

## How to Find Your Own Winning Lane – Danica Patrick with Dave Asprey – #825

Announcer:

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Dave Asprey:

You're listening to Bulletproof Radio with Dave Asprey. Today, I'm really excited about the show, because our guest is Danica Patrick, who is a very talented person, who you might have heard about for many different things, professional racecar driver, sports announcer, a few Superbowl ads here and there. I'm really interested in talking with her because ... Of course, she's running a winery now, amongst other things. The reason I want to have her on the show today is that she's excelled in multiple arenas over and over and over, which is really hard to do it in one.

To do it in multiple ones, I want to pick her brain and figure out how she did it and maybe share some tips with you guys. Sounds like a plan. I'm asking my friends on the Upgrade Collective because we have a live studio audience. If you were in the upgrade collective, you would be a part of that as well and you'd be on video. I'd be looking at you, seeing your comment thread throughout the interview. At the end, they'll get to ask Danica a few questions. [Ourupgradecollective.com](http://Ourupgradecollective.com) is where you can go to join my mentorship and membership group where it's a lot of fun. Danica, welcome to the show.

Danica Patrick:

Thank you. Upgrade Collective, I love that title. It feels so ... Kind of got a woo-woo feel to it. I like that.

Dave:

Thanks. It's about having a community. It's a little bit lonely and then pandemic. Even without that, if you're the only biohacker in your town or so you think, then you're like, where are my pips? Well, there's more than 10,000 people coming to the biohacking conference in a week. I'm pretty sure we're out here. We just had to get together.

Danica:

Yeah. I tell you what, somebody just asked me the other day in an interview, they're like, "What are you into right now?" I was like, it was with Vishen, I'm like, "I'm into biohacking." I feel like I've hit that point in my life where I'm like, mm, I need to biohack, think.

Dave:

Vishen is a good friend, he's a biohacker as well. It's funny. You've done some really high intensity stuff like racecar driving. Your reaction time has to be so crazy fast, that a lot of people in either other cognitive or reaction time in sports, they end up getting to be bulletproof or becoming biohackers. Now, did you do all sorts of crazy neck strength or neurological speed drills in order to become a world class driver like that?

Danica:

No.

Dave:

No, you're just good at it. It's just like I was born this way.

Danica:

Yeah. I woke up like this, like that whole song. No. I mean, look, it's not fair to say no, because here's the thing. I mean, I started racing go-karts when I was 10. It continued to progress. When I hit 23 and got into an IndyCar and started going 240 miles an hour. That wasn't like all of a sudden. It's a process. It's not fair to say it and do anything. I just didn't do anything outside of the sport itself. I didn't have some particular training or certain eye-hand coordination, things that I did. There was nothing more than just the practice of driving itself.

I feel like it's like ... I mean, maybe F1 drivers do some more of that stuff. I feel like they get coached. I was just saying the other day that racing is one of those sports that we don't really have. We don't really have coaches, maybe a little bit here and there coming up, but not really. It's like you get into all levels of other sports and quarterback has their quarterback coach. They have the pitching coaches. There's coaches for everything. In racing, it's not really like that. I wonder, but F1 has a little bit more of it. I bet if you talk to a Formula One driver, they would have some things that they probably do. For me, I just drove. What could have been?

Dave:

Well, yeah. I think you've done all right without any special neurofeedback and crazy electrically stimulated speed drills or something.

Danica:

In first instinct of driving and needing eye-hand coordination, focus, precision, stamina, what would you do if you were to biohack that right off the top of your head? What would you do?

Dave:

This is going to sound stupid because it's self-serving, but it's not meant to be self-serving. I really would start with Bulletproof Coffee because of the effect of ... This is something I haven't actually talked about this yet, because it's a study I just came across. When you get those tiny droplets of fat, they make something called CCK that turns off hunger, which is great. I'm talking about CCK a lot. What CCK also does that I just realized is its anti-anxiety, it's stress reducing, and it turns off inflammation in the brain. You have enough stress coming in.

There's physical vibration, there's noise, there's focus, and you're opening your senses, and could die if you do it wrong. All of those are there. If you can just turn that down a little bit while turning up energy, it really helps. That's why there's extreme skiers and lots of high performance, high speed athletes do the Bulletproof thing. I would stack Keto Prime, which makes your mitochondria better able to make energy. Then I would want Aniracetam, which is a pharmaceutical gray zone nootropic. It's approved in much of the world. The US pretends it doesn't exist.

Increases oxygen in the brain, increases memory IO. It's also the only one of those that slightly lowers anxiety. Now you're a little bit more chill, but you're totally dialed in. Nick Foles was on. He talked about his stack before he did the Super Bowl, and similar stuff like that. I don't think he was on Aniracetam. I don't know if that one's approved. The idea is more energy, less stress, more dialed in. I've measured my reaction time, Danica, cognitively, the 40 years of Zen stuff. This is to visual and audio stimulation. I have the average brain response of a 20-year-old, and I'm 48. I haven't lost it the way. It declines linearly with time. I think the stuff works because, data wise, it is. Let's get you on the stack and throw you back in a car. What do you think?

Danica:

I'm curious. I mean, sure. I mean, if we need to do a back to back one day versus the next, maybe we need to do three because there's going to be a warm up day, sort of typical Danica and then stacked Danica.

Dave:

Do you still go out on the track? Do you have one near your winery or anything or ...

Danica:

Yeah. Well, there's one. I live in Arizona. I live in Scottsdale. There's tracks all around. The last time I actually hit it on a track though was this probably a year-and-a-half ago, at least. I had to fulfill an auction item of two-seater rides with me. It was out in Sonoma. I gave them a ride, but then I also created a package, like a Christmas present for my family, and I titled it Drinking & Driving. I took them out to Napa and ...

Dave:

You're a bad person.

Danica:

I know. It's funny, but not that funny. We, obviously, went wine tasting and then I very so really drove them around the track and gave them two-seater rides for the first time. That was the last time I did it. It was in a sports car. It wasn't even a full open wheel car like a real, real racecar. It was a real racecar at one point in time.

Dave:

Okay, got it. It's been converted. Do you self-identify as a racecar driver or as a model, actress, whatever you want to call yourself? When you think about yourself when no one's asking you, what is the voice in your head say or something else might have been?

Danica:

I don't know, seeker, truth seeker, student racecar driver. That's why I have a podcast, is because I just love talking to people. I love learning. I realized that there's some level of processing that ends up happening when you're doing interviews, self-reflective stuff, you've probably felt that yourself.

Dave:

That's why I started this too. You're totally on the right path. It's the best way to learn. You talk to someone and suddenly, you're like, oh, this person is smart. They've done something.

