which is pretty amazing because he did it from a back up position after the team's starting quarterback Carson Wentz got injured in December.

One of the things that's really cool is a lot of people were skeptical and thought basically the Eagles were shot for the season but Nick proved everybody wrong and just has this amazing willpower, faith and steady confidence. So when I sat down with him, it was actually my wife Lana and I sat down with Nick and his wife Tori and we talked about all sorts of cool stuff and I asked if he could come on the show and he was kind enough to say yes. So Nick, welcome.

Nick: Thank you. Thanks for having me on Dave.

Dave: Now, I want to talk to you about actually all sorts of stuff. One of the things that stood out to me when we met is we didn't actually talk about football.

Nick: Yeah, no football talk at all.

Dave: Exactly. Probably that maybe that I can say it's been a long time since I was like a super regular Super Bowl or actually I oftentimes watch the Super Bowl but I don't watch a lot of sports because I'm like reading medical journals. I focus a lot of my time in, other than that I'm a dad. What we talked about what was mostly like recovery and resilience and willpower and leadership and things like that. I want to understand what has motivated you to just do what you do. Like why do you, you're basically at this point, one of the world's very best at what you do. What motivated you to take the long and arduous journey to get there?

Nick: I'd say first and most is my faith. I gave my life to Christ when I was in college and that's been the center part of everything, whether it's prayer, studying the word but then also the people that I love my family, my loved ones, they've been there all along my journey. Everyone has a story and that's something we've talked about is the story, the journey. Really just going through the ups and downs and I think so many times when bad things happen or tough happen in life people can tend to get defeated and it's hard to get back up. I've always had a great support system there to help me through those times. During this time I learned a lot about myself and got stronger with them and it's crazy to be here talking to you, being a part of a team that won the Super Bowl, being on this podcast, being on this show. I've listened to it for several years so I'm honored to be a part of it.

Dave: That just blows me away Nick. Thanks for listening.

Nick: Yeah, absolutely.

Dave: I was truly astounded when we met and you mentioned that because I like to believe that people who are performing really well use the knowledge in the show but you definitely are doing. I'm not convinced that just biohacking and all of that is behind your success because interviews with your parents and all, they've described you as having uncanny natural athleticism. You're actually taller than I am and apparently you also kick ass at Ultimate Frisbee. You pick up something and even the way you move when we met, like you know where your body is in space all the time. Is that just hard training or is that just like you were born with this like I like to move kind of thing?

Nick: I was born to just be active just as a kid, just playing all the different sports, being outside just doing things. I wasn't good at everything but I just kept playing, kept on having fun, kept working on my craft, was able to have great coaches along the way. The greatest part about was just finding the joy in what I do. Having that joy when you're a kid and you're in the backyard just playing with your buddies, if you can do that, you know, if I can do that my present state of being 29 years old and in the NFL you can do a lot of great things. But no, it's just something that, I was always active.

Just to share a little bit. I has some buddies who had like motorized scooters, which they're really cool. Like I always wanted one, I always thought was cool. My mom would never let me get one. She's like, you're going to roller blade and you're going to run and you're going to ride your bike. She never let me get one. I can stand here or sit here today and say thank you mom because while they were riding their scooters which are great, they're a lot of fun, I was continuing to excel with athletic ability while running after them, rollerblading, going off jumps with my roller blades, bike riding and I really credit just being outside and doing that just to excel my athletic ability, and obviously a lot of it's a God given talent, I can't take credit for but it's definitely grown throughout the years and still does grow.

Dave: You talk a lot about your faith and almost like you're doing what you do for your family and for your religion and the things that you stand for. Are you also doing some of it because you like to win or for yourself? How do you break down the balance between like I wanted to do this versus like I'm doing it almost as an act of service?

Nick: I think that that's probably been the biggest moment of my life is just shifting the perspective of why I do things. A lot of times growing up, like obviously everyone enjoys winning, they enjoy that achievement, they enjoy working hard to win. That's what is sort of intoxicating about playing a game. You just love to do it, but there's also defeat. There's also playing poorly. There's also dealing with that. If your identity is in winning you're eventually going to struggle. I see that in a lot of athletes, I see that in a lot of young kids who they're so stressed out because their coaches aren't giving them credit. They're back ups. They're not getting an opportunity and they feel like they have to be validated by being the starter, winning these games.

I've been in that role, I know what that feels like. You're treated on your performance but you know, you talk about my faith, my faith and being a Christian, I had to learn by going through a lot of toughs by basically getting down on my knees through shoulder surgery, through going away my freshman year to Michigan State, being away from home, I'm a Texas boy. There's a lot of things that happened to where my perspective

changed a couple years ago when I was going to step away from the game. I was done playing the game, I was going to retire.

Then now I decided to come back and play, a lot of that to do with my family support and my faith. I step into that huddle and play the game for the love of my teammates, love of my family, love of the city for Philadelphia. I find out that that love that I have gives me a greater strength than I quite frankly had for myself. Then it's also humbling myself daily. I don't want pride to set it because pride comes before the fall. So I've learned a lot through the years and it keeps me steady.

