

The Human Upgrade: Episode 1126

[00:00:00] **Dave:** You are listening to The Human upgrade with Dave Asprey. Today we're going to talk about how to biohack like a girl. I mean like a woman. Wait, what's the title? I'm kidding. It's how to biohack like a woman. And I said that on purpose to trigger some of you out there because if you can be triggered, it's a new year, and it's a new year where if you can be triggered, you're carrying around a loaded gun, and that's rude and illegal in some places. So you probably should see your therapist already.

[00:00:32] But here's the deal. I have a guest for you today who I've worked with for several years. Her name is Aggie Lal. She's a public figure, bestselling author, health coach. You might've seen her on TV, TEDx speaker, and she started the Travel her Shoes blog more than 10 years ago and got sick from all that travel.

[00:00:52] Who would've thought? Because it turns out airplanes are horrible environments since there were hotel rooms. Any business traveler, man or woman, understands that kind of life. Yes, you see a lot of places, but man, the circadian disruption, the constantly changing foods, it'll trash you. So she turned to biohacking and had great results started the Higher Self Academy, which teaches women with courses on health personal development, and she hosts the Biohacking Bestie podcast. And I love what she's doing so much that I wrote the foreword for her new book, which is called Biohack Like a Woman.

[00:01:32] **Aggie:** Yes. Thank you. Thank you.

[00:01:34] **Dave:** So welcome, Aggie. I'm so happy to have you here.

[00:01:37] **Aggie:** Thank you for having me, Dave. I've been a fan of the podcast and yourself, so this is a great honor. Thank you for having me.

[00:01:45] **Dave:** Now, let's see. I was on your show a couple times, and we had a couple of clips that went really viral, where you would ask challenging questions about kale and things and people would become outraged at straight talk about kale. So it's always fun.

[00:02:00] **Aggie:** I love it. I love that you have no filter, and I love that you started with this whole title because it was a big discussion whether we say biohack like a woman or biohack like a girl. And I think I really wanted to own the word woman. I think it's this big pressure to be a girl and be--

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[00:02:17] **Dave:** Hold on. You can't own the word woman. That's not for any one person to own. It's much greater than all of us.

[00:02:24] **Aggie:** That's true, but own it as in that I am one. Because I think up until this point, I'm not super young, let's be honest. I'm 36. I felt like, oh, woman sounds old because it's this pressure for all of us females to be girls, because it's cute and innocent, whatever.

[00:02:42] And so when I ask my audience, what do you think of biohack like a woman? It's like, oh, it sounds really old, like we're going through menopause. I'm like, that's so funny. But if you ask a 25-year-old man, if he's a man or a boy, he would get offended by the word boy. He would want to be called a man.

[00:02:58] **Dave:** And also, ask him if he wants to find a good girl or he wants to find a good woman.

[00:03:03] **Aggie:** Very true. Yes. And so I realized that part of this title it's me healing the word woman for myself.

[00:03:12] **Dave:** Oh, Aggie. That's so cool. I've watched your personal development path for a while, and we've sat down and chatted about this stuff off camera. And you're doing something publicly that a lot of people are struggling with to do privately or with a therapist or something like that, where you're claiming your space in the world and acknowledging the full extent of your power.

[00:03:36] And it's something that men and women go through, and it's something that I've gone through in the course of my career, in my life. The thing that I found was holding me back was I felt like shit all the time. It's hard to step into the bigness of your future. I can't even step out of bed today because I'm just so freaking tired. And it sounds like you really got there.

[00:03:59] **Aggie:** And it's funny because I heard you say that about Danger Coffee in the past, but it didn't land until recently, which was like, I was into travel and become the best version on you for yourself. And I thought it would be so easy for everyone to just go after their dreams. And then I got really sick, and I was like, wow, without the biology, we're not going after any dreams you because we can't even think outside of our body.

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[00:04:24] And so that was a big realization that people aren't really lazy, or it's not like they're not motivated. They're just sick on so many levels. And that was what got me really into spreading and trying to spread biohacking with the mainstream, because I realized a lot of people are intimidated by it, but it's the mainstream that needs it the most, not that people that go to win already.

[00:04:47] **Dave:** It's funny. Since the early days of biohacking, 60% of biohackers have been women. And I've said this for a long time. Women are actually better biohackers than men on average. And I believe, and you might fault me for saying this or something, but as a guy, most of us are conditioned, especially by high school coaches and whatever, like if it's not bleeding and you can still walk, you're probably fine.

[00:05:15] And that's a guy thing. And like, okay, no bones are sticking out. Let's just push. And of course, that's why a lot of guys are, I pushed hard and then now I'm 45 and I have serious injuries that won't heal, and my shoulders are trashed, and I need a new hip. And I wish I'd have been nicer to my body later.

[00:05:34] So I think with women, though, you are more in tune with your bodies because they change more than guys do you. You have cycles that we don't. And so that means that you've grew up with an awareness that some days you're more focused than others. And I don't think we teach young men that even though we also have our days where we're stronger and weaker. So there's an awareness of the state of the body that a typical woman is more likely to have than a typical man. Do you think there's some truthfulness to that?

[00:06:05] **Aggie:** 100%. And I live between LA and Bali, and so US in general has a very strong masculine energy, which is, power through, shut up, keep going. It's like, achieve. Go for it, which is very strong masculine energy. And so it's very different to the energy that I have in Bali, which is young people do things very slowly, and they're very patient, and it's like, oh, it just doesn't align today, so we are going to do it in the future one day.

[00:06:32] And so at the beginning I was really annoyed by all the locals in Bali. I'm like, oh, they're just so-- you're not doing anything. And they taught me the beauty of being, the beautiful feminine energy of just like, let things happen sometimes. You don't have to really fight for everything.

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[00:06:48] And so I think bringing that feminine energy into biohacking would be super beautiful, which is not always pushing through the pain or 40 minutes in the cold plunge or whatever it is that men love to push themselves to.

[00:07:04] **Dave:** 40 minutes. It's like 3 to 6 minutes inside.

[00:07:08] **Aggie:** But there are so many crazy people I feel that like the harder the better, the more pain-- and I've been there. I felt like, oh, if I'm doing a workout and it doesn't feel like I'm dying, then it's probably not working.

[00:07:26] **Dave:** It's true, and it's funny. What biohacking does, it gives you more energy, more power, more capacity, but you can still hit the wall. It just means that you've moved the wall out a long distance. You can get a lot of speed before you hit the wall. And women will typically hit the wall when it comes to overfasting, overketoing, overtraining.

[00:07:56] You're going to feel difference if you go zero carb for a month or start overfasting. Four to six weeks, you're going to start feeling something's not right. My cycle isn't where it was. Your body will give you feedback sooner. Guys, it's more like 6, 8, 10 weeks, and we don't feel it the same way you do.

[00:08:16] But first, for both men and women, it's my sleep quality just went to hell. My heart rate variability dropped. And if we don't have that data or we ignore it, then we're like, well, it's probably because I didn't exercise enough. I'll work out even more. Or I'll be even more keto. Or I'll be even more vegan. Oh, the honey might not be vegan enough, so you have to go one step further down. So all of that happens. But then for you, you know what your body does in a typical month.

[00:08:43] **Aggie:** And so I see so many fitness experts saying, this is the best workout plan on the planet. And oh, by the way, I haven't had my period in 10 years, but this is really good for you. And I'm like, hang on a second. Yeah, it's not a big warning so I realized that it's the best feedback. If your period is late or painful or you're not thriving, your diet isn't good for you, which you guys don't have that feedback. It's going to take longer for you to see.