Danica:

Yeah. Doing the interviews, I definitely self-process, but having meaning this situation where you're asking me questions. When I ask questions to other people, I, number one, had to practice learning how to shut up. Then after that, I realized just how much ... I feel like my intelligence is gaining so much speed at such a rate because I'm constantly absorbing new information about people, whether it's emotional personality and human experience, or whether it's just expert level stuff, whether it's science, somebody and an expert in their field, where I have to feel. I want to make sure I'm respectfully ready.

Dave:

There's a lot of prep that goes in. Your podcast is called Pretty Intense. How many episodes do you have out now? I didn't check.

Danica:

It's almost 90.

Dave:

90, cool.

Danica:

Yeah, so almost two years I've been doing it.

Dave:

Was it hard to learn how to interview people?

Danica:

A little. Actually, what I would say is it wasn't hard to learn, wasn't hard to interview people, but there was a transition that happened within, number one, I said, learning how to listen, and then listening to understand and not respond. There's usually a question within the answer that someone gave if you're paying attention. If you get distracted by a note card with stuff on it that you want to ask them, you can miss the flow and miss the depth of the information being shared because you're so distracted thinking about something else to do. Then my prep has changed.

Dave:

I think I was not that good of a podcaster when I started, because I want to talk to these people and learn. Eventually, you realize there's a way to get the flow going. I've worked on my prep for a long time. How much time do you spend prepping before you interview someone?

Danica:

A couple hours per guest. Usually, I used to have a researcher that would send me 10 to 15 pages worth of research on someone. I'd read through the research, I'd circle things that were interesting, write notes in the column about ideas, the questions that I had. Then I go in afterwards. I've looked at all my bullet points and circles and underlines, and I go, hmm, hmm, hmm, hmm, this is a good place to start. Then I just create a flow with the stuff that I ended up feeling like was the high points.

Then since I started calling up my own people and sending messages and DMs are super effective, and just started collecting my own interviews, then I was like, man, I wasn't going through the normal processes, so I didn't ... The researcher wasn't in the loop. Since I also knew them so well, I was like, I think I could do my own questions here for this person. I just do all my own research now. Now, my format is, I basically start listening to podcasts that they've been on, watch YouTube videos, Google some various different things.

I usually listen to an hour or two worth of them speaking and being interviewed and make my notes. A lot of times, the questions that I come up with aren't necessarily the question that someone asked that I like. It's in the answer they gave. I'm like, ooh, I know, they're willing to talk about this, so I

write something down. Then I go through, and I usually have both sides of a legal pad, front and back of a page. I have come up with all these ideas. Then I just put them in order of 10 good questions and write them down. By the time I've done that, I've pretty much got it memorized and then I don't need it again.

Dave:

That answer is so good. It's going to help so many people who are doing their own podcasts. Thank you.

Danica:

How do you do it?

Dave:

Well, we're on pushing 900 episodes now and I'm running 5 companies.

Danica:

Jesus.

Dave:

I don't. There's the books that ... You've written a book, you know how much time that takes, and the whole parenting thing. I would say that I don't listen to other interviews that they do, I just don't have the bandwidth to do that, unless I'm going to take it from somewhere else. I have my team help me prepare some ... Like you had researchers researching things. Usually, I've skimmed or read portions of the book or heard a few snippets of interviews, so I get the right vibe.

If I asked for the guest to be on the shows like, oh, I'm familiar with their work or they've done something, usually, those are nerdier. Then other times, there's like, oh, this would be a really fun thing. I wanted to ... You've excelled in multiple domains. How do you do all that? That's really interesting to me. I was very happy to have you on the show. It depends, too, on the type of guests and like, everyone's heard of you. I'm like, there's probably stuff I don't know about, like I didn't know about your winery experience. Certainly, the racecars and the TV experience and all that is you're famous for that. Speaking of that, what was it like when you became famous? What did that do to you?

Danica:

Well, there was a point in time called Danica Mania. I didn't give it that name, but it was my first Indy 500 in 2005. You know what's funny, is I felt like on the scene before that. When I was racing to the level below Indy cars called Formula Atlantic, I would go to the track and I would have banners up everywhere, commercials running during broadcasts and during the IndyCar races that I wasn't even in because I was in the lower level, because I had a sponsor that was into promoting. I felt like I was the most publicized driver at the track anyway.

It's funny, there's new levels all the time. It still happens like that. Now my life gets put out there for having my dog attacked by coyotes, the news flash, and starting to date someone, the news flash. It's like that's the weird stuff. Or I did a workout and they post. It's just silly, especially because media turns over so quick. They're always looking for content. I mean, it was probably 2005 Indy 500. After it just ... I almost qualified on pole, and then I almost won the race. It was just a big hoopla. Danica Mania came about. I was on the cover of Sports Illustrated right after that. That was probably the start.

Dave:

Did it go to your head?

Danica:

The very first, like that month of May, because it was used to be called the month of May, because you were at Indianapolis Motor Speedway on track for almost a month. I got towards closer to the race. I felt like ... I just told my PR guy, I was like, "I don't want to do anything. Nothing. Absolutely nothing. Don't ask another question. Don't ask for another interview." He's like, "Good Morning America wants to talk to you." I'm like, "I told you no." Absolutely not, nothing.

Dave:

Wow.

Danica:

I think I did that one because they came to the track. Other than that, you just have it up to here. Then it became much more of a balance. I learned how I like to organize my life and my schedule, so that it was efficient maximizing of opportunities, yet still allowed for recovery.

Dave:

You don't look or feel stressed. You actually have a pretty chill, happy curious vibe. Is that real? Or are you just projecting that?

Danica:

No, that's pretty much it. It's funny. I've realized actually how chill I am. I mean, I think it's because I've been in relationships for so long. I was, basically, in a relationship for 16 years with three different people. I didn't realize where I oriented. I wake up and I let the dogs out. I make some coffee. I might watch some YouTube videos, turn some music on. I'm playing like East Forest or like Amos Lee or David Gray or something very relaxing. Then I just get going. I need about an hour at least, I'd say an hour in the morning. Then I went out and did a little cardio run. Then I came in and I relaxed and got ready. I love my mornings. I set the pace from the very beginning. Sometimes I get up and I meditate, but I'm feeling pretty Zen.