Dave: Thank you for saying that thing about pride. I can tell you I had never once said to my kids I'm proud of you, not even one time. I'm happy for you, I'm grateful for you, like I'm pleased with you. Like those are all positives. When it's pride, it's about my ego as a dad and I don't want to fall into that either. Where did you learn to have ego awareness?

Nick: My parents were always great role models. My dad didn't graduate high school. Came from a tough background, helped raise his brother and sisters. I have a half sister he had at 18. She's a lot older than me. She's in her 50's, I'm 29. He continued to work in the restaurant business, loved work in the restaurant business. He's done very well for himself. My mom, similar to where her mother passed away when she was 11, tough childhood, lived overseas. Her stepfather was in the military. Ended up putting herself through college, the University of Texas in three years while working a job and having to stay at home. But I always knew their story and I got to see them, they're my parents so they raised me. They were my role models and I got to see that firsthand.

So, that just shows you how important, like you're a father. I'm a father, I have a 10 month old daughter and it just shows you how important a parent is in a child's life. They're always watching you, they're always watching you. Even Lily being 10 months old, she's watching everything I do, she's watching how I treat her mom. She knows if I love her, I care about other things. So I'm very aware of that because I know my parents impacted my life.

Dave: Sometimes when parents work on teaching their kids humility they actually just teach them poor self-confidence. You strike me as someone who is actually very well grounded, self-confident and humble, but not humble because you have a voice in your head that says I'm a piece of crap, I'm a failure. In your head, do you have that negative voice that's like, oh, what if I don't win this game. Do you have those things or are you just like so in that state of love and that state of like service that it shuts up?

Nick: That's a great question. I'll say like I've been there the first part where you feel like, you put so much pressure on yourself to excel. You feel like I have to do this. This is what is expected of me and if I don't do it I'm a failure. I've been there, I've done that, I've gone through it. I've succeeded and I've failed. It's not a fun place to be because it's every day, you're living or dying with what you're doing on the playing field and that's not fun. That's not really who you are, that's what you do.

So what I learned, that's just through the years of playing the game, having great role models and going through life's journey. I realize that I don't want the sport I play to have a hold on me like that. I'm going to go out there and live each play, live in the moment. But win or lose, I'm going to give everything I have, I'm going to love my teammates, I'm going to play for my teammates and at the end of the day that's all I can do no matter the outcome.

It's all about priorities. My priorities, number one is my faith, number two is my family and then my profession is number three. It's way down the list. There's football. Some people would say, well, shouldn't playing in the NFL be number one. It's like, if that's on a pedestal you're going to fail and you're going to end up finishing your career and you're going to be so empty inside it's going to be tough, it's going to be sad. You're eventually going to give in to something and it's probably not going to be good whereas now going to the facility and playing, like my real job starts when I come home and I walk through the doors I get to be a husband and a father. That makes it easier to play the game.

Dave: If I'd have had that level of wisdom when I was 29, do you know how much easier my life would have been. It is truly remarkable that anyone understands what you just said but also that you've achieved this while also doing the other things you do. In your list, you didn't mention health at all. Where do you put maintaining your hardware on that list of faith and family and career?

Nick: Health is something that's so important. I think of that's intertwined in everything you do. I've learned with my wife getting sick for years ago with POTS, she was diagnosed with postural orthostatic tachycardia syndrome. We were both athletes. She was a volleyball player at the university Arizona. I've been an athlete my whole life so nutrition is always been an integral part. A lot of times you're taught the wrong nutrition. You're taught carbs and sugar and what we know is that if it's bad carbs and sugar, it's going to cause a lot of information issues in your body gut health and all that stuff.

So, health is intertwined because if you feel good, your mental clarity is going to be better, you're going to have more energy throughout the day, you're going to be happier. All that stuff is going to make, your faith's going to grow but more so like just being a husband and a father and then going to work, you're going to be better, like you're going to be happier. You're going to have more energy. It's all intertwined.

But I also would like to add that just because you have a health issue that doesn't mean that you're a bad person or you're bad. My wife has it. It made us better people. We've learned so much through it. It's made us grow closer together as a couple and now that we have a child we're grateful to have the opportunity to be parents because we didn't even know if Tori could get pregnant and then we were fortunate to have Lily.

So, it almost like humbles you to like a mindset and a heart of just being grateful instead of expecting everything, being entitled.

Dave: It's tough when you're a high functioning athlete like Tori is and then all the sudden like something happens. For people listening who haven't heard of this, it's surprisingly common and massively undiagnosed. There are people who when they stand up or when they get hot or when they exercise where their body doesn't maintain blood pressure properly. So then they get a crash in blood pressure and then their heart starts to race which is the body attempting to keep enough oxygen in the brain. What you get is you start seeing stars, you start feeling extremely tired, you just need to lay down. You need to lay down not because you want to sleep but because gravity will get blood into your head.

I can talk about this because I thought that's how everybody lived. I've had this since I was a little kid. I used to think it was normal when I would get out of the car, I'm talking like when I'm five years old. When you get out of the car, if you lean your head forward getting out of the car you're going to see stars like when you stand up too fast. I would stand up and I would lean forward to get blood into my head because my body did that as well. Through the course of becoming Bulletproof and addressing sleep and just the core inflammation, all that stuff, I don't deal with that anymore. There have been times in my life where I'm like I have to lay down because like I need to get blood in my head. I see this, I've seen it in coaching clients, I've seen it in so many people out there. And oftentimes like I don't know what's going on.