[00:09:14] **Dave:** Well, our feedback is one that we don't really talk about. It's you wake up and you don't have a kickstand, because your cortisol is high. Your testosterone is dropping. And it's

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so predictable. You can tell what someone's labs are going to be based on what their practices are.

[00:09:31] And if they describe, as a woman, okay, here's how I'm feeling. Oh, let's see. How's your sleep? How's your exercise? Oh, you're not eating enough calories. When's the last time you had some protein? And so it's funny. We have these best practices or getting adequate animal protein, but adequate is different for a woman versus a man. And the amount of stimulus it takes to get your system stressed is different than a man. But we both need stressful stimulus, and we both need recovery.

[00:09:58] **Aggie:** Yeah, especially women, we live in our heads, and 80% of autoimmune diseases are women because we're just hypervigilant and super worried about everyone around us. I'm Polish. I was brought up by my mom. Up until this point, we go for Christmas, and I was like, make a plate for Jacob, and do this, and do that.

[00:10:17] I'm like, no, he's an adult. He's going to be okay. But it is a big focus on serve the men and put everyone else needs in front of your own. And it's still the culture in a lot of countries. So that makes us just forget how to connect with our body and just ask ourselves, how do I actually feel?

[00:10:37] **Dave:** So let's start there in specific advice for women. So self-care. How does a woman learn to put recovery and rest first?

[00:10:52] **Aggie:** That is a very good question. It's so tricky because I think what we understand as recovery is not exactly what mainstream understand as recovery. Sure. Watching Netflix on a couch, it's great, but at the same time, actual active recovery, which could be still going for a walk, it doesn't need you have to veg out on the couch. For me that just means sauna, going for a long walk, playing with Peanut, pleasure practice as well. These are all the things that--

[00:11:23] **Dave:** Tell me Peanut is your dog--

[00:11:26] **Aggie:** Yes, Peanut is my dog.

[00:11:28] **Dave:** Self pleasure practice, sauna.

[00:11:30] **Aggie:** And so, yeah, things go viral and you're like, okay, what is she talking about? She has pleasure with peanuts. No. Peanut is the name of my dog. Yeah, so all of the things that

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just make you feel good. And yeah, I think as long as it feels good and it's just not another piece of cake, I think whatever that means to you.

[00:11:52] For me, even writing the book was a part of a recovery. I would wake up in the morning and connect with that creative energy. I'm so glad I'm done. But then on the other hand, I'm like, oh, dang, I missed those mornings, waking up at 5:00 and just writing.

[00:12:09] **Dave:** What's the difference in your recommendations for cold--

[00:12:16] **Aggie:** This is a really good one. I think it's really tough because obviously, when I first got into biohacking, I did everything you did, and you always did say, fasting fastest way, women, it's different. I'm like, yeah, yeah, yeah, yeah. No, I want to go harder. I don't have to listen to that part. So I was like, the worst. I was a vegan biohacker. Oh, well, the balloon.

[00:12:43] Yes. And so I was like, I'm just going to do everything he says, but I'll just adjust it to my part. Didn't quite work. So fasting was like one of great examples. I would fast every day. Completely wrong. I would also do cold exposure. We have a cold plunge at home. We have one in Bali, so I would do it every day because I like to push myself. I have that in me to like, oh, don't be weak. Now I don't do it about eight days before my period and usually just tend to do it around my ovulation, which is day 14 or right before, so day eight till 10 to 14.

[00:13:21] **Dave:** Got it. So you don't do it in about a week or so before your period.

[00:13:27] **Aggie:** Basically, I cut down the fasting. I cut down on cold exposure, and I cut down on pushing myself. And I just focus on recovery. So we're more lunar as women. So this is a time for me to just step into that, softer.

[00:13:46] **Dave:** So be kind to your body when your body's under more stress than normal. Who would've thought? And it's the same thing for guys. We don't have that kind of stress, but if you're recovering from a cold or on the edge of getting one, or you flew around the world twice in a week and you get home, maybe you don't need to do an extended CrossFit workout and two hours of cold therapy or whatever you thought was going to make you stronger.

[00:14:12] That's actually when anyone, man or woman, needs to recover. And so are you in a state to receive a strong stimulus so that you can recover? Well, it turns out all of us can have times where we want to be in the state, but we're not. It's just you can predict it more easily

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because you have that window. And when you're not in that window, before your period, if you're feeling like crap, are you go do a cold plunge and have your workout, or are you going to recover?

[00:14:38] **Aggie:** You did say that more of your books. It's like you're not quite ready to receive it until actually it lands, and then it's like, holy shit. I'm like, oh no, he knows that already. Never mind. But yeah, it's really, really important.

[00:15:01] **Dave:** I might know it, but there's things I don't experience, at least not in this life, because I am a man. So having your perspective on it is really important. And there's less research. Let's face it. Most research, if you take all of the research since 1900 or so, that we pay attention to, there's a lot of 21-year-old white college students who were men who were the test dummies until probably the early '90s, where we started including women and different races and things.

[00:15:30] So we would understand, oh my gosh, you know, women are not little men. So medically, we have all sorts of biases. And in the world of biohacking, especially with the later stuff, the best practices are out there because more than half of biohackers are women. And we talk. And men talk with women. Women talk with men.

[00:15:50] And I'm here at my house. I have all the stuff that's set, Upgrade Labs. I can't afford the full on cryo giant walk-in chamber that does your face. So I have a cheap cold plunge, which is not as good, but it's good enough for home use. But when I'm in it with my girlfriend, I stay in longer, and it's okay.

[00:16:10] You stay longer in the cold plunge?

[00:16:11] Right. And so she'll hop in and hop out. Yeah, I'll stay longer in the cold plunge. So she might get out after 90 seconds, and I'll stay in for three or four minutes. Yeah. And then course if she tries to get out early, I just make fun of her. No, I'm kidding. You don't do that because there is a part of all of us when you get in that's like, jump out. This is bad.

[00:16:36] But all of us want to have the strength to overcome that, but it literally could be you just needed 30 seconds. So just pushing yourself to keep up with your partner is probably not a

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good idea. Likewise, if you're a guy, hopping out before you got the stimulus you needed might not be a good plan, but you both needed to be in the cold plunge.

[00:16:56] You both needed to be in the sauna. You both needed to go exercise, but the same number of plates on the barbell, if you're still using concentrated rocks and barbells and you haven't gone to Upgrade Labs, fine, whatever. But we're just not the same. But the idea that we need to do about the same stuff at different volumes and sometimes on different days, I feel like there's so much in common from a mitochondrial perspective, but from a stress hormone perspective, men and women are a little different. Can you walk me through what that is?

[00:17:23] **Aggie:** So first of all, I just want to say I love that you brought that up because there is this another score of women out there that just say, never drink a sip of coffee because as a woman, it's too much for your adrenals. Don't do any exercises. And it's just like, no, I want to enjoy the benefits of fasting. I want to enjoy the benefits of coffee. Cheers.

[00:17:49] **Dave:** Yeah. I'm sorry. If you can't have a cup of coffee, something's wrong with your adrenals unless you have a problem with metabolizing caffeine, a genetic thing in your liver. Other than that, a cup of coffee for women, if you look at all of the studies that look at reduction in all cause mortality, we need polyphenols too, and caffeine is good for men and women.