Dave:

All right, so it's not really the ... You're used to the media coverage about stuff that doesn't matter, like little dog inner altercations or something. You've got Danica Rosé, you've got Somnium. You've got your wineries and you've got a podcast and you've got a book and a bunch of different projects. Is there one that has most of your attention that you're putting the intensity that you put when you're trying to win NASCAR or something? Something that you're really pushing on, or is this more like these are passion projects and you just want to do it

Danica:

Well, there's two parts of that answer. One is, yes, they're just passion projects. I was fortunate enough to have a great career and anything that I do after. In fact, I'm actually just been spending a lot of money to make the podcast, like for my winery. I just spend a lot of money. It's not like I've retired and just like a river of money just flowing in. That's because they're new projects. Anytime you start something new, they take a while. As you know, you've started many companies. They start somewhere.

It's kind of that investing into time and brand and reach point in time right now. I love them. They all were born from just an idea. That's I think what's crazy and fascinating, is I can just ... I remember all of these things just as a mere thought. Thoughts become things and it's like a good reminder to think about the things that you want, not the things that you don't want. I will say that the one thing that I've done at this point in my life with one of them is something I've really never done before, and that's study. For the podcast, I never studied in school.

I literally just took ... I don't ever remember studying. Now, mind you, I did leave school when I was 16 and didn't go to college. I had my GED. I was a junior in high school when I left to move to England to race. I didn't get all the years that someone may get that would really need to study. Still, I didn't study. Then even with racing, they'd send you ... You could take home a little disc and look at EFI data, which is basically a graph that shows speed, throttle, braking, lateral Gs, acceleration, all RPM. It shows what gear you're in. It can show all that stuff.

Dave:

Like an Oura Ring for a car, right?

Danica:

Yeah, yeah, exactly. Exactly. They would send at home. To some degree, there's a little bit of taken at home to make them think you care. I didn't really always look at it. Sometimes I did, and then it just wouldn't necessarily be a good weekend. Then all of a sudden, I'd have one weekend where I stayed up late and I was not looking at any data, and I didn't do anything. Then I'd have a fantastic weekend. Being able to pin down exactly what made a good weekend was not clear. There's too many factors.

Dave:

Yeah, there's stuff that we just don't think about, even in lab stuff like, oh, we control all the variables. I'm like, what was the phase of the moon? Like, oh, we didn't control for that one. I'm like, well, that might be a variable that matters, right? No one thought about it. Really, we control the stuff we thought about. Really, what made it a good day for you might have been entirely different, right?

Danica:

Right, exactly.

Dave:

There's something that happens to certain kinds of brains. When you go faster, you drop into a flow state. For me, when I was in my late teens, early 20s, probably the most reliable way for me to slow down and go into flow was to get on a mountain bike going faster than was safe or to drive really fast in a car. Is driving fast relaxing for you?

Danica:

Yeah. I think that it got coined by a monk as being like my moving meditation. He told me I should write a book called The Speed of Consciousness.

Dave:

Ooh, that's a great title.

Danica:

I process really fast.

Dave:

You process ... Are you smarter than the average Bear?

Danica:

I don't know about that, but I process really fast. I process information fast. In fact, I just do everything fast. I eat fast. I drive fast. I think fast.

Dave:

All right. You're a high speed and all that? The reason I'm asking is you don't strike me as someone with ADD, but a lot of drivers, people like that, they want to go fast because there's like an anxiety there. I'm just not picking that up in you. It's weird, actually. It's not what I expected.

Danica:

Yeah. That's good. I like that. I loved executing with precision and perfection. I loved being so dialed in and so focused and hitting my marks, everything from turning to apex, to throttle, to wall. I loved nailing it.

Dave:

Like the elegance of it? Is that just the precision and elegance?

Danica:

Yeah, yeah. While it's chaos as it happens, there's a dance happening within the car of just a little this and just touch the throttle and just get the car to turn and just ... There's like a dance to it that is ... You don't really want to be harshly aggressive in the car, even though what's going on with the car can be harsh.

Dave:

Okay, I hear you. I've never been in an actual race. I've been on a track and have a heck of a good time, just because going fast is awesome. You have another thing that you've done that I want to ask you about. Clearly, you're not dealing with fear when you're on a track, at least the vast majority of the time. I've made it a point to go out and say, all right, if something is fearful for me, I'll go do it just because I don't want to be walking around carrying fear to do anything. I'll go fast in a cave and do whatever.

Because at some level, afraid of being alone or afraid of being hungry. Well, there I just did both. You actually did something with Bear Grylls and you went on his Running Wild show. Tell me what you did, because that's a show about doing things as scary than us. What did you do?

Danica:

It is. Heights scare me the most, which is exactly why I said yes, which is exactly why I bungee jumped a couple of times, too, is because maybe ... I don't know. Tell me if this rings a bell. It's not like I'm over the fear. I just like to know that if I have to overcome it, I can. I just like to know I can do it.

Dave:

And that you're not going to freeze.

Danica:

Yeah, yeah, I just like to know I can do it. It's like a challenge. In fact, I just like challenging myself. I've realized that that's what I thrive, that's where I thrive, is whether it was pushing a car to the very limit or interviewing someone that I'm intimidated by or hosting the ESPYs and not being funny at all. I'm like, how am I going to do this? Or even in a workout. The one thing that I have a really hard time disciplining myself on is fasting. I'm not very good at that at all. Anyway, I'd like to challenge myself. Bear Grylls and I did a lot of that. I ate a scorpion.

We repelled down mountains. I pulled myself across the Canyon on a rope, which was literally all I had to get across, which is saying something. I jumped out of a helicopter, skydiving at 10,000 or 11,000 feet. It was definitely ... Yeah, Bear ... Oh my god, Bear taught me ... The thing that Bear showed me was not only facing your fear, but facing it and doing it now. There's a nowness to him. It's like there's no time to ruminate on what's about to happen, you just do it.

Dave:

I think there's wisdom in that. I used to have a fear of heights. I made myself lean over the edges and do all the things. I did the bungee jumping thing, too. I learned that you really better cinch that thing up. Because at least for guys, you're going to get smashed when you bungee jump. That was not a good learning experience for me. I have zero issues of heights now, zero at all.

Danica:

Where did you bungee jump?

Dave:

I did it in Central California. They had some tower up there. It was nothing that was epic and amazing. Now, no issues. Heart rate doesn't change. It's just a thing. It took me a while to get there. It was the irritation that I knew that I was safe. Then my body didn't feel safe. It was the mismatch of my thoughts and then my physical state. Now I realized I had that all wrapped up. I had that all mixed up where it turns out, usually, the physical state. You make up a story and your thoughts about your physical state. I just didn't think it should be that way. It was irritating.

Now though, if I identify something's pushing a button like, all right, I'm going to either go do it and then become deconditioned. Or I'm going to find out why it pushes the button, then I'll do a neurological technique to just turn it off, because it's not a useful survival instinct. I just don't want to waste cycles on it. When you hit the inside of a turn just right and you're hitting all your marks perfectly, in my mind, when you're going through your day and if your alert system doesn't get triggered by stupid shit all day long, I'm like, I hit my marks all day long.