The fact that you just mentioned that on this show which has a pretty big following, if people have those kind of symptoms, you should google POTS or Postural orthostatic tachycardia syndrome and we'll put that in the show notes for you. There will be a blog post about what it is because if it's going on it is something that's manageable. It starts with autoimmunity, it starts with nutrition. In Tori's case it came on pretty suddenly I'm guessing from a toxin exposure.

Nick: The tough thing about POTS is it's so hard to know exactly how it comes on. It could come from a virus, it could come from a toxin exposure and I know for us you know we were in Portland, Oregon, Tori was working at Nike at the time. We love Portland, great food scene. We were active, eating good food, having a great time. I went to training camp my second year in the NFL and then shortly after that Tori was, she had a virus and then shortly after that she went to like a outdoor concert and she felt really sick. She went home and it wasn't going away so she kept going to see doctors. She didn't know what happened. The doctors kept trying to prescribe her like depression medication and all this other stuff.

She went to like fiver more doctors and they all said the same thing. You're just depressed, here, take this medicine. Tori's like, I'm not depressed. I was a college athlete, I was a volleyball player. I graduated business school Arizona, I've always been happy, I've always been driven. This isn't me, I'm not depressed, something is wrong with my body. I'm aware of my body and something's wrong.

Eventually she saw a neurologist in California that diagnosed her POTS. From there on we went to the Mayo Clinic and met with Dr. Goodman who's the specialist in POTS and through that we've been able to meet several amazing people that either have POTS themselves that we've built relationships with or people like yourself who have great

knowledge of the human body that have helped us along our journey and helping Tori get back to 100%.

But along the journey I will say that, people can look at it and be like wow, she got sick like that's tough and all. We approach from a mindset as we're going to learn from this, we're going to love each other we're going to pray about it and we're going to grow each and every day and that's what we've done. We're so blessed. Even though she deals with it to this day she's been able to like you said to manage symptoms by a healthy lifestyle learning, always learning. She's always reading literature like you do, like I do and just gaining that knowledge. Just every little thing you do in life helps. But we've gained a lot of knowledge throughout the years and we're going to continue to do so and we want to continue to create awareness because it's something that I think people want to listen to doctors but not all these people are depressed, so just talking about on the show that has so many viewers, there's probably someone listening that has POTS that is struggling that hopefully they get checked and they get the help they need.

Dave: One of the most common triggers for POTS in my research, in my experience is water damage build and some toxic mold exposure. Oftentimes you do that, it takes out your immune system. If you have Lyme present which a lot of people do and they don't know it, then that just comes in or you get a virus that wouldn't have been able to manifest until that mold thing took over. So a lot of people are like I didn't have this problem, I lived for six weeks in a place that smelled funky and life has never been the same since. Do you think that might have been a part of the story for you guys?

Nick: I think so. We were staying in an apartment that was older, really cute apartment. 700, 800 square feet in Portland, Oregon on North 23rd, like great area. Right above a coffee shop. We had a lot of fun but at the same time we lived in an area where there was no air conditioning, it was an older place. Portland as you know there's a lot of rain but like where the apartment was situated was in between buildings so there's no airflow either. So it's stagnant air and then during the summer, the summer before she got sick, she got sick during the summer but that summer it was super, super hot. So we were like in the apartment at night, we were going to sleep, it's like 92 degrees in the apartment. It's so hard to sleep in that when it's humid too. We couldn't get a portable air conditioning unit within a 300 mile radius so we were without it for about a week.

We didn't sleep for a few days and I think all these factors just created an environment to where it just, like you said, it zapped her immune system, it zapped everything and something happened. But once again, there's nothing that's been solidified but we do have our theories and that's definitely a theory we've kept.

Dave: That's one of them. The whole mold problem is something that is part of my mission, my big mission. I want to educate people to show them the tools with Bulletproof and we're disrupting big food to make food that makes people feel good. In my other life I helped to get a company called Homebiotic started that sprays, it makes a natural probiotic spray around your house that eats molds before it can form. That's a problem affecting 100 million homes right now and just no one talks about it. I think that that's as

important for making the world a better place as good food. So I'm hopeful that if that was a part of this that we nail it.

Nick: Oh, for sure.

Dave: I think that given just the level of inquisitiveness and frankly the level of faith and determination that you both have, that she'll just continue to improve this. I never would have imagined that I'm sitting here at 45 that I'd be free of the arthritis I'd had my knee since I was 14 and that my brain worked the way it does. So there's always like it kind of doesn't look so good right now but there's always an opportunity to have this future that's way brighter than you imagine at the time especially when you don't have enough oxygen in your brain. You just feel like crap and you want to lay down.

Nick: Oh, absolutely. You're a walking testimony to everyone out there listening that they're probably not feeling great but like you're someone who, you put your life on hold to gain nutrition and your wife Dr. Lana, you're a great team. Like I said, I've listened to this show many times and it's been a great impact to me, my family. I share that information so that's why I was excited to be on the show and keep doing what you're doing, your team as well because it's pretty awesome.