[00:18:14] **Aggie:** There's this school that tells women that we need to do the exact same thing as men. There's another school that says, basically, don't leave your couch and just be super gentle. And I think just meeting in the middle and realizing literally what you just said, we do need to cold plunge. We do need caffeine. We do need sauna. We do need to lift weights and heavy weights to the point of like, okay, I'm about to break, so I can get stronger. You just have to do it at the right time, watch your HRV, do it at the right time of your cycle, etc.

[00:18:50] And it's like, don't do a fasted workout if you're lifting weights. The basics that a lot of people overlook. It's a more interesting question that you ask about, like, why is it that we have to be more careful as women. We're the carriers of the species. Obviously for us, any food restriction means, okay, it's not safe to have a baby, and then we immediately lose our period.

[00:19:13] But I think there's this deeper level of emotional, spiritual, and psychological level why women tend to have all the autoimmune diseases, and why is it that we don't almost metabolize stress as well. We hold onto things.

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[00:19:35] It's like I can see it in my relationship with my fiancé. I say something, and three days later, I'm like, babe, you know that? He's like, yeah. He already forgot. It's not in his body. And I think this is all correlated to like, holding onto things and just not letting go.

[00:19:57] **Dave:** There's definitely some psychological and emotional and spiritual components to it. And there's also just a question of, where does your DHEA come from? And men can make stress hormones in our gonads, and women don't, especially post menopause. It can be very, very different. You're now a middle-aged woman.

[00:20:23] **Aggie:** Thanks, Dave.

[00:20:25] **Dave:** I was hoping to get you spitting right when I said that. You are facing at some point, most likely, unless we biohack this, menopause. And I've done so much work with perimenopause women over the years on tuning biohacks for that. And it's rough because they change on a monthly basis.

[00:20:51] But if you have the practices that are in your book, you've already established what your body feels like at different times. So if your cycle is late or early, you can still adjust what you're doing. But there's a huge number of women that are, I'm going to call them, with great respect, wise women. You might also call them elders, but literally we need our elders. I learned all of biohacking from people in their 70s when I was in my 20s. That's why I can do what I do. So women in menopause, how much of your book talks about that?

[00:21:21] **Aggie:** I didn't actually focus much on menopause because when I originally wrote the book, it was 600 pages because I wanted to include everything. And then I got a little hint of like, okay, this is not a textbook. And I think a big part of-- we talked about in my podcast, and you made me cry when I said that because I'm not a doctor, and had this deep-rooted belief that my sister was the smart one, I was trying so hard to make this book like, I know my shit.

[00:21:44] So I wrote 600 pages of like, I know everything. And people are like, Aggie, no one's actually going to read it because this is a textbook. And if you want to write a book, it has to be more of a storytelling. So what's your goal? And my goal was, which I shared with you earlier, to get biohacking into mainstream. That's why this whole thing of why Biohacking Bestie exist because I was like, people know the science and where to find it. You can Google it. You can come to your podcast. They can read your books. It's true.

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[00:22:16] **Dave:** You can't Google it. Google's [Inaudible] of medical information at this point. You Google it, but you can use any other search engine.

[00:22:24] **Aggie:** How can I like make it as simple as possible? And that was really hard. Even right now when I sit with it, I was like, oh, I have this deep fear. I was like, this book, it's not covering everything I wanted just because it's already 300 pages.

[00:22:39] I wanted to keep it not overwhelming. And I say that in the book, an overwhelmed woman doesn't biohack. A confused customer doesn't buy. And I think people, when it's too much information, they don't do anything. And so I think maybe the next book would include those women. I started to biohack my mom.

[00:23:00] **Dave:** Okay. Will you work on another book that's for women who are either in perimenopause or menopause?

[00:23:11] **Aggie:** I have an online course, and we just extended to menopause because that has been the biggest feedback. Women are being told-- it comes from lack of fertility. Then they're being told that they can't get pregnant. I send them to your book. And then a lot of them in their late 30s already have signs of perimenopause. We're entering it way sooner. Yeah. Very, very common.

[00:23:35] And so I was like, oh, well, my age group already. And so the more we can delay it, the better. I have a science team that's helping me research certain things. And I was like, oh, there's actually so much you can do, but one thing at a time. I focus on how to live according to your cycle, then I'm going to have a baby, and then I'm going to focus on that. That's my plan.

[00:24:02] **Dave:** So I've had several top notch experts on women's hormones and perimenopause on the show. I'm thinking Sarah Gottfried. Anna Cabeza comes to mind.

[00:24:17] **Aggie:** But I don't know if you know--

[00:24:18] **Dave:** Yeah, and many.

[00:24:19] **Aggie:** Know the story with me and Dave. I lived in Santa Monica for about five years, so I would walk to Bulletproof cafe, Upgrade Labs Cafe, it's called now. I was with you, Dave.

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[00:24:33] **Dave:** It was. That's a sign from the cafe behind me on the wall.

[00:24:37] **Aggie:** Oh, good, because I moved out.

[00:24:38] **Dave:** On the wall because we shut the cafe down. Yeah, that's the sign.

[00:24:41] **Aggie:** But it used to be my thing, and I even looked, I remember. To that point, I was so obsessed with Bulletproof Coffee and the vibrating plate that I remember when I was sitting there, and I was like, I need to find an apartment walking distance from where I am. And I did. We're like two minutes away.

[00:24:59] And so I would run into you and be like super shy, but I was just like, hi, Dave. I love all your books, da da. And then we ended up meeting at an event, and I don't know if you remember, but once I got ahold of you, I was like, Dave, I want to have babies later. How do I delay my perimenopause? was the first question I asked you.

[00:25:19] **Dave:** Yeah. And we talked about it.

[00:25:20] **Aggie:** I was like, now that I have access to you, that was the first question I asked. It was really, really interesting what you shared.

[00:25:25] **Dave:** It's funny because I'm a fat computer hacker formerly. And people are like, well, what business do you have as a non-medical professional, cis white male to talk to women about their health? And to that, I usually just say, how dare you--

[00:25:45] **Aggie:** Which triggers them even more.

[00:25:47] **Dave:** Which makes me laugh. Of course, because they're not people interested in me answering the question. But the reality is that the mother of my children couldn't have children, and I really wanted to take care of her to the best I could, which is something a lot of guys like to do, to take care of the women in our lives. So I learned, and I studied, and we had kids as a result of all this biohacking and fertility knowledge.

[00:26:16] It's a thing. Men and women do it together, and we can support each other in biohacking. Now, here's a part of that. What can men do to support the women in their in their biohacking?

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[00:26:29] **Aggie:** First of all, understand what cycle is. So a lot of times, a big part of what I do is teaching women about their cycle. And the number one feedback from men is like, but what about men? I'm like, why can't you learn about your woman's cycle? You're most likely going to be with a woman, and the relationship wouldn't be your superpower to know what-- there are only four phases, not that complicated. Nothing harder than a guy educating a woman about her cycle. I'm just like, hey babe, is that day 21? Ooh, how about we just slow down today?

[00:27:00] **Dave:** I thought, how about I hide today but okay, cool.

[00:27:10] **Aggie:** My wildest dream is we're working on an app for men which would link to a female. So basically as a woman, we're going to have Cycle Bestie, which is going to help you track your cycle. And then men will have a mirror app so they will see that day that the woman is in, and they will be able to see exactly what day she's in and what's the best way to support her.

[00:27:34] **Dave:** Dude. Have it send a text message to the guy every morning that's like, watch out today, or do this today.

[00:27:41] **Aggie:** Instruction manual for your girlfriend.