If five times like, why is that happening? Why am I a little off my game? Oh, some part of me is worried about something that's not real. No, that's not elegant. It's not beautiful. I don't want to do that. It's a game. I'm playing with myself around that. That's how I do it now.

Danica:

What was the last thing that you found yourself feeling like you needed to face and deal with?

Dave:

Actually, it was this morning. I'll be super, super transparent about that. The hardest of all the human emotions to detect in yourself or in other people is envy, of all the bad stuff people do. That comes from Robert Greene, the guy who wrote 48 Laws of Power. If you haven't read The Laws of Human Consciousness ... Or no, The Laws of Human Nature, one of the top 10 books I've ever read. He describes envy. He describes the antidote for envy. I don't want to walk around with envy, because it costs you money, not money, dollars, but it cost you emotional money.

It cost you time. This morning, there's a company that owe a few years ago, copied a bunch of my stuff and then led a campaign of ... I'll call it harassment and discrediting against me, personally, as a part of the competitive strategy. It was dirty. That company got acquired a couple days ago. At first, I'm like, douchebag. That was it. Then I was like, hold on, hold on. That's not serving me at all. I've already done a bunch forgiveness and all that stuff.

Then I use the technique that Robert talks about, I'm like, okay, I don't like it, that I went to douchebag mode, even though it was probably well deserved. Then I said, all right, put yourself in the other guy's shoes and imagine how awesome it'd be for that to happen to you. Then I did that little hack, which is the fastest way to turn off envy. I'm like, man, those shoes smell bad. All right, that's fine. I can still do it. All right, good for him, good for those investors, shareholders, employees. There's a lot of people experiencing joy.

There's actually a good upside, because it means that the industry that I'm in, it's growing, it's thriving. I don't like it, that my immediate response wasn't the proper one, that it was the improper one. That's human nature. I'm just like, how do I polish human nature? A long answer, when I'm supposed to be interviewing you. It was a cool question. Thank you.

Danica:

Yeah, yeah. I mean, like what came up? What did you see within yourself that you were not that needed balancing?

Dave:

I think it's natural for that stuff to happen. Normally, it wouldn't have been an issue. It's like when you have someone who's come after you personally to make money and then they get rewarded, I'm like, seriously? The whole injustice like, what is going on here? I think that was probably the thing there. I don't think I'm quite the sense of equanimity around injustice.

Danica:

I was going to say you don't like something that's unfair.

Dave:

I don't think life is fair. It's fine if it's unfair. If someone does bad things, I don't like when they get rewarded. I like it when people do bad things fall down and stub at least their face on something.

Danica:

Because you would never do it. The reason you would never do it, so ... There's a great ... Anything that I judge, I look at, and I'm like, ah. Usually, the other side of it is I deny it. If I judge something like, ah, you dick, you capitalized on me and you took advantage of me, it's because I would never do that. I would never allow that to be my way of operating. It shows you you. It's like I love quantum science and I love

physics and I love reality. It's this thought that our reality is really just a reflection of us and showing us us. It's simple in that way. It's complicated, because we can't actually see ourselves. We need other people to bounce off of to actually see ourselves. In seeing this person act in a certain way, you can see yourself to be a very fair person.

Dave:

I really like that. How do you keep you from taking advantage of you? I mean, the more fame, power, wealth, et cetera, that you accumulate, the more people try to take advantage of you. What are your filters? How do you stop people from taking advantage of you when you're not paying attention in a way that you wouldn't?

Danica:

I mean, the only way you really can is to really micromanage I feel. There's got to be some sort of hovering of situation to really be in control of it. To me, that's diminishing returns on my investment of time. I would rather go in with trust and just understand that sometimes it's the price of business. Sometimes there are just people that do those things, there are just situations that come up. I mean, I don't think most people are terribly vindictive and want to burn you to the ground or treat you like crap. I think it's their own insecurities. You can't control that.

I think people are generally good. It's just that we have so much conditioning from a young age that we're not even aware of that makes us feel a lack. We take more. That could be the situation. Somebody could just be taking, taking, taking because they actually have a lack mindset, even though they're accumulating. There's going to be a balance at some point in time. Maybe it's that this person doesn't have friends, maybe it's that it comes to bite them, maybe it's that something fails in the future, whatever it is. I believe in the balance of our life.

I guess I just look at it like I'm just glad that if something bad happens and someone takes advantage of you or someone takes advantage of me, I think to myself, well, number one, they're fired, or number two, they're not a friend. Whatever that situation is, you don't need to be in proximity anymore. Then there's a level of empathy or sympathy that someone has to go about their life like that. That's the reality. It's a crappy one, to be in a situation where you make people feel bad.

Because on the other side of that, for them, too, there's a level of shame that's not being really transparent in the situation. Anytime you hurt someone else, you always feel bad. There's always a part of you, the inner child in you is going like, mm, that didn't feel good. That's because our nature is love. Our nature is truth and kindness and love. Anytime that something comes in that's not that, whether it's something done to us or something we do to ourselves, there's the lack of resonance, because it's not actually who we are.

Dave:

I think you're too nice.

Danica:

Maybe.

Dave:

Here's why. I would have shared very similar mindset. I've had the benefit of looking at brain scans of more than 1000 people who've done 40 years in the neurofeedback thing. I'm studying with one of my

favorite guests and a good friend, Dr. Barry Morguelan. He's the oral lineage of Lao Tzu. He's a real life Dr. Strange, a Western doctor from UCLA who studied in a remote monastery where no White person has ever gone and just a spiritual master who does very high end work. He taught me Lao Tzu's way of categorizing people.

I totally want to share it with you, because I think it'll be helpful. There's four categories that Barry told me about. One of them is people are win-win. If I do something, you're going to do something else I don't do. They're very rare, but they're always win-win. They're one in a million. Then you get these category twos. These are people who are usually win-win, but they screw up. Sometimes they're win-lose, because their ego gets in charge with them or whatever. When you call them on, it's like, oh, sorry, let me make that right. I'll apologize. I'll pay you back.

I'll repaint the car or whatever. They're good people working on being better people. That's most people. You get category threes, which are the ones you just talked about. These are people who are win-lose, but they don't know it because they're too traumatized. Every time they win, someone else has to lose, but they tell themselves, it wasn't them. Like, I don't know why there's bodies all around me, it wasn't me. I don't know why everything fails, but I'm working so hard, and I've got your back. Those people are so toxic. You have to get them out of your life and your company.