Dave: Nick, that means more than you know. I want to dig more into what you do because you fly a lot for your profession. You basically beat yourself up, I'm not saying that in a bad way but just the training that you go through is rigorous and then the games are, you actually are getting beat up in the game. So, what does a resilience practice look like for you? You mentioned a daily prayer, like a period of focus and looking at the greater things out there. I'm guessing that must be a daily practice for you?

Nick: Yeah. So I think a lot of people are interested in like, all right, you're a professional athlete, what's your routine during the season? I think it'd be easier just to share that. During the season I'll wake up, I make my coffee every day. I get into you know my Bible scripture, I read it, I have devotionals, I read and I journal. I started journaling a few years ago and it was really around the time when I was going to step away from the game because I was going through so many tough emotions and they felt trapped and I've never want to journal, I've never thought about it. I was like, you know what, I'm just going to start writing. And then I wrote like three pages and I was like, wow, I had no clue all that was built up in there.

It turned into sort of a conversation and a prayer in my journal and it emptied a lot but it allowed me to just sort of realign my focus for the day. Now everyone has their own thing they do whether it's meditation, for me it's prayer. Then my day starts. I feed the dog, do all those things, go to the facility. It starts with service. I make coffee for probably six or seven people every single morning. Bulletproof coffee, around the facility. You know, the QB room, several coaches. It's something I enjoy because I got to share that with them and they loved it as well because if I didn't make it one day they made sure I heard about because they needed it. It was also an act of service. Letting them know that I wanted to just provide that joy for them.

Dave: You're the quarterback and you're making coffee for your team. Do you know how humble that is?

Nick: I know that they're going to feel good and they do feel good and it's been pretty cool to see that, the different teams I've been on sharing it with my teammates and coaches the second they try it. It obviously tastes amazing but it's how you feel. Right before we got on the podcast I was talking to my buddy Trent Edwards who played in the NFL for five years and he had started drinking Bulletproof coffee probably a month ago and he wanted more ins and outs. He's reading your book, he's doing all these different things. I think it's important for people to hear that.

As you get older in the NFL, like I'm 29. When I first started I could get away with anything no matter what I ate, what I drank, my body was just young, it could handle it. Once Tori got sick and then as you get older your body, you start feeling the hits you've taken, the toll that playing football takes on your body. But I can honestly say like through making changes with my diet, nutrition, sleep, supplementation, hydration, all these little things< using different modalities, I feel great. My body feels great, my brain's working the best it's ever worked in my entire life.

I learned something new every day. I always want to learn. Recovery like we said, I start the day with contrast tubs, I like to get my body going and then at the end of the day, there's Cryo. Started using the [Nano VX 00:27:00] There's all these different modalities. I have Vibe plate downstairs in my basement. So it gets my body going to start the day but there's all these different things that I do that I've implemented and I tweak.

It really, I'm not trying to [blow up 00:27:14] the podcast but a lot of it started listening to the podcast, taking notes during it and I would try stuff that people would recommend or you'd recommend and if it worked for me I would keep doing it but I would tweak it to fit me. There's some stuff that didn't work for my biology and I would say okay, but then before long I had this blueprint of what worked for me and it just continued to just change every day and it's allowed me as I get older to become a better player, a better person in all facets. I still have a long ways to go but it's a daily thing I go through.

Dave: It's interesting that you said a better person and a better player. It's been my experience that when I focus on, that health thing for lack of a better word just on how I feel, it as a direct correlation with how good of a person I am. Like whether I'm going to act like a jerk that day and I don't mean to or whether I'm going to just like have that as you call it that sense of love for what I'm doing. In addition to, I don't worry as much can I run as fast as I need to to keep a large person from smashing me.

It's something that I think is missing from a lot of the conversation out there. It's not just about health, it's about energy. I talked to a lot of actors. They have a kind of similar life to a pro athlete in that they have to look a certain way and be able to remember things but they're like always on the road in under bright lights in weird filming conditions and just like pressure. You sort of get ground down over the course of like a season of a T.V. show or over a season of playing because you didn't get enough sleep because you were flying somewhere that night and things like that.

Are there like specific things you do, like, oh wow, trained heavy yesterday, I didn't get enough sleep tonight. I wake up feeling like a zombie, I'm feeling cranky. A, does that happen and B, what do you do on those days?

Nick: It's definitely going to be days where we travel cross country and we get back at 2, 3AM after playing a grueling football game and your body is just going to feel like crap. Like you're probably going to be fighting a sickness coming up but what I've noticed is, the big thing is the blue blocking glasses, the TrueDark glasses have been awesome. Wearing those whether I'm on a plane or traveling back from a game or when I get back home and I'm reading. I wear glasses all the time so they actually have a filter on them that blocks a lot of the blue light so I can wear that when I read at night. So that's really been a great thing for me.

But also going to sleep early. Sleep as an athlete, during the season where we're super routine oriented, my wife and I know around 8:30 at night like it's time to start winding down. We'll usually go and get in bed around 8:45, 9 and we'll read a little bit. Not much and then when the lights are out and then I have to wake up around 4:45. Then my routine for the day starts. Before I go to sleep a lot of times during the week I take like an Epsom salt bath. I have this routine that just, it's all about getting my body back. I have these compression NormaTec boots that I use while we're watching, we're watching a T.V. show and I just to wind down from a crazy day. So I'll do that.

