

The Human Upgrade: Episode 1130

[00:00:00] **Dave:** You're listening to The Human Upgrade with Dave Asprey. Today's an in-person interview in the studio here in Austin, Texas, which is the home of barbecue made out of real meat. It's not the home of that fake, garbage, industrial, cricket, soy, whatever, pea protein nonsense. And if you're from Austin and you eat that nonsense, you should go back to California. Did I say that? Oh, hold on. Are we rolling?

[00:00:30] **Hal:** Oh, wait. Oh, yeah.

[00:00:31] **Dave:** Oh, I guess we are. My guests today would probably agree with me, but that's not what we're going to talk about. I read this thing on Instagram that came up. It said, if you can be polarizing, you'll get more followers.

[00:00:45] **Hal:** There you go.

[00:00:45] **Dave:** I'm 20,000 followers away from a million followers on Instagram.

[00:00:48] **Hal:** Nice.

[00:00:49] **Dave:** So I'm polarizing my ass off right now, guys. So if you're not following, I'm almost there.

[00:00:54] **Hal:** Yeah. What other topics can we talk about today? The gun debate. That's one.

[00:00:59] **Dave:** Yeah. It turns out, I have tested this, it's really easy to hunt an impossible burger. You put it up there and then you just take marshmallows, vegan marshmallows, and you're just like, throw them a little bit, and dude, you're a hunter. You're a hunter.

[00:01:14] **Hal:** Yeah.

[00:01:16] **Dave:** Was that polarizing enough, or do I need to be more judgy?

[00:01:19] **Hal:** Yeah, I think that was weak.

[00:01:21] **Dave:** No, I'm feeling triggered.

[00:01:22] **Hal:** Yeah.

[00:01:26] **Dave:** If you don't recognize his voice, this is Hal Elrod, author of the Miracle Morning. A longtime friend, and he's here to announce that he's launching the Miracle Morning Coffee. Isn't that, right?

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[00:01:38] **Hal:** I should be, man. Only you know how much money I've left on the table by not launching Miracle Morning Coffee.

[00:01:44] **Dave:** We could partner with Danger Coffee. I'm just saying. If you have a Miracle Morning, you might be dangerous because who knows what you might do.

[00:01:49] **Hal:** There you go.

[00:01:50] **Dave:** I'm just teasing because Hal is a devout-- what do you call it if religious people are one thing and then you have Satanists on the other side? You'd be like a Satanist for the coffee religion. So what would that be called?

[00:02:04] **Hal:** I'm so confused by that question.

[00:02:07] **Dave:** You're hard to trigger, dude. This is pissing me off. No. So I would say he's a devout anti-coffee guy because you don't need a coffee when you have a Miracle Morning. And I'm like, screw that.

[00:02:19] **Hal:** Actually not. I drink coffee. I drink, yeah.

[00:02:21] **Dave:** When did you change your religion?

[00:02:22] **Hal:** My wife loves Danger Coffee, by the way.

[00:02:24] **Dave:** Are you serious?

[00:02:24] **Hal:** Yeah.

[00:02:24] **Dave:** Oh my god. But you always say you don't need coffee. I've read your books.

[00:02:28] **Hal:** I go through periods. I'll go coffee then-- I was green tea for years, and then I don't know, maybe six months ago, I decided to go coffee again.

[00:02:38] **Dave:** No way.

[00:02:38] **Hal:** Yeah.

[00:02:39] **Dave:** This is great news for the human species. I'm really impressed. That's hilarious. I did not know that. By the way guys, if you don't drink coffee, that's okay. It's on you. The

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studies seem to say that for most people it's good for you, but there's also studies supporting green tea.

[00:02:55] So pick one. Pick one. Do something good. But the reason Hal is on is not anything to do with coffee. It's because he has a brand new Miracle Morning book, and it's updated, expanded. Because we've been friends for a long time, you came on for your first Miracle Morning, I think a couple of times.

[00:03:13] **Hal:** Years ago, yeah.

[00:03:14] **Dave:** We're both in Austin. We got to sit down and go into some of the new content that you haven't shared with the world before. Are you up for that?

[00:03:19] **Hal:** Yeah, absolutely.

[00:03:20] **Dave:** All right. Some listeners may not know of your stuff, although, man, two million copies sold and you were just the number two of all books sold. You've really just gotten a huge wave of awareness over the last couple of weeks.