[00:27:43] **Dave:** And it's funny. Actually, my girlfriend was like-- because I'm kind of dating someone in case you didn't notice. But she actually was like, you're getting an app to track my cycle. And I'm like, this is such a cool thing. Yeah. So I want to know because it totally directs how I communicate with her and what I plan. And so it's actually really cool. So that's one thing. We can know your cycle. And by the way, guys, if you don't want to have kids, knowing her cycle is pretty important because there's really about five days that women can get pregnant. The rest of the time, no.

[00:28:22] And unfortunately, or fortunately, depending on whether your mother nature or not, during those five days, women are insanely attractive and insanely horny. Because when you're ovulating, you're like, I need it. And guys are like, why is she so attractive? And then that's why half of unplanned pregnancies happen. So if you know about that, if you want babies, that's the time. If you know about that and you don't want babies, you--

[00:28:42] **Aggie:** Yeah. So that's basically the vision for Cycle Bestie, which is getting men on board. It almost feels for a woman, like it's our job and we need to figure it out. And it's almost in

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silence and almost in shame. I don't know a single woman who ever walked through the restaurant holding her tampon without hiding it. We all need to change the tampon when we go up for dinner.

[00:29:10] And it's always deep in the sleeve, and we're always embarrassed. And I was like, why don't we just own it? Why is it just considered shameful or embarrassing to go change your tampon in a restaurant or in a public place? And so I think we're entering this new era where men are here to celebrate women and want to know more.

[00:29:35] **Dave:** Couldn't women just take the birth control pill because it's so much easier?

[00:29:38] **Aggie:** Love that you brought that up.

[00:29:41] **Dave:** Talk to me about biohacking for women and the birth control.

[00:29:46] **Aggie:** We're not here to judge people for their choices. I know that sometimes birth control can be the best thing that you can do because we're all in situationships or other things that are not serving us, the goddesses that we are. But in reality, I was never informed about the side effects of birth control.

[00:30:08] And that's the biggest thing. As long as it's an informed decision, you do you. It's your body. But my decision about taking birth control was not an informed one. It was just presented as a candy or like, oh, you're not going to have a period. This is great. No one made me understand that ovulations are our superpower. We actually get stronger. Our bones get stronger. It helps us with insulin resistance during ovulation. Also we're more attractive, and we're more likely to get a raise at work. You are losing on all of that. There are studies for that.

[00:30:48] So no one ever told me like, hey, this is the birth control. You are not going to ovulate for years, which means that your body won't regenerate naturally every month. And so that's a big one apart from the fact that the synthetic birth control makes a lot of women depressed, suicidal, like it did for me. And Ricki Lake, who came on my podcast created such a beautiful documentary, *The Business of Being Born*. She's coming on my book launch.

[00:31:15] **Dave:** Ricki Lake is awesome. She's my mentor too. I met her burning nine years ago, and that's how I got her on the podcast.

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[00:31:23] **Aggie:** She wrote a little endorsement for the book because she's like, yeah, let's get women off birth control. I'm like, yay. But also, I totally get it. It might not be the solution for every single woman out there.

[00:31:37] **Dave:** Maybe not every single one. I think it's one of the biggest crimes against women is hormonal birth control. Having access to birth control is absolutely necessary, and I think it's a human right, but selling something that increases risks of all kinds permanently and changes your psychology and changes your mate selection without telling you, that is unethical.

[00:32:02] And so throughout the course of my life, I've been familiar with this for a very long time because of my work in longevity, even in my early 20s. And so whenever I was dating someone, I'd be like, you know what? I really care about you. Even though we're not going to have any kids, I would really like for you to be as healthy and as powerful as possible.

[00:32:21] Let's look at the literature and see what happens. And they're like, I didn't know I was doing this to myself. And I'm like, that's great. It's your choice. And then if they go off birth control, then I smell --

[00:32:31] **Aggie:** It's thing. I don't know if it was true for you, but it is thing. Even co-producer Abby Epstein's had that situation where the moment women get off birth control, the pheromones change and they're no longer attractive. Because my question was like, let's get women off birth control, but the question is--

[00:32:53] **Dave:** Off hormonal birth control. Birth control are good. Hormonal birth control is not good.

[00:32:57] **Aggie:** And so we were thinking like, what can I do? Because the reason why we're on birth control in the first place is not because we can get pregnant for only five days more. Most women have very irregular periods, and so it's really hard for them to track those five days. And that ovulation window changes.

[00:33:14] And so one of the big missions with the book is to help women support that cycle naturally. I'm working with Shawn Wells on a supplement that will work on female mitochondria to actually help you get your period way more regular. Are they?

[00:33:34] **Dave:** Mitochondria female?

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[00:33:36] **Aggie:** No, no. I just meant for women. I was like, wait.

[00:33:44] **Dave:** I'm teasing you. Mitochondria always passed down from the woman's line. There's only seven women who have all mitochondria on the planet.

[00:33:50] **Aggie:** Oh, no way. I didn't know that.

[00:33:51] **Dave:** They're the great, great-- or nine, I think. Nine women. An old book called The Nine Daughters of Eve that tracks source of mitochondria for all humans.

[00:33:57] **Aggie:** Oh, I didn't know that. So we're all related. Oh, interesting.

[00:34:03] **Dave:** But it's only the women pass on mitochondria. Guys, we don't get to do that.

[00:34:06] **Aggie:** Yes, so that's basically what we have been working on. Because I realized for most women with the amount of toxins that we're consuming, they don't have regular periods. They will get pregnant if they just rely on tracking their cycle. And you have to really actively detoxify.

[00:34:22] I got really annoyed because I just posted, if you're using drugs or makeup and not detoxifying actively, it's probably not a good idea for your hormones. And there's a skincare expert that said, no, no, no, all skincare is good for you. And I was just like, ugh. The mainstream misinformation's driving me crazy. It's just mad.

[00:34:50] **Dave:** It's so broken in the mainstream, and I still feel like we're encouraging women to cut calories to lose weight. What happens in a woman's body when she under eats calories and exercises?

[00:35:05] **Aggie:** I think even if you don't try to lose weight, the message is so strong for women that I shared with you on my podcast, that we under eat just because we think it's more feminine. Just like smaller meals, smaller bites, avoiding steaks or meat. I think we not only don't eat enough calories. We don't eat enough fat and enough protein.

[00:35:35] I've worked with so many women right now, and it's incredible. It feels like, can you write down everything that you ate today? And it's usually just processed carbs or carbs and sugar. Very little healthy fats, very little protein. And so we're scared to eat normal meals because of societal standards and just like, I'll just have a smoothie, or I'll just have a latte, and I'll be fine.

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[00:36:00] So I think there's a lot healing that needs to happen because the moment we don't have enough calories, we not only have massive hormone disruptions. There is a big psychological refeeding syndrome that happens as well when we just basically start to eat the yo-yo diet.

[00:36:21] So you undereat, and then you have a very unhealthy relationship with food where you will get hungry after a while, and leptin, grill ghrelin gets all confused. I had that. I could never feel full on a vegan diet. I had to tell myself, okay, time to leave the kitchen, but I could never feel full.

[00:36:44] And I always felt hungry. It was so hard. And there's this moment in the book where I mentioned that I was listening to your interview with Dr. Mark Hyman, and you said, if you can't fast for 12 hours, you don't have metabolic flexibility. I'm like, what? What's that? And I tried fasting till 12:00, and I was just like, oh my God, I feel like I'm dying.

[00:37:13] How can people do it every day? And so yeah, that was a big turning point actually, that interview of yours, and you saying that. And then I was like, oh, shit. Maybe my diet isn't that good. I had stomach pains. I couldn't go without food.