They're the ones with the shame that you're talking about, but they don't recognize it. It's all in there. They're just like a ball of misery. It's the fourth category, it's sociopaths and psychopaths. 4% of people, they actually get off on this like, I win-lose and I got it. They don't feel the shame that you and me and normal healthy people would feel. It's not that they suppress the shame, it's just not there. They're replaced with joy. Those people, it's like, if you can spot them, you get them the hell out of your world. It's that fourth one that I was ignoring, because I was like, yeah, everyone should feel bad for being really mean. It turns out, some people don't, and realizing that changed things.

Danica:

That's fascinating. I mean, I was thinking about that, too. I interviewed Dr. Romney, who's an expert in narcissism. I'm like, ooh, narcissist fit in two. I thought fourth, but no. They're the third category, because they actually have deep shame. They wear such a mask. They make it everyone else's problem. The sociopaths are definitely a breed of their own. That's a lot, 4%?

Dave:

Yeah, isn't crazy?

Danica:

I mean, I have 100 friends, I'm sure. Four of them are sociopaths.

Dave:

That's the challenge, is making sure you have good filters because your 100 friends are selected by you. You have a selection bias of you being the filter. The better we are at awareness and consciousness, the better we are at spotting the people, the wolves in sheep's clothing kind of thing. Fortunately, for you, I doubt it.

Danica:

Well, I've been thinking about that a lot. I feel like there's ... We're living in a day and age where we don't know what the heck to trust, right? You turn on the news and like, that's number one, not that.

Then the newspaper like, not that. Then you watch a documentary and now you're like, not that. Because who paid for it? Who do you trust? We don't know what is legitimately objective information anymore. For me, I think what this is asking of us, as culture, as humans, is to go into the emotional body, which is, I think, our inner guidance, our emotions, our intuition, are the consciousness that we don't really acknowledge.

It's up there and out there and all around is giving us the answer. It's like you can ... We're so conditioned and there's so much going on. Our phones keep us busy and the TV and then the kids and then the this and then the that and this appointment. There's so much going on that keeps us distracted. I think this is why meditation has become more popular, is because people have this one thing they can do that like, ssshhhgg, quiets them down. It gets rid of some noise to the point where you can start to hear that, start to feel it, start to know it.

Because it's not really actually hearing all the time. It's like knowing. It's a level of knowing. I think that that's what's being asked of us, as humans, is that we learn how to get back into that emotional body and let that be the ultimate lie detector test for situations. Whether it be what politician to trust or which diet seems to be the best for you or what person should be in your life, there's always something inside of you. You can ask triggering questions to get yourself prompted like maybe journaling or something like that, but it's there. It's there. Do you agree?

Dave:

I think so. It is in there, if you can just get past all the noise. Does normal meditation work for you?

Danica:

No.

Dave:

It doesn't, does it?

Danica:

No. I mean, I have done plenty of it. I was pretty consistent for about, I don't know, eight months. Recently, and I'd say the last month, I haven't been. You can see, I'm just chaos over here, right?

Dave:

Not.

Danica:

Here's the thing. I think there should be mindfulness modalities, there should be a book on all the modalities. Because what works for one doesn't always work for another, just like a diet. There's certain things that work for one and not for another because everyone is uniquely individual. There are things that are good and are bad. What really, really feels good for you and it's something that you keep going back to that works and you can be consistent with, I think really varies.

I find that with me meditation, I sit down, and I can get to the point where I can literally leave my body and I can't remember time anymore. I'm like, how long was that? Then there's other times where it's just thoughts. What I'm really, I think, good at is ... This sounds woo-woo, but I just can speak to anyone at any time. Anyone, I mean anyone alive or anyone dead, anyone. I literally just start speaking into the conscious collective into the web of the universe and just, I mean, anybody.

Dave:

Did you ever read Think and Grow Rich?

Danica:

No, but I've heard of it.

Dave:

You're probably the most famous personal development business ebook ever from 1920s. I read it when I was a teenager. It was really transformative and probably three quarters of listeners have read it or know about it. He describes a technique, he calls it a virtual ... Maybe virtual is a wrong word for his time, but an imaginary roundtable. One of his biggest performance techniques is, he said, okay, you sit down. This is totally weird for 100 years ago. He's like, okay, you sit down or lay down and take some deep breaths.

Then what are the people, throughout history, who you most want to know from and have an advisory table, an Advisory Counsel, and like, sit them at the table and have a conversation with them and ask him anything you want. They'll actually talk back to you. He's like, everyone can do this. We just never thought of it. Did you just figure that out yourself? Or did someone teach you that?

Danica:

Just figured it out.

Dave:

Well, there you go.

Danica:

Because it's like, when you do that, I can connect with my higher self, I could connect with a person that's alive. I guess what I ended up feeling, I feel like it started with myself. When you go into these spaces, like there's either an answer or there's not. The fact that there's usually almost always an answer. Every now and again, there's not. On answer, it's very clear, it's very direct, it's short, it's concise, the information is really very ... That's streaming and flowing. That's why I know it's real, because I'm not forcing it. It's like, actually, the more I think, the worse it is.

It's like you want to connect with someone telepathically or something like that, you close your eyes. If something doesn't come to you quick, then you're starting to make it up. You have to get before the mind, before the thinking mind.

Dave:

I love that. I've known people who can channel. I've interviewed a couple of them. I'm always as a sciency guy. I was a little bit skeptical. Also, I've just seen stuff I can't otherwise explain. If you're a curious scientist, okay, there's stuff we don't know, maybe we can figure it out one day. You can tell when there's someone who switches out of channeling mode into their own egos talking and then they switch back into channeling because they can't help, but insert their own stuff. They get someone who's out of there and they're just talking like, I don't know what I just said. They can both be valid. I think that's similar to what you're talking about.

Danica:

Have you ever talked to an Akashic reader?

Dave:

Absolutely, yeah.

Danica:

I have, too. It's fun. I decided. I went to Egypt in February and there was a girl that was on the trip, there was about 20 of us. One of them was an Akashic reader. We saw another one while we were there. Anyway, that's the world we were in, very woo-woo. I mean, we're in Egypt, on a pilgrimage. I ended up feeling like at the end of it, I sat with her as she did an Akashic reading in between the paws of the Sphinx at 5:00 in the morning, as the sun's coming up. It was awesome. It was awesome.

I got done, and I ended up ... Because a lot of going there was like, what do you want to call in? What are you asking for? What do you want to know? I feel so blessed. There's not a lot I really need. I started adding things like jet to the list and stuff like that, because I'm like, what else do I need? Then I realized, I was like, man, I should definitely become an Akashic reader. Why not? Of course, I know that information is probably accessible anytime. There's a formality to entering into the space and tuning the frequency.