I'll do the Nano VX. That's something I've implemented in the last month thanks to visiting Bulletproof Labs. You're always looking to better your health nutrition. With winning a Super Bowl and being a part of that team, there's a greater platform. When I look at that, it's a greater responsibility to help people, to create awareness for overall health and nutrition and how to treat others. To do that, you have to have a lot of energy. You travel a lot, I have to travel. So on planes, wearing compression pants, like all these little details, like it help you.

Dave: You wear the full pants on airplanes.

Nick: I wear compression recovery tights on the airplane. Any time I get on an airplane I wear them. I even had a sleeve for my arm at one time. I don't really do that anymore but like little things like that, staying hydrated with the appropriate water. I drink FATwater. We have FATwater always stocked in the QB room. The QBs love FATwater.

Dave: I'm truly blown away. For people listening, this isn't like a paid endorsement situation. I met Nick and I'm like, oh my God, you use Bulletproof stuff. Thank you for that.

Nick: I've spent a lot of money getting all the Bulletproof stuff and you have always been great friends to me. It's been four years probably of doing this and when FATwater came out, I've introduced it to all my teammates and it's been awesome to do that. I think that there's something about sharing that joy of feeling good with others that just is so exciting. I genuinely share so much of what I've learned, what I do with my teammates because I want them to feel good too. If I know that if I help them with that, I'm not trying to keep any secrets. If this makes you a better player than me, then I'm excited

because you're going to become a better person because you're feeling good. I don't have any prerogative in that. I just want you to be a better person and feel good day in and day out and live the healthy lifestyle.

Dave: I fundamentally believe that. When people have enough energy they're actually wired to be nice and kind to each other. That's one of the big things that motivates me every day is like I know if I get people to make a small change, maybe they're less likely to flip someone off in traffic and all. Do you believe that, that we're actually wired to be kind and nice to each other? Is that the basic human condition?

Nick: I think that it's starts out that way but eventually life happens and things happen and people can sort of revert the other way. I think deep down everyone wants to be nice and everything and has that kindness in them but the world isn't always a nice place. There's not always good things in the environment, there's not always great people but I will tell you this, you can find someone who's just not a good person and you can sit down and have a conversation and there's going to be a reason why in their life that made them the way they are and it's probably going to be something that's pretty tragic that's really sad to you. But that's what's made up their D.N.A. and that's all they know and that can be changed by, the big thing for me is like genuinely loving and caring about people and invest in their life.

When I was at the University of Arizona there was four kids that I mentored on the weekend while their mom was working to provide for so they were latchkey kids. It was an opportunity to learn about their life. They're great kids by the way and now they're teenagers, it's crazy. There's an opportunity to not only share what I did on a daily basis and be their mentor but to learn from them and their lifestyle and what they had to go through because I lived, my parents created such a great lifestyle for us to where we can do what we want, these kids I got to learn so much about who they are. I know that's a long winded way of saying that I think we start out life that way but eventually the world has a way that corrupts people and hopefully they have people around and that can get them back to that kindness and joy and love for one another. That was I believe how we were originally created but the world has different means.

Dave: It's definitely that trauma and just lifestyle can hide that and sort of break people but they can recover from it. The technique that you have or that you developed shares a lot in common with what in Buddhism they call loving kindness or just that compassion based meditation. You've got a Christian practice that is also based on compassion and forgiveness which is one of the core teachings when you dig into Christianity. It's interesting to me when I look at all these different meditation practices in different faiths, when you dig right down to the core most people like they'll point to their chest. There's always ...

Nick: Healthy dog bark.

Dave: I love it. We're going to leave that one it.

Nick: That one's a good one.

Dave: It's something that you feel, it's not something that you think, right?

Nick: For sure.

Dave: You found a way to cultivate that feeling and to kind of consciously bring it on as you're journaling, as you're praying in the morning and it really works for you. You haven't really said at least not enough that I've been able to tease out, where you learned that. You said in college that you gave your life to Jesus Christ. Help me understand like what happened to you viscerally. What changed in the way you felt when you committed yourself to a faith?

Nick: Yeah. So, I grew up in a household, my mom's a really strong Christian and I grew up going to church, knowing who Jesus is and believing in God. But the same time I would go to church it was all practicing rules and religion and quite frankly I fell asleep. It was hard for me to pay attention. I was like man, I'm going to have to earn my way and do all this. It was really tough. But then I went to college and I had an okay foundation when it came to Christianity but I didn't realize what giving my life to Christ meant.

And so my senior year of football and high school I tore my shoulder [inaudible 00:36:17] way around and played 12 games with it torn. So it was subluxing in and out probably a couple times a week. It was really, really painful to where I could barely lift my arm up at the end of the season but we went all way to the state championship. Unfortunately we lost but it took a toll on my arm. Had to have it entirely repaired, ended up decommitting from Arizona State. I was committed to play football at Arizona State, the coaches were fired. So, there is nowhere, it was late in the process. It was either going to like Michigan State or Louisiana Lafayette and I really liked the coaches at Michigan State.