[00:37:31] **Dave:** Oh yeah. When I was a vegan too, I bought bowls as big as my upper body to try and get enough salad in there. And I would just chop up all these vegetables. It was ridiculous, these giant red salad bowls from one of those, I forget the name of that fancy kitchen place, like William Sonoma, and I'm like, it takes so long to chew that much food.

[00:37:57] I'm like, I'll put it all into a blender, and I'm doing a gallon of blended veggies with coconut oil and all that other crap in there. And I was never full, just constant aching hunger. I think that creates more stress in women's bodies than it does in men's because you're more sensitive to a lack of calories, lack of nutrients, because it affects your monthly cycle. And for guys, it affects longer cycles. Does that sound real?

[00:38:25] **Aggie:** 100%. And I think even up until this point, we still get shamed for eating full meals. In the restaurant, sometimes my fiance prefers a sweeter breakfast. So he would order waffles, and I would order a steak, and the waiter comes. So it's like, oh, steak for me. She's like, oh whoa, you're such a small girl and you eat so much. I don't give a f but most women get a little intimidated by it because it's common to shame-- yeah, yeah, yeah, yeah. A lot of--

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[00:38:53] **Dave:** You've waiters actually say that really? You ever look at them and just be like, what such an waiter, and there's nothing you can do about it or anything like that? It just a swarmy response to that.

[00:39:02] **Aggie:** If you're a woman in your 20s and 30, I'd say you probably have to eat a little bit more than your boyfriend. You have so much more at stake. Your fertility is at stake. You need that fat. I was like, I just don't understand. If anything, we should normalize women eating more, not less.

[00:39:22] **Dave:** I have never been attracted to women who only eat two bites of salad because you know what they do? They eat half my steak. Oh, I'll just have a bite. And I'm like, I actually needed two steaks, and I only ordered one because I was being polite. And now I just order. I'm like, hey, can I have the steak?

[00:39:38] And then another side of steak on the same plate? And they're like, what? Like, yeah, I don't want all the other crap beans or whatever. Just put two steaks on a plate and whatever veggies I actually want to eat that you serve, which isn't probably that many. And I've done that on dates too. And I'm like, sorry, I'm going to eat the big steak because I don't have the brain and body that I want if I don't eat enough steak. And if that's an issue, it's probably not a good match.

[00:40:02] **Aggie:** That eliminates 80% of women in the US for you, but sounds like you're happy in the relationships.

[00:40:11] **Dave:** I don't think it does. I've been on a good number of dates, so maybe it's just because of a function of who I am in the world. But I can't imagine a guy being bothered by a woman nourishing herself. And if you're a guy and a woman you're seeing actually wants to eat and it turns you off, dude, get a therapist. Seriously, you have seated psychological issues, and you need to deal with those right now.

[00:40:40] **Aggie:** The hunger for life, and I think a lot of boys or men children are intimidated by strong women. And there's something powerful about eating a good meal. It's like claiming your power back and just saying, hey, I'm hungry. I'm going to eat. And I think a lot of men can be intimidated by it.

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[00:41:04] **Dave:** I guess we'd have to bring on men of different ages and perspectives to know if that's real.

[00:41:09] **Aggie:** It's like me in my 20s on Raya. I think it's very different now because it's like people are waking up. But 10 years ago, it wasn't exactly the case.

[00:41:19] **Dave:** Yeah, I think 10 years ago, we had more of that, and there's a difference between a healthy woman and an angry woman.

[00:41:27] **Aggie:** Yes. Cool. Let's talk that because that's actually--

[00:41:35] **Dave:** I spend a lot of time, and I hang out with people of all different ages. I have a bunch of friends in their 30s, mostly because they have much better parties than my friends in their 60 and 70. No offense. Some of my 60-year-old friends are really good partyers, but I'm somewhere in the middle of that range.

[00:41:51] So when I'm talking with them, women are clear and have been for whatever, hundreds of thousands of years. Men are generally a physical threat because we're bigger. And most women I know have had at least one really negative experience with a man who was stronger. And so totally acknowledge that.

[00:42:10] And many, many men have had an experience of having their character assassinated. Basically an angry person who had a vendetta who is willing to lie. So guys are afraid, like, can't ask her out because she might've been educated that if she felt uncomfortable and asked her out that it was harassment.

[00:42:29] I know a place they were teaching this in a school. So guys are like, if I say the wrong thing, I could lose my job and my reputation. So they're locked in, and women are like, I could have my physical safety, and they're locked in. So then it comes down to learning how to feel safe in your body if you're a man and if you're a woman.

[00:42:50] So then you're like, oh, I can feel someone who feels safe, and I can feel that I feel safe, and then you can have a conversation and like, hey, would you be interested in talking about going out sometime? And if they're like, no, then they didn't feel threatened, and you didn't feel threatened, and we're all good. But I think that's growing up.

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[00:43:04] **Aggie:** I actually mentioned that big part of why we store fat is not feeling safe in our bodies. It's a big like safety suit that we put on. And so when we don't feel safe, we project that sense of unsafety onto everyone around us. And everyone is a potential threat. And a lot of women live in that state. I have been harassed multiple times, once with a knife in Brazil, recently in Bali, walking late at night. Yeah.

[00:43:33] **Dave:** Oh my God.

[00:43:36] **Aggie:** Pretty much.

[00:43:37] **Dave:** You're not [Inaudible] somebody four feet tall.

[00:43:39] **Aggie:** It's so interesting I was a missing part of the chapter in the book, and I was recording a voice note because sometimes I go for walks and just voice note what I want to say because I have such good ideas and then when you sit in front of the laptop, it doesn't flow every time. And I was recording a voice about all women and the feeling of safety and how so much more important is for us to nurture that and not rely on our partner, because I think then we're just in a very codependent relationship.

[00:44:06] You need to find that safety within you. And then this guy comes up and starts harassing me on a bike, which was super intimidating, but it's all in the voice notes. Yeah. And so I actually sent it to my fiance after. I was like, you won't believe it. Literally, as I'm leaving this voice note, it's there.

[00:44:25] But that made me realize how-- and then doing Aya and just having this realization that we feel like prey a lot of times, and that makes us feel like we're constantly running from, instead of just stopping and just like, okay, cool. I need to own that feeling.

[00:44:50] **Dave:** It's interesting that you're saying don't rely on your partner. I've learned in studying just a lot of relationship stuff over the last few years, one of the biggest things a man can do is bring a feeling of safety to a woman, right?

[00:45:09] **Aggie:** There's a small shift that's happening in some circles, which is coming from a place of like, what if I can be a whole person, and what if I can have that sense of safety within myself? What if I have this sense of structure and direction within me?

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[00:45:30] And so then that I allow my partner to also tap into his feminine, which is emotions, and being in tune with who he is and how he feels. And so we don't come from a place of codependency and wanting the other person needs to be those things for me. But I can come from a place of like, well, we're a whole person and we just love each other, unconditional love, because I don't want you to provide the sense of safety for me. I can get that myself. And when you do, it feels so good because I feel like you just do it out of a place of love, not out of place of responsibility.

[00:46:10] **Dave:** That's beautiful, the idea of you're capable of feeling safe on your own makes you independent and strong. And when I look at biohacking, and there are some people out there who've tried to drive a wedge and be like, biohacking is entirely different for men and women.

[00:46:28] I'm like, that's funny because it's always been for both. The definition, changing the environment around you and inside of you to have control of your own biology. One of the biggest variables in the environment around you is your partner or maybe partners, and then it's your close community of friends.