Dave:

It takes a minute or two, even for the most badass readers. I know instantly, but you could totally do that. There is a brain state, a quantifiable brain state that puts you there. That's part of what we do in neuroscience thing.

Danica:

Which one?

Dave:

It's a combination of where in the brain at the same time, a certain frequency. It's not just like, oh, you need this frequency. It's not just this half and this half. It's like certain areas called Brodmann area. That's some of the stuff in the more advanced neurofeedback training that I do. People who are into that, they oftentimes, oh, I walked into the Akashic Records accidentally, when they're doing a certain training. I don't know how to talk about that publicly. Because people are like, that doesn't exist, it's not real. Hey, I don't know, enough clients say the same thing.

It matches a bunch of other data. I'll go with whatever the reality I perceive is, but it's a real thing that people tap into, or at least multiple people experienced tapping into. Maybe it's fake and we all just experience the same fake. I don't think that's likely the whole Occam's razor thing. I love it, that you're doing that kind of stuff. It's definitely in the land of woo. When you measure the land of woo and you can turn it on and off with a certain signal, it starts to look a lot less like woo and it starts to look like something else. That's a big area of curiosity. You're doing the esoterically kind of stuff. What other biohacks? A lot of people from the Upgrade Collective are saying ... Well, actually, they're all saying, you should join the upgrade collective.

Danica:

Maybe I should. I think I have. Literally, I think I have on my phone. Look at what I have, 40 years of Zen.

Dave:

No way that popped out.

Danica:

Well, I have it on my pay, like in my Safari when you have all your pages. It's in there. Because I was like, oh, that seems interesting.

Dave:

That's ridiculous. I have no idea.

Danica:

As I've filled my coffee hopper with Bulletproof beans. What was the question after I just ...

Dave:

It was perfect of queuing it up. I was like, so what are the biohacks that you're using these days? Because you'd mentioned earlier, you're starting to biohack. What's working?

Danica:

Well, the first book that I got, my boyfriend got me the Boundless book by Ben Greenfield. I started flipping through that. The first one that I've been doing lately is fasted morning runs, like little cardio sessions, 30 minutes, followed by cold shower and then get on with my day. I'm not great at ... I'm better at fasting from the evening then in the morning. I can do that. I can run on an empty tank, but I can't do lifting and those other things that I do. I actually feel sick. It's like the opposite of people. People tend to eat and feel sick if they work out.

For me, if I don't eat, I feel sick. I can do that. That's one of them that I've been doing. What else? I mean, I've been doing cold stuff for a while. I interviewed Wim Hof last summer. I was using my pool as the cold plunge, but it's too warm now. I've decided I want an infrared sauna and a cold plunge for the house. Is the infrared sauna worth it?

Dave:

Absolutely. I like the sunlight. I've had one for eight years now, I think. The reason that's worth it is you can sit in there and be on the phone, you can watch something, listen to something, read something. It's time that you get back. Because you're not really spending time. You'd have to take a shower when you're done. You're probably going to take a shower that day anyways. It isn't a big investment of time. Whereas some of the biohacks are invasive of your calendar. I find it's just ... I was a lot on it. I was in there a couple time. We can sit and talk and whatever. When you're sitting and talking, you don't have any clothes on, that's not a bad thing, at least for couples. It's hard to lose with an infrared sauna. We'll put it that way.

Danica:

Unless you're doing an Instagram Live or something and that just gets weird.

Dave:

I've done that. You're like, don't drop the camera. Don't drop the camera. Just keep it up high.

Danica:

Don't aim down.

Dave:

Yeah. The cold plunge, they have chillers. I'm putting one in the house that we're building now. I actually have one downstairs. It's like a refrigerator with a pump. Then the water goes through it and you just get one of those and it's really easy to jump in.

Danica:

Totally. I mean, the ice thing. I'm friends with Gabby Reece and Laird Hamilton. I feel like they've been pretty good pioneers for the hot and cold contrasting. It's a pain in the butt to have like ... I mean, I don't know where I would get enough bags of ice to actually make it like a quarter ice. That's a good idea to get the recirculator. What else have I done? I've done blood tests in the past for food sensitivities, but I'm not sure. I mean, I did one like probably seven or eight years ago. That's why I stopped having gluten, dairy, eggs, all kinds of stuff, just because it showed up on it.

Then maybe you can enlighten me, oh my God, changed my life today for me if you could, only if it's real, though. Then I took a blood test probably five or six years after that, which was maybe two years ago. It was just pinprick blood on the paper, send it in, now they have my DNA. Yet I also know some food sensitivity stuff. Eggs came up again. I'm like, I knew I ate a lot less than I did the first time when I took it. I really miss them.

Dave:

Eggs are a really common allergen. I gave myself an egg allergy when I was doing the Bulletproof diet stress testing before I published it. I did three months of extreme keto with one serving of broccoli a day and nothing else except for fat and protein. It gives you a leaky gut. You can over keto, you can over fast, you can over vegan. That egg allergy is the biggest pain to get rid of. There is an episode that I did with the author of a book called The End of Food Allergy.

She's a medical doctor researcher from Stanford University, and her name isn't sticking in my brain right now. She has a protocol. In fact, I'm sure that in the show notes, I'll put the link to that. She has a protocol where you slowly introduce micro amounts of eggs or whatever else you're allergic to on a certain schedule. That seems to get rid of food allergies for most people. I haven't done it for eggs. I'd like to. I just eat turkey eggs on them. All right. It would be ...

Danica:

Wait. You could just eat a different kind of egg?

Dave:

Yeah. Probably can be duck eggs and turkey eggs and you'll be fine. It's just chicken eggs.

Danica:

That's it. I'm going to the farmers market. I'm going to get the big, big, big duck eggs.

Dave:

Duck eggs are better, anyway. They're ridiculous. Do you want to hear a ridiculous story? It's funny. When we get duck eggs, we live on a farm. We have abundance in our food place. One morning, our son, when he was like six or something, was complaining. He's like, "I don't want to ... " Something about breakfast. Lana looked at him and goes, "Look, some kids don't get breakfast at all. Some kids just get a bag of chips for breakfast. You should be pretty grateful you're having whatever, smoke salmon and avocado you didn't want." He goes you, "You mean their mommies don't make them duck eggs and bacon in the morning?" It wasn't eggs, it was duck eggs. I was like, oh my god, what have I done? It was so cute.

Danica:

That's adorable. You know what, I mean, they don't have the perspective now, but later.

Dave:

They're getting it. We make them work hard. You have 90 minutes of farm chores every day, when it's not school. There's that.

Danica:

That's good.