I decided to go to Michigan. I'm from Texas. First month I'm there I had a you know high school girlfriend, broke up, we didn't talk at all really for the next year or so. That was really tough as you go away from school they stay home. Then first month both my grandmothers passed away. There was so much that happened right at once. Basically, I had lost my confidence playing football. My arm wasn't prepared. I was living in a place that there was no other Texas boys. I was really struggling. Like I was really having a tough time. I always felt something different. And there was a moment I remember in a parking garage, I was sitting in my truck and I just prayed and I just said God, I don't know what's going on. I believe in you, I believe in Jesus. I know this is for a reason but I'm giving my life to you right now. It was basically going, bringing me down to my knees.

I realized at that moment what that meant. It wasn't following rules, it wasn't like trying to be perfect. It was basically having a relationship with Jesus. From then on, I stayed in the word. There was great mentors along the way. Now, I'm in seminary. Like I go to seminary in the off season, I take it online. [inaudible 00:37:58] such a huge part of my life but it's honestly been going through the ups and down, staying humble that I've seen it firsthand, I've seen it in my daughter, I see it in Tori, her journey and I wouldn't be here talking to you right now, being able to handle it without Jesus. That's for me

that's something I share and it's something that you have to choose for yourself. It's not something you can put on someone.

But that's why I go to seminary to have a greater deeper understanding so where when I talk about it, I'm not talking about in a forceful way, I'm talking about in a loving caring way. And then ultimately that's all I can do.

Dave: I have great respect for that. I've never really talked about this on the show. I grew up in a, I'm just going to call it an anti-religious. My parents, I would just call them falling Catholics. The conversation we just had would have made me profoundly angry at a time in my life. I would have been like who do you think you are. That was my own ego. As it is, some of the most humble just profound and interesting and accomplished people that I know have deep spiritual practices.

I love that you're willing to talk about what works for you and that experience. And so for people listening, you heard, at least if you were listening to what Nick said, he didn't tell you have to do what he does, he's just telling you what works for him. I think that that's noteworthy and it's worth paying attention to. It's that deep commitment to something bigger than yourself that I have found in my own life too is just terribly important. It's important. If you're doing it for you, you're not thinking big enough.

Nick: Exactly, that's great.

Dave: Thanks for sharing that with people listening because I find that level of commitment to anything is, it takes a certain mindset in order to just say I've got to do this. It sounds like you're at just the right place in your life early on. Like you said that did directly contribute to your success which is awesome.

You talk a lot about failure and some of your interviews and just some of the things you've talked about. You remind me a lot of Sara Blakely who's the founder of Spanx. They make a different kind of compression tights.

Nick: I recognize the phrase Spanx.

Dave: She talks about how her parents every, I guess her dad every day would say, you know, what did you fail at today and if there wasn't something that she failed at, then her dad would say, oh, that's too bad and maybe tomorrow you can do something that's hard enough. I absolutely took that on years ago with my kids. Every night, three things you're grateful for and something you failed at and if there's no failure I'm like I'm really sad. Maybe you could push harder. Is that something you're going to do with your kids, with your kid right now?

Nick: Yeah, absolutely. I think just being transparent and real is something that is so refreshing to people and that's something I've learned because as an athlete when we do interviews you're taught be politically correct, don't give them too much, don't ruffle any feathers. What I've learned through the years, like I just want to sit there and though the media has their agenda, I just want to have a conversation with them. So

when it comes to being a parent, I want to listen to my daughter's day, I want to listen to my children's day. It doesn't all have to be good. I don't have anything in the house, I don't have any jerseys up, I don't have any awards up. All my stuff is in Texas with my parents because when our children grow up they don't need to look and have that what I did or what their mother did to live up to, like their own person.

They're going to be made up with our D.N.A. but they're going to be so unique, they're going to want to do different things. They're going to fail but it's going to be talking through it. I'm going to be transparent with them, I'm not going to put them on a pedestal and say you have to be perfect. I'm going to be like, hey, if they get a bad grade, I'll be like, your daddy, you mommy got all good grades but your daddy wasn't always a great student. But then be able to share with them what I learned about doing well in school and why it's important.

I want to hear those things. I want them to be honest with me because when I speak to people, no matter who you are, I want to try to show you who I am and be honest and genuine which is tough sometimes when you're in crowds and everyone's trying to get autographs and do those things. Like you want to show them who you are but sometimes it's a lot but I try to do the best I can do to be genuine all the time.

Dave: Would you be disappointed if your kid or kids, I don't know if you guys are done grew up with just no interest in being athletes?

Nick: I wouldn't be disappointed one bit. I know there's a chance for that. I think that, I share this to paint a picture of people. When you win the Super Bowl you hoist the Lombardi trophy. It's the big silver trophy that most people as they're kids, like that's like a huge thing in American sports. I had my daughter on stage, I had Lily on stage. There's going to be a day where I'm going to share with her pictures from that moment. I'm going to tell her and I already know this because the reason I brought her on a stage was this. My trophy was in my hands. I'm your father. I got to hold my daughter on stage.