[00:46:43] **Aggie:** That's the next book, Dave, honestly. I don't what the title would be, but this is your next book, Change the Environment Around of You ... Partner

[00:46:48] **Dave:** I could write a good book.

[00:46:53] Yeah. So you find a good partner, and then yes, you're capable of creating safety. I would argue, in my experience, for most women, generating internal safety is more work than it is for men. You don't naturally walk into a room and know the three people you have to kill first if necessary. Do you? I do automatically.

[00:47:20] I walk in the door, and I know exactly-- and I don't have to think about it. I'm not hypervigilant either. I used to be, but I know absolutely, without any doubt whatsoever who's a threat. And I know exactly what I would do if necessary to stop them because that's my job as a man.

[00:47:39] And it doesn't cost me anything to do that. It is natural. It's my job to spot the tiger. And it's your job to feel the world and to help me do that because that's more work for me. I can do both, but one of them doesn't take me any time. So to be a highly integral person, it's nice to

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have both abilities in yourself. And it's nice to be lazy and be like, you know what? My partner is probably going to notice something that I don't notice, and likewise, the guy might notice there's car speeding towards us. That's it.

[00:48:13] **Aggie:** And again, I think this is a new shift in relationships and why there have been so many divorces, because I think for a guy, if you're the provider, it feels good, but not after 30 years, when you feel like you have to provide now. You're expected to provide. You feel used. And it doesn't feel good anymore. You want to be appreciated for it, and it should never be taken for granted or respected. And so you always want to feel like--

[00:48:39] **Dave:** Hmm. Yeah, taking you partner for granted, it doesn't work. You're totally right. And I agree. A helpless woman--

[00:48:48] **Aggie:** Or a man who's not connected with his feelings.

[00:48:50] **Dave:** And a helpless man is not so attractive.

[00:48:51] **Aggie:** He's like he doesn't know what he really wants. And it's just very heady. That's not attractive either. You want to have a guy who's connected with his heart. Leads from his heart, not from his head. That's just very 20th century.

[00:49:09] **Dave:** It's funny that we're getting into this and we're talking about biohacking for women. And since your hormonal and health profile as a woman affects your psychology, it affects your feeling of safety in the world, it affects your mate selection, and it affects how you interact with your mate, I don't know how to separate that. All of this stuff in your book ends up being reflected first in yourself and second in your primary relationship, and then it ripples out from there, which is why biohacking starts in the cells, even the subcellular components, and it works its way up.

[00:49:47] And so I love that any woman who reads your book is going to become healthier, more electrically able to make energy, which means more able to sense the environment around her, more able to take action and to not be reactive, but to choose an action and to be proactive. That's why biohacking is so important.

[00:50:12] And if you're over fasted, and you talk a lot about how women overfast, how to avoid it, you're not going to be able to show up that way. It's like how do you show up in that powerful

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way as a partner? I think that's cool. And it's maybe not fully reflected in here because there isn't a chapter on like, pick a guy who you know is a good partner because you'll be less stressed and vice versa. That seems obvious.

[00:50:36] **Aggie:** Yes, and I think what we started with the conversation, what you said about Danger Coffee here, when people have power, they can become dangerous. And I think I had that realization. When women feel good, I don't need to tell them what they need to do. I don't need to motivate them to live their best life.

[00:50:54] I don't need to motivate them to change the world for the better. They will. They just have to feel good in their bodies. But we're in zombie-like state that, back in the day, I would try to motivate them and convince them, and it just doesn't work. You just have to help people feel good in their bodies.

[00:51:11] And once that veil of brain fog lifts, people do incredible, beautiful things. And I say in the book that there's this softness that only women can birth into this world, but we're tired, and we're overcommitted, and we don't really feel seen because we don't see ourselves. We need to bring that main character energy into our life.

[00:51:39] You even taught me this, and I think I want to just acknowledge one thing, that big part of why I really appreciate this friendship is because even though biohacking is mostly male dominated, at least the top biohackers are male, you always were the one that was like--

[00:52:03] **Dave:** I don't know, man. I think Sarah Gottfried, Anna Cabeca, Dr. Molly-- there's a long list that just offense there.

[00:52:12] **Aggie:** There are, but when you see people that are actually at biggest podcasts, biggest stages, it's mad. Yeah. And so it's not about getting offended--

[00:52:23] **Dave:** There's some biohacker bros out there--

[00:52:24] **Aggie:** It's about just recognizing, okay, women are biohacking. They're not exactly represented on stages perhaps. And so what can we do to change that? And I think you were the person that was pushing me and reminding me of my power. It's like, Aggie, you can do it. You're smart enough. You're big enough. Your last text to me is like, come on, you're big enough. You

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don't need to play small. And I really want to acknowledge that it's like, no, you always made space.

[00:52:50] And I felt super supported without ever any expectation. And I think this is my promise, that I want to make more space for women in their 20s, in their 30s, that want to enter that space, that are young, that feel intimidated by smart guys, that use fancy words, and they just want to do whatever they can. My biggest wish for biohacking is to be mainstream for women that don't have access to healthcare, because they need it the most.

[00:53:26] **Dave:** I love it if everything that I write is written. If only I'd have known that when I was 16 or 19, it would've been so much easier. I would've suffered so much less. And I'd probably been a lot nicer to a lot more people too. And I'm finding out I have kids who are teenagers, and like, dad, just tell us what to do. Make it really simple.

[00:53:50] Guys, I wrote like eight books on this. Those are already really simple compared to this whole universe of info that I'm trying to compress here. And then I'm finally going to the point where, well, tell me what you want to do. Do you want to be smarter? Do you want to have more muscle?

[00:54:07] Because I can tell you the top two things for each of those both, not even a goal. So I love that you're zooming in on women and saying, let's make it easy at this age or at that age, so that it becomes simpler and simpler.

[00:54:21] I believe that biohacking is disrupting mainstream medicine, and it's making some people uncomfortable like Peter Attia. It's so amusing. This guy's a surgeon, the cut and burn style gets really unhealthy. And now he's like, I'm a longevity doctor, but biohacking won't work because no one will ever live longer than they already do. And you should take statins, and you should lift a lot of weights, and maybe some rapamycin, and that's your longevity strategy.

[00:54:53] And I'm like, this is so 1990s. So the anti biohacking movement comes from threatened doctors when there's literally tens of thousands of doctors who are listening to this episode right now who are going to order your book and recommend it to their patients. So all these like functional medicine doctors, many of whom are women, and they're out there, and they're working on making a whole new reality where biohacking disrupts traditional medicine.

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[00:55:20] And so the more traditional you're trained, like a surgeon or something, the more likely you are to just not see the world that's coming. And the world that's coming is that we as men and women, know the manual for our own body, and we only go to the doctor if we got in a car accident, at which hospitals are great. Do you agree with that?

[00:55:41] **Aggie:** 100%. It's not relying on healthcare anymore to go for advice, how to stay healthy and live longer. This is just disease management. And so we shouldn't go there unless it's a life-threatening emergency. But sadly, most people get their information of what to eat and what to do from their doctors.

[00:56:03] I have a lot of friends that had cancer, and they haven't been recommended to eat healthier. They just are like, continue eating your pasteurized cheese and white bread and whatnot. Doesn't really matter. It's scary. It's really annoying, and there's this big anger in me on so many levels because we have put so much trust to these people. But then I realized they're not really exactly educated because biohacking is its own thing, almost.