Dave:

Yeah, you're going to be very happy on duck eggs, I think, but you don't have to eat them every single day. Just give yourself a break. They say, ideally, a four-day break for preventing a thing like that. If you are taking care of your gut lining, you should be able to eat it more often than that without an issue. There's also some more advanced, probably injections sort of stuff that will be coming online. There's some really weird stuff that Rashid Buttar has talked about that I've heard works, but I haven't done it enough to validate it.

There's some protocols involving getting IgG, the immune molecule that your body is making, actually getting it from your urine. Because after you eat something, you get a huge amount of antibodies that are in urine, which is why there's all that weird Indian drink your urine stuff, which I do not advocate for.

Danica:

You've tried it once, and it was horrible.

Dave:

I'm not saying why I'm not advocating for it, but I might have read all the books about it because I was desperate to get rid of allergies years ago. I'll just tell you, gross, don't do it. Actually, maybe do it if you want to. I don't really care. Not recommended. Not highly effective. I know some people swear by it, but not me. Anyway, there's a variety of things. Read *The End of Food Allergy*. I think that book is going to really open your eyes. You interview him on your show. That's why you have a show. I can hook you up afterwards if you want.

Danica:

Thank you. I just wrote that down to get that.

Dave:

It's funny. We've interviewed a lot of the same people, Mark Hyman, JP spears, Gary Vee, Gretchen. Kind of similar, curious things like that. Who's the best person you've ever interviewed on your show?

Danica:

I think sometimes what ends up happening, and maybe you can relate, is sometimes it's ones that you don't expect. It's because there's no expectation level going in, you just don't know. There's been a few of those. There's been some ones that are great that I'd expect to be great like Matthew McConaughey and Neil deGrasse Tyson and things people like that. Then there's been some unexpected ones like John Paul DeJoria, who started Paul Mitchell and Patrón.

Then the one that comes to mind the most that I just like, and in fact, it was the same day, I think I interviewed John Paul and I interviewed Zach Bush in the same day. I was like, I've literally felt like I was floating. It was like euphorically happy because it was such fascinating conversations. Everything from talking aliens and Integration with John, to all the information about the biosphere and your everything in nature and the levels of fungi.

Dave:

That's a fun interview, right?

Danica:

Oh my god, Zach Bush was so cool. I feel like I could go back and listen to that over and over and still pick up nuggets. I like the experts. I really like the experts. It's selfish. I mean, I love people, too, but I tend to really love the experts because I want information.

Dave:

I'm with you there. I always like the experts or people who've done really big stuff who know how they did it. That was the one I know. I was like, where was your mind, Dave? Oh, I'm channeling. Okay. You have lots of things you're doing. All right, the name Dr. Kari Nadeau, N-A-D-E-A-U, is the guest I was thinking of.

Danica:

For The End of Food Allergies?

Dave:

Yeah, that's the one.

Danica:

What is it, Kari?

Dave:

Nadeau, N-A-D-E-A-U. Kari is K-A-R-I. It was really fascinating because we can turn off our food allergies. Now I'm going to really piss off everyone. I did an interview a while back with Lou Reese from United Biopharmaceuticals or bio something or another. We talked about how you could use mRNA vaccines to

turn off aging and food allergies long before the pandemic. I'm like, I don't really know. I'd like to see some proven safety whatever.

If that did turn out to be a kind of technology that had efficacy and proven safety record and clinical trials the way we normally do for our medical interventions, there probably would be an mRNA vaccine that would turn off any allergy like that, and one that you could custom print just for you at the doctor's office within the next five years. I think that's where we're going.

Danica:

I feel like Dr. Sinclair, I interviewed Dr. Sinclair, expert in anti-aging. I remember him because I'm learning so I don't absorb every bit of information because it's not familiar to me. I do remember him saying something about for aging purposes, like having an injection young, early, and then it sits in your body essentially dormant. Then there's a trigger shot that you take later on when you want to activate it to start the anti-aging nature of whatever it is that they didn't check. I think it had to do with RNA, mRNA, all those things that we keep hearing so much more about these days.

Dave:

Yeah. We're on the cusp of some really big discoveries around that. That had nothing to do with pandemics or any of that, but just fine grained control of your immune system is half of the inflammation problem of aging. Also, for cognitive performance. Did you ever try to race when you're feeling puffy and inflamed? Could you feel a difference, just a subtle difference, because you're so tied in with your car and in the world around you.

Danica:

There was one morning, I tell the story, because it helps me to understand what was actually maybe more going on inside the car and where I was at brain state. I was sick. I woke up. I slugged some Dayquil, and then I ate. Then before I was walking out the bus to go back to the garage area. I was like, whoa, I feel drunk. I felt drunk. I was like, oh god, I got to go get in a car. I was so dizzy. I got down there. I was at Martinsville, which is the super tiny, half mile flat short track. It's like acceleration, deceleration like ...

Dave:

Oh no.

Danica:

... lap after lap every 20 some seconds. I was like, holy crap. I got in. I was so fast in that practice session, and I didn't feel anything. It gave me maybe a little bit of an indication that our brain state or our consciousness or dimension, or whatever you want to call it, that we enter when we get into that focus space, which is maybe why, earlier, we talked about people with ADD or something that distracts them. Why they feel better? Is because you're not you anymore. You're an elevated state of you. I think that's what happens in the car. I think that's what happens in flow state, period. I think especially in sports.

Dave:

It's funny. One of the things I do in my morning goal setting that I've been learning from Barry Morguelan, I have my sheet of paper up here. There's like eight categories, and one of them is getting in

the zone, to be able to choose your state very rapidly and all that. I don't have that issue anymore. Before, it's someone. It's like, I'm a zombie. Like, it's just going to take me a while. Just by focusing on it and learning stuff and taking the right stuff, I just don't have a hard time like, okay, I need to snap into focused interview mode. I can just do it.

Whereas before, it would have been a really big challenge. The one time where it's really rough, the night before, I'm like, oh, I'll have a bunch of sake with my sushi and I'll stay up late under bright lights and all that. If I wake up, it still takes me 30 minutes to get out of slug mode. Then I'll still notice I can be in the zone. My response time, my word recall, it's just it's off. It's not dysfunctional, but it's not as precise as it should be. That's an inflammation thing.

Danica:

Wow, I totally have gotten that. I mean, usually, I call them fragment days after drinking. Then the next day, it's not that you can have a conversation, it's not that you're dumber, it's just that you're not as sharp. I call them fragment days, because I'll start talking and then all of a sudden, I'll just be like, I don't really know what I was going to say. I guess maybe there's a little bit of a dumber aspect. I definitely have had that plenty of times.