The trophy was wonderful, that's a great achievement with the people I love and work with and something as an athlete you seek. But I wasn't fulfilled holding that trophy. I was already fulfilled with my relationship with Christ and getting to be with my wife and daughter. The reason I say that is she might not ever play a sport her entire life but I just want her to have joy and really enjoy what she doesn't and use her talent. I don't want her just to settle and I want her to go out there, I want her to make mistakes. Don't be afraid to make mistakes because you're going to learn from them. That's why I share all this because some day she's going to google her daddy. It might not even be Google at that point but I want her to know that ...

Dave: Bing, you think.

Nick: Yeah. It could be Bing, I don't know. Shoot, you might start something. You might do something crazy. I want her to know that it's okay to fail, it's okay not to be an athlete. Will she have athletic genes? I mean, her mom's way more athletic than I am. So if she gets her mom's side we're in business. I'm just going to add a couple things to it.

Ultimately I just want her to know that her daddy loves her, her mom loves her and that we're going to be there to support her through no matter what she goes through in her life and that will never change. I think with that a child can do anything.

Dave: It's so refreshing that you're like ready for your daughter to be whatever she wants to be. So many people want their kids to be what they are. Your dad's a pretty well known entrepreneur restaurant guy in Texas, right?

Nick: Yes.

Dave: Did you ever feel pressure to be an entrepreneur?

Nick: What's crazy is I didn't. My dad was a really good athlete growing up and he always pushed me playing sports. He was hard on me as a kid playing sports but that also made me humble. I would play a basketball game, score 30 points, have 15 rebounds and I thought I was pretty hot stuff. He would sort of paint out where I needed to be better. That was tough hearing that as a kid but it instilled a characteristic of humbleness in me because I always was seeking to become better. I was never going to, once I played well, I was always going to stay levelheaded.

He never put the pressure on me to be an entrepreneur, but I think because he never did that, I watched him and admired what he did to where I want to do that because I got to watch it and I got to see the joy my dad had with going to work. Like he loves being in the restaurant business. That's why he did it. He didn't graduate high school. The reason he worked in restaurants he told me was, you know, Nick, I did all these different jobs and I was always looking at my watch just trying to make money to get by. But the second I stepped foot in a restaurant and just was there and was working I never once looked at my watch. He's like that's where I knew my passion lied was being with people, creating restaurants and creating a business that provided a service for other people that they genuinely enjoyed.

I'm getting involved with restaurants with him now. I have a lot to learn. He's 71 and he has so much knowledge. I'm 29. But it's really fun to start that process, to be able to start that process of investing with him. But not only that but learning the business inside and out is pretty cool especially with your father so I'm grateful for that.

Dave: You're also about to come out with a book I'm guessing after your big win you got some pressure to write a book, is that kind of how it worked?

Nick: Yeah. We're coming out with a book called believe it. My journey through success, failure and overcoming odds. Doing a book, creating a title, that takes some time. But yeah, it will come out at the end of June. It was a crazy project, we're doing with Tyndale Publishing. It's basically a story of my life going to college. There are some flashbacks to the younger life and then my story through the NFL. A lot of it, probably six chapters are probably the journey of this season which is really awesome. There's a lot of great stuff. I'm as transparent as I possibly can be.

It's still in the process. I just finished editing the last chapter last night. We'll go through another editing process before it's published but what I might add about this book was the really cool part about is my wife and I are going to give away every cent that we get for this book, whether it's the initial payment or whatever it is, the royalties, we're going to give it away. Because I'm fortunate to be in the NFL and have a contract in the NFL. In our hearts to share the story, share our testimony of what God's done in our life, we wanted to affect the community. Some of it's going to go to helping research with POTS, some of it's going to go to local churches, but it's also going to go to different organizations that do good worldwide or in the community.

That's made the project a lot of fun because you're helping others. You're giving and there's just something about serving and helping others that provides, gives life so much purpose. But that's where to do all those things that have the energy to do that comes all right around to like health, nutrition, wellbeing. But it's a really cool projects. So we're finishing it up. It'll be ready in about a month or so or maybe two, I don't know. These days are blending together. It'll be awesome so I'm learning a lot through it.

Dave: Send me an early P.D.F. so I can read it before everyone else.

Nick: Oh, you'll get it. Next book you're on you've got to send me one too. I'm going to make sure. It's on air now so you've got to do it.

Dave: All right, it's a deal. I'm looking to reading it and when it comes out I'll post it on Facebook and also people hear this show.

Nick: Awesome, thank you Dave.

Dave: In this episode, can find it. Honestly, there are people who act humble and they're people who actually are humble even when they're at great levels of achievement. I've spent just enough time with you to be absolutely certain that you're the real deal. You know what I mean? Some people learn that this is my public persona ...

Nick: Yeah, for sure.

Dave: They go to the bar, toss back a few and you're like, actually, they're kind of an asshole. You're the exact opposite of that in every way. People who see a celebrity or somebody like that there's always a question like is it real.

Nick: Yeah, for sure.

Dave: This is as real as it gets which is why I want to read your book.

Nick: Thank You, Dave.

Dave: What's coming up for you next? You have some risk of getting hit in the head a few times given your career but you take such good care of yourself that you've got

resilience there. No one plays football when they're 55, right Where's your life going to be in 20 years from now?