[00:56:34] **Dave:** Do you get these registered dieticians coming after you on social media? I do too. I love them. These are the people who literally are in charge of school lunches, and they're the people who put a soda machine and McDonald's at hospitals, and they make hospital food, and they're the most blind people, most programmed people I've ever seen.

[00:57:04] And at this point, it's like everyone knows that they make shit food. And there's a new wave of early 20 to 30-year-old holistic dieticians, and they found a lot more nutritionists, and they're totally messing with all the old people who are the ones who are trolls, going, I'm a registered dietician, and how dare you not eat soybean oil? And you're like, dude, your days are numbered. So be grateful when they come after you because they're actually raising their hand to be the first to be fired.

[00:57:37] **Aggie:** I remember when I had a car accident, speaking of hospitals, I survived a very, very dangerous car accident. I didn't wear a seatbelt. I was driving a 100 miles an hour in the middle of the desert, and we rolled over three times. And I just remember that after I woke up, the first thing I got was ice cream and jelly because it has collagen, so I can heal my bones. And I'm like, really?

[00:58:00] **Dave:** Wow.

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[00:58:01] **Aggie:** I still remember that. It was like 15 years ago.

[00:58:05] **Dave:** What?

[00:58:05] **Aggie:** Isn't that crazy? How am I supposed to recover? No protein, no fat.

[00:58:12] **Dave:** It's almost like they willingly wanting you to stay in the hospital. I don't understand.

[00:58:15] **Aggie:** As if there was an interest for them that you stay in hospitals longer. Weird.

[00:58:21] **Dave:** Yeah. I had a abdominal surgery with a robot about two weeks ago. I had a really tiny hernia. I don't even know when I got it, but I was like, I should get that fixed. And the surgeon who's really good, but he's like, oh yeah, you should have this presurgical drink. And the surgery is at two in the afternoon or something, says, just drink it at 8:00 in the morning.

[00:58:45] And I look at it. It's from Ensure, and it's got 50 grams of maltodextrin. So you're going to drink this, and your blood sugar's going to go up to 250, even if you have a good metabolism. But by the time you're in for surgery, it's going to crash and you're going to be at 75 blood sugar. And I thought to myself, fuck that.

[00:59:02] So I might've just had a couple tablespoons of raw honey a little closer in and some ketones, and I did just fine. But the fact that doctors are recommending-- oh, and it had canola oil and some other bad sweeteners. You're just like, this isn't okay for humans.

[00:59:18] So in your book, you talk a lot about nutritional recommendations for women, and in our show today, I want you to just give discovered--

[00:59:26] **Aggie:** Don't count calories. So always focus on nutrients, how nutrient dense food is, and just making sure that even if you can't afford a organic, you can afford something that's a little bit more local and seasonal, that it tends to be more full of nutrients to your food.

[00:59:46] It's a big one, especially if you're not supplementing digestive enzymes. I know that most women don't even digest the food that they're getting. They're not absorbing the nutrients that they need to be. Avoid all the antinutrients, everything that's making you sick essentially. Big for women, personally for me in the journey was eating organ meat. If you're planning on staying fertile, eating organ meat is a very big part of what you should do. You can supplement it.

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[01:00:20] **Dave:** So what kind of organs? Are you like Liver King?

[01:00:23] **Aggie:** No, I eat beef liver. I'm super inspired by Weston Price and his work. Yeah. So beef liver, you can have it supplements--

[01:00:32] **Dave:** That's the most important one.

[01:00:33] **Aggie:** If you can't stand the taste. My mom makes the most delicious pate.

[01:00:42] **Dave:** Everyone from Eastern Europe says that, and the rest of the world is like, that's crap. And having been married to someone from the Czech Republic, dude, that liver does not taste good.

[01:00:51] **Aggie:** What! No, but you need to come over to Poland one day and I'll make the beef liver pate because it's really good. But just like coming back to the basics, just like unprocessed foods and making sure you eat enough fats and protein, and it's not enough to eat protein for dinner. It's 30 grams of protein at every meal because it's just like-- yeah.

[01:01:15] **Dave:** Have you seen the recent studies about doing way more than 30 grams of protein?

[01:01:23] **Aggie:** You mean per meal?

[01:01:25] **Dave:** Yeah.

[01:01:26] **Aggie:** Well, so it's really tricky because my question is how much do you actually can absorb, right? And what happens with undigested protein in your colon?

[01:01:38] **Dave:** Yeah. It's the same thing here. Undigested protein typically turns to ammonia, which wreaks havoc in your gut.

[01:01:46] **Aggie:** So my question is, do you need to have more than 30 grams, or do you keep 30 grams focused on fats and just have a lot of digestive enzymes to actually be able to absorb all the protein that you're having?

[01:01:57] **Dave:** The new study, this just came out like in the last couple of weeks, and it actually reflects something that I've been discovering over the last year or so. We know that there's a window, like Gabrielle Lyon talks about this, about 30 to 50 grams or about what we

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believed you could use. So someone did a study. It probably was in min. I would just guess that. I don't remember off the top of my head. But they did a 100 grams of protein.

[01:02:26] **Aggie:** At every meal?

[01:02:27] **Dave:** Yeah. And looked at what happened and they found that if you ate more protein, that muscle synthesis was higher for the next 12 hours. And essentially the protein got utilized if you could digest it. So study didn't exist, but a couple years ago I was like, I'm only eating sometimes one or two meals a day. How the hell am I going to get 200 grams of protein?

[01:02:49] **Aggie:** Yeah.

[01:02:50] **Dave:** It's not possible unless I'm going to go over 50. Because then you'd have to do four meals to get-- so I said, good, I'm just going to do a 100 grams of protein a meal. It seems to work. I got leaner from it, and I actually measured liver function, ammonia and all that. Just take your digestive enzymes. It works just fine.

[01:03:14] **Aggie:** Yeah. My biggest thing, is a lot of people are so scared. I guess because we have a very different audience, and I work with women that never even heard of digestive enzymes, and most of them can't even digest enough protein that they're eating. But I probably eat more than a 100 grams. I'm a 100 pounds myself. I definitely eat more than a 100 grams protein, but I take the digestive enzymes.

[01:03:39] **Dave:** And you'll be able to tell. Look at that. Wow, you're ripped. Slight difference in genetics. If you're eating too much protein and not digesting it, there's a very clear sign. And bodybuilders, the real aggressive ones who eat incredible amounts of protein, they all know what the gym smells like because undigested protein will destroy your farts. And I've heard, I don't know if it's true, that women sometimes fart.

[01:04:14] **Aggie:** No, we don't.

[01:04:16] **Dave:** Yeah, I didn't think so. But if it did happen and you had to blame the dog, you didn't digest your protein, is what I'm saying. So if that's happening, take digestive enzymes.

[01:04:26] **Aggie:** I love that you actually bring that up because I think it's like people get so funny, especially women when it comes to smells and analyzing your poop. I don't use the

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deodorant, and people are like, oh, that's so gross. I'm like, yeah. So if I start to stink, it's the best biofeedback that it's time to change my diet.

[01:04:47] **Dave:** Yeah.

[01:04:48] **Aggie:** And so I can't tell with a deodorant.

[01:04:50] **Dave:** Deodorant is for people who are unhealthy. It also usually disrupts your endocrine system or gives you toxic metals. So if you need deodorant--

[01:05:00] **Aggie:** Even the health ones, they are worth it. Yeah.

[01:05:02] **Dave:** And if you're healthy, you'll actually smell good. You smell like a healthy person, which isn't unpleasant to other people.