Dave:

I think that's inflammation. I, really, truly do. There may be some other stuff, neurotransmitters or something. I do think that's a part of what we deal with these biohackers, and just as people want to be able to go into the zone when you talked about when you're driving and to be able to go there with excellence?

Danica:

Well, I'd say as biohackers, I would say that what you're also saying you are is highly attuned. You're sensitive, because you're paying attention by nature. You're trying to hack something, you're trying to do something different, you're trying to elevate. For you to notice it is imaginable where somebody else is having something. They don't notice it, because they're not. By nature, I think a biohacker is basically someone who's very attuned to their body and in tune with what's happening. Otherwise, how could you ever tell?

If something was so bluntly obvious that you should or shouldn't do something in your life, it's just obvious. You do it. It's what you're looking for, is you're looking at the 100 hand theory, you're looking at this is what my engineer told me back in my early IndyCar days, he's like, "You stick one hand out the window and it doesn't really make a difference, but you stick 100 hands out the window, and it does. You guys are operating from that realm of every little thing. You have to be highly attuned. It makes sense that you would notice those days where you're not quite as sharp that somebody is normal."

Dave:

You're totally right. The other thing that I appreciate about racecars, and it's the art of driving them, is that you have to take really good care. You maintain the car like no one's business. You put in racing fuel and all that. If you want to treat yourself the same way around and be a high performance human, well, you're probably not going to put the 72 octane gas from Joe's Bait and Tackle to your high end racecar. It's not going to work and you're going to do all the maintenance things required.

Otherwise, you're going to wrap it around a tree, when it doesn't stick in the corner the way it should, because you didn't do it right. I feel like the human body is the same way. You want to be the

fastest. Well, you're going to have to maintain it and run it and fuel it, the fastest. You can't be the fastest and have crappy engineering or crappy maintenance and care and picker and all that. If for some reason that sticks with entrepreneurs and people who traditionally feel like, I don't know, I'm wealthy and I'm fat, and whatever, which is how it would have been 20 years ago.

All of a sudden, it clicked that, oh, if I want to be above average, I have to treat myself above average. It feels like that's just percolating. Or now, that's like what's successful people do. It wasn't that way, even 15, 20 years ago. Have you seen a shift? Do you feel like more people who want to be successful take care of themselves first to become successful? Or am I just wishfully thinking?

Danica:

No. I think it's true. I just think there's more awareness about it. We're leaving the era of the mass production, postwar, assembly line, Campbell soup stuff. It's like going backwards, we're going back just like local farming. We went back to having your own garden. We're going back to farm to table. I think there's a remembrance of the ... It's just people are forgot or were distracted, or industries and institutions tricked you into thinking that these things were good for you when you're eating. Essentially, there's so much food consumed. That's just not real food. I think that people are realizing that ... When was that, the '50s probably?

Dave:

Yeah. When we really turn on TV dinners and all that sort of Frankenfood, yeah, that was '50s and '60s.

Danica:

Those people are all dying now. I mean, that's like a morbid way to describe it, and so ...

Dave:

Cycles of life, it's normal. Everybody dies.

Danica:

Yeah. There's new face of people, but then there's also those people are feeling the repercussions of a lifetime of lacking awareness. I don't think it's people don't care. There's people that act like they don't care. Everybody cares, to some degree. There's something more psychological, something more fundamental going on that they don't feel like they deserve it, so they don't treat themselves that well. There's an inner world, outer world situation going on. I think, in general, most people care. They want to do the right thing.

If you put out a regular pizza, that's just ... Call it whatever, just any regular pizza, and then you give offer them on the other side, there's one that's like paleo with vegetables on it, there's some greens, whatever, herbs, and you tell them that like this is pizza too, but it's super healthy. Most people will go, mm, I'll try it. Most people want to be healthy. They just don't really know how. I think we've entered in information age, and people just know how to do it now.

Dave:

Yeah, I think you're right. The availability of info is through the roof, at least people are willing to be open to it.

Danica:

Even just from a product standpoint, I mean, thanks to you and so many. I remember when I started eating paleo back in '15, six years ago maybe, and there wasn't that much stuff out there. You couldn't go just buy a paleo flour. You couldn't go buy a paleo whatever. You still have to be a good investigator to make sure that it's still like fits what you want if you really, really want to be picky. Because marketing is effective. There's so many more options now. I mean, gluten free ... I mean, now, like look, I love food and I am a great cook, but so I go out to eat for experiences.

A lot of times what I'll do is I'll go out and get like a tasting menu. I love that like wine pairing tasting menu. I used to not ask for anything different than what they serve, because it was just so high end and so offensive to the chef, it seemed like. Now I go in. No matter what meal I have, I could be going to French Laundry and I'd tell them I want gluten-free, dairy-free.

Dave:

They're totally happy to do it.

Danica:

With these.

Dave:

What a change. People used to almost want to get in fights with you, if you went back 20 years ago like, how dare you. Well, I don't want to feel like crap for a day or two when I eat the food. The food that's taste great. How dare you? I'm less combative these days. I just go, oh ... People are more understanding, too.

Danica:

Those people, there's still some amount there, but it used to be worst. People get triggered. It's because they wouldn't do it for themselves. They feel guilty doing. They just get triggered. When you show up in a way that they haven't showed up for themselves, it's triggering.

Dave:

I love that mindset. It's totally real, because it's about them. It's never about you. That's totally the case. Well, Danica, I mean, we went to all kinds of places I didn't think we were going to go in this interview, and I've had so much fun. You're way more focused and chill at the same time than I would have imagined from seeing interviews with you. You're really grounded. It's pretty cool that you can be grounded and drive 240 miles an hour or something. I'm impressed. Thank you for a fantastic interview.

Danica:

Yeah, you're welcome. Thank you very much. This is really fun. I have so many questions about the hacking world. Maybe we can do this again sometime.

Dave:

Absolutely. I have a final quick question. I live up in Canada. Can I get Danica Rosé up here, because it's French? I know Canadians discriminating against American wine.

Danica:

Well, you have to go to Quebec. Aren't they France now? Don't they want to be their own country?

Dave:

I think so. They keep changing their minds.

Danica:

I'd have to check, but I know that we're working on distribution ever. For some reason, I think we got into Canada.

Dave:

Awesome. Well, I'm going to see if I can find because I'm gonna give it a try. Thanks again for being on the show. Let's do it again, whenever you feel for it. Thank you, love it. If you guys liked this episode, there's two things you should do, one you should leave a review. A second thing is you should check out pretty intense, which is Danica's podcasts. Because as you can tell, she knows what she's talking about. She interviews cool people. Hey, if you're looking for more cool stuff to listen to, check it out. See you guys on the next episode and upgrade collective. Thank you for tuning in on this.