Nick: That's a crazy thing. You're always trying to excel in life and do things. What I've learned the last couple of years is just sort of stretch myself. I never thought I'd be in the position I am now. I never thought I'd be speaking in front of people, writing a book, being a Super Bowl champ, all these different things. It's very humbling because it just feels undeserving.

I want to continue my seminary degree. I want to continue learning health and nutrition. Tori and I have been in the talks about starting a foundation that helps other foundations with our passions and what we do. Working with companies, creating awareness of great companies like yourself Bulletproof. I've already done that for years in locker rooms just genuinely helping people. Being a parent, we want to have three, four kids, whatever God blesses us with. Doing these things.

I don't have anything set out in the next 20 years but I just really know I want to live every day to the fullest, be a husband and father. Priorities, faith, family and then whatever I do after that. I want to make sure I'm doing it with my heart and with joy. I'm excited about it. I've been fortunate to meet many great people such as yourself throughout this process and it's had a great impact on me. I just want to keep doing that day in and day out. Then I want to be able to impact people in a positive way and show them that if they're going through some tough times, there is a light at the end of the tunnel and there's always something great coming at the end. Sort of sharing that message with as many people as I can.

Dave: If someone came here tomorrow, Nick, and they said I want to perform better at everything I do as a human being, what are the three most important pieces of advice you'd have to offer them?

Nick: You know what, it's really cool that I'm getting asked this question by you. For how many times I've heard this on the podcast. I honestly forgot about and today I was in my football meeting, we were installing a play and it came to my mind like Dave's going to ask this question. I want to answer it from my heart but I did jot down a couple of things.

Number one, and it's not in any specific order. When you live your life, don't live it up please others, live it to help and serve and love others. It's a matter of perspective and heart and that really changes a lot of things. It creates a lot more purpose in you life because if you're doing it always to please others, you're going to feel pretty empty at times and that's not a good thing. I think we're all guilty of it at times but then when you genuinely have that shift in your heart to love others and serve them genuinely, there's something so powerful about that.

Number two, this is something that I try to live by especially through this last playoff going to Super Bowl, live in the moment. A phrase that we as athletes have been told that we share with us this year was be where your feet are. There's so many external

pressures, there's so much going on. Technology is great. There's so much great things that technology can do but with life right now there's all these expectations, there's all these things that can create anxiety. Anxiety and stress are such a big thing in our society these days. I think if you can hone back in and be in the moment, it's going to alleviate a lot of that.

Number three, have a yearning to learn. Curiosity is a great thing. I never thought when I finished the University of Arizona and got my degree there that I would ever want to go back to school. Like I was done. But through life's events and through the journey and through everything, like I eventually want to go back and go to school and put myself in school and go to seminary. My wife just finished an integrated nutrition program at New York. I'm probably going to do that program as soon as I can. Reading your books, reading literature, listening to podcasts, listening to blog posts, implementing those in my life. Always learning and implementing, you should learn something new every day and that creates a lot of excitement. I know I got into a lot of detail but those things have a lot of passion in my life and I wanted to share those so thank you for allowing me to share those three things.

Dave: Thanks for your advice. You're just a real human being just at every level. It makes me happy to see that you know what's powering you and that you've been able to achieve the levels of success invisibility have and just stayed true to sharing stuff like that. I'm actually really interested in reading your book because part of what I do on Bulletproof Radio is I'll talk to people who are basically the MVP of their field of science and no one's ever heard of them but like they've got something important for us to understand about ourselves. Then other times it's like how do you win, like how do you do something really big. I think you peeled back the covers really effectively here. Like this is what I think about, this is what I do. I really hope it's inspiring for people listening to understand, like this is what success looks like and it's not holding the trophy, it's holding your daughter and that's insane and amazing and just great.

Nick: That's awesome. I might add this. I genuinely from an athlete's perspective love listening to all the MVPs of science and the health field and everyone who comes on because it's stuff I don't know and I love listening. It's so intriguing for me to learn this stuff that's just way beyond my head but eventually it's explained so well that I can understand it and I can share that with others. So, I'm just speaking it from, I don't think people always know that about athletes. There's so many people that want to learn and do all these things and like listening to your podcast has allowed me to listen to people that are amazing individuals, that have so much knowledge. I've been able to, like I have a note section on my phone that's like 150 podcasts and it's really awesome. So, anyone who comes on here, I just want to say, thank you for coming on the show and sharing your knowledge. It's really awesome for all of us.

Dave: That's amazing. Thanks Nick. Have a beautiful day and thanks for being on Bulletproof Radio.

Nick: Thanks Dave, thanks for having me.

Dave:

If you liked today's show, you know what to do. I'm going to ask you to go out there as of June 26th when it drops and actually check out Nick's book. He didn't ask me to say this. I'm just telling you, there's stuff that all of us have to learn from people who think the way Nick does. I'm excited to read what he has to write specifically in this book about failure, even just to put in the title which is a risky thing to do for an author. No one wants to hear about failure because it reminds them of their own. It's going to be real so I'm really excited about.

So that's my ask for you if you enjoyed today's episode. You don't have to leave a review of the show which I always ask you to do. Go out there and read Nick's book because I know there's going to be something worth reading in it and is going to support a good cause anyway.