[01:05:09] **Aggie:** Yeah, and all the pheromones are out. You're not blocking them or covering them. So, yeah, especially for a woman, I think it's just like, yeah, if you have smelly farts and smelly poop and you can't smell yourself, then this is a little hint that perhaps your diet should be changed.

[01:05:26] **Dave:** Yeah, absolutely. Oh, I found the study. Here's what it says on ScienceDirect. It says, the anabolic response to protein ingestion during recovery from exercise has no upper limit in magnitude and duration in vivo in humans.

[01:05:42] **Aggie:** Wow. Amazing.

[01:05:43] **Dave:** That's a big claim. That was in Cell Reports Medicine. So this is a big deal. So what that means is for men or women listening, if you're working to get one gram per pound of body weight-- and you recommend that in your book, right?

[01:05:55] **Aggie:** Yes, yes.

[01:05:56] **Dave:** Okay. And this is of animal protein. If you're only going to eat two meals a day, depending on how much you weigh, you might need 60 grams of protein per meal. It'll work if you take enzymes.

[01:06:06] **Aggie:** Yes. I guess the biggest part of it is also making sure that it's the minimum, 30 grams. So it's at least 30 grams at every meal that you don't go without that.

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[01:06:20] **Dave:** And how many women do that? Not that many. Like, oh, I'll just have an egg. I'm like, that's not going to work. And then a lot of times, and you've felt this too, when you're 25 and doing your influencer stuff, you could probably just eat-- I'll just have some avocado toast and whatever, and you're fine, right?

[01:06:37] **Aggie:** Yeah.

[01:06:38] **Dave:** And all of a sudden, you realize it doesn't work as well. And then we go through all these early 30s problems because we didn't know how to do it in our 20s. And if you'd have done it right in your 20s, you would've stayed like you were in your 20s until you were 40. So it's like we lose so much of our capacity because we just didn't have good information.

[01:07:00] **Aggie:** And it's like we're not interested. I watched through your interview with Bryan Johnson and how he said he's really having a hard time spreading information about Dr. Colonel. And he said, people are not interested. And I think in our 20s, we take health for granted.

[01:07:16] It's really hard to get people to get mildly interested. And so a big part of what I do with those, trying to do fun reels and appeal to Gen Z is make them fall in love with taking care of their body, but you just have to speak their language, and it's like, this is how you get hotter, or this is how you get fitter.

[01:07:35] Because if you tell them like, you're going to live longer, in your 20s, you don't care. You feel like I have 60 years. You don't have a perspective. And then closer to your 30s, you're like, oh, no this is awesome. I don't want to grow.

[01:07:47] **Dave:** That's why back when I was running Bulletproof, it was like the state of high performance. And even the whole biohacking movement, it's language that's accessible for people in their 20s. Because I was so frustrated. I'm the only 26, 27-year-old going to these longevity anti-aging meetings, and all the members and attendees are 60, and they're giving me all the tools to turn my brain on.

[01:08:14] It was so cool, and no one would ever come because it was for old people. This is stupid. This is for powerful people. And that was why I recharacterized epigenetics and longevity

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as biohacking, because it's the element of control. And right now, the people who feel the most out of control are women, especially young women.

[01:08:32] It's like, okay, how about you have some control back and read Aggie's book? And now that you're in charge of yourself, maybe you'll pick up the right guy if you're looking for one. Or maybe you'll get a promotion. Those things happen because you are more in your body, because your body works better.

[01:08:50] And we know this to be true. So you've learned. You've gone down this path. You've, gotten sick. You've gotten well. You've tried all the things, and now you've put them in a really cool book. And you've now written what I'd say is one of the best books on biohacking for women, especially women who are in their fertile years, I'm going to say. And next up, I suspect, is the fertility-pregnancy book. I know when you study. And then after that you can write the book on--

[01:09:19] **Aggie:** I'll just copy-paste the Better Baby and just slap my name on.

[01:09:22] **Dave:** Rewrite this.

[01:09:24] **Aggie:** Paste, rewrite.

[01:09:27] **Dave:** Let me ask you a final question before we wind up here. When I wrote the Better Baby book, I actually reread it recently. I'm like, I nailed this too early, but I was a little bit too low carb for women and maybe a little too high in oxalates, like the sweet potatoes versus rice. If I had to rewritten it, I'd have said, do more white rice and less sweet potatoes because of oxalates. How big of a deal do you think oxalates are for women?

[01:09:55] **Aggie:** I think it's, to me personally, like coffee. I think some women can have oxalates and they feel fine.

[01:10:06] **Dave:** Most do when they're young. Yeah.

[01:10:06] **Aggie:** Yeah. And so Dr. Lara, who's head of my medical research, that was the biggest change for her health, removing oxalates. She was like chronically sick and unwell and couldn't get through her university. So it's like with everything, lie whole idea of biohacking, there's no one size fits all. And I think it's just monitoring, like, I feel good after sweet potatoes. I do love my eggplant as well.

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[01:10:36] And so I have quite a few anti-nutrients here and there, and I'm able to metabolize them well. But I see how they compound. If I go to Europe, I have too many peppers and tomatoes in Greece, and then I'm like, oh yeah, no, my gut feels it for sure. So it's just finding that sweet spot and seeing how your body responds to it. I don't think everyone should remove them because it really depends on you.

[01:11:07] **Dave:** It does depend on you, and it depends on long-term effects as well. And the reason I was asking is I've seen so many women who are saying, I have interstitial cystitis. I have problems, frequent bladder infections, frequent UTI issues. And they stop oxalates, and it goes away in a week.

[01:11:32] Even vulvodynia, which is a really, really painful condition where you get oxalate crystals in your vulva. And you can't even wear underwear when you have that. And it's related to these classes of food. So I always say, look, you could probably pound spinach and kale smoothies.

[01:11:52] I did. It didn't have any problems until it started causing major problems because they build up over time. So I was curious where you were, and it sounds like you have a moderation, and we can all handle some oxalates. It's just, for me, for years I was all about the almonds, raspberries, spinach, kale, beets, all the highest things.

[01:12:14] **Aggie:** Yeah. That's being vegan for you.

[01:12:17] **Dave:** There you go. Yeah. So I wanted to get your take on that specialized biohacking question for women. Anything else about your book that you want people to know?

[01:12:28] **Aggie:** Yeah. Actually, super randomly, as the book was getting ready and it had a of a delay, I ran in Bali into these two guys who are one of the first people in the world to create AI brains. So they take all of the information that you have, but then they add personality based on interviews, like this one.

[01:12:49] So they listen, and they are able to pick up the personality. And so they were the ones that put together this AI Aggie for the book. So it comes with a little chat. So anything that-- if you just can't be asked to read this book, you can just scan the QR code at the front and just ask

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the AI what's the most important points in the book? And the AI will tell you, so you don't even have to read it. So more interactive.

[01:13:17] **Dave:** Nice. Aggie, thanks for continuing to spread the biohacking message because it really matters, and it matters no matter what age you are. It matters whether you're a man or whether you're a woman. The deal is you need to be in control of your own biology, which allows you to be better at dealing with all the other people around you. So thanks again.

[01:13:38] **Aggie:** Yeah. Thank you for having me, and thank you for always just being so welcoming and open to new people in the industry. It means a lot.

[01:13:46] **Dave:** You're very welcome. The book is Biohack Like a Woman. You can buy it online and anywhere books are sold. You have distribution for this?

[01:13:55] **Aggie:** Yes, yes. So anywhere you can think of, we're there. Thank you, Dave.

[01:14:01] **Dave:** Got it. All right. Thanks. Upgrade Collective.