[00:03:35] **Hal:** Yeah. And that was the goal with the new book, or one of the goals, it was a self-published book for 11 years. So you couldn't buy it in stores, and I've met with probably 15 New York publishers since then and looking for like, who's the right publisher to bring this to the masses that buy their books at Target, or Walmart, or Barnes & Noble.

[00:03:57] And so yeah, that was part of doing an update and expanded edition, was let's make the book even better, and let's reach-- the way I always say it is 2 million copies sold, which means there's 8 billion people that I have to spend my life trying to reach and impact with the message.

[00:04:14] **Dave:** Do you ever wake up in the morning and just say, I've only reached 2 million out of 8 billion? I'm a failure.

[00:04:18] **Hal:** Of course, that's human nature. I call that gap focus in the book. But yeah, it's human nature to look at what you didn't get done.

[00:04:27] **Dave:** I've written 8 books. I've really only sold about a million copies. I'm feeling really inferior right now.

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[00:04:32] **Hal:** Yeah, no, that's a little embarrassing.

[00:04:35] **Dave:** Yeah, so your author flex game is stronger than mine.

[00:04:38] **Hal:** There you go. Well, you've sold way more coffee.

[00:04:40] **Dave:** Fair point. Speaking of flexes, I interviewed Bryan Johnson recently, the guy who's running through the, I spent \$2 million to reverse my age playbook. One that I'm familiar with and that I appreciate. And so we compared who could swallow the most pills at one time, and he looked at me and he's like, dude, that's a weird flex, but I respect. And I just laughed.

[00:05:02] **Hal:** Wait, didn't you get my voice text about that?

[00:05:03] **Dave:** You voice texted me about that?

[00:05:04] **Hal:** Dude, I sent you a voice text like three days ago, and I said, Dave, what about when I see you, you and I have a contest to see who can swallow the most pills? Because I think that I can give you a run for your money. I don't know if I can beat you because that morning I swallowed 22 pills. No problem. One gulp. Right when I did that, I thought of you.

[00:05:23] **Dave:** Let's have a contest.

[00:05:24] **Hal:** Dude.

[00:05:25] **Dave:** Here's a problem, though. See the number of unread messages from my inbox?

[00:05:29] **Hal:** Oh, I only have 380, so you're crushing me.

[00:05:32] **Dave:** I'm at 1,432 unread messages in my inbox, and I will say for my friends who send me voice notes, you can't listen to a voice note when you're on a call or a video call. So the voice texts are actually better. I should listen to that, and then five days later, I still haven't listened to it because, when am I going to do that?

[00:05:47] **Hal:** Yeah. The question is, who's lazier? The person sending the message that doesn't have the energy to type it or the person on the receiving end that doesn't have the energy to listen to a voice text?

[00:05:56] **Dave:** You know what I used to do? I had a couple of people who would abuse voice text. It's one thing if you send someone voice text because it's like, I want you to hear my voice,

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because I really care about you, man. Another thing when they're just like, blah, blah. So I would just go, it wasn't really clear, could you record that again? And I would send them a voice text, and I would do five times, and they'd get frustrated.

[00:06:16] **Hal:** That's great. Well, the thing is, when you say abuse voice text, where my mind went was, a one-minute voice text? Got it. Three minutes? Five minutes? Come on. And then especially with details, they're like, oh, there's seven things I need to make sure that are really important that I get to-- by the end of the voice text, you're like, I forgot what the last seven were.

[00:06:37] **Dave:** And I might do that when I'm working with my team or something because I'm driving somewhere. But I also pay them to transcribe it and turn them into action items.

[00:06:44] **Hal:** There you go.

[00:06:44] **Dave:** And it's expensive to listen and transcribe unless there's emotional content. In the Miracle Morning perspective, when should you start listening to voice text?

[00:06:58] **Hal:** After Miracle Morning.

[00:07:00] **Dave:** I can't incorporate them somehow.

[00:07:02] **Hal:** Yeah. Play on your phone after you've done your Miracle Morning is ideal. Unless you're using the Miracle Morning app, to be fair. So it's funny. So we have a Miracle Morning app that people love, but I don't use it because I don't like it during my Miracle Morning. So it's just really weird conundrum to be like, hey, other people like it. I actually don't use it.

[00:07:20] **Dave:** So we're going to have this big social, why Hal Elrod doesn't use his own app. This is going to be great. You got that Joey?

[00:07:27] **Hal:** Terrible.

[00:07:28] **Dave:** Well, like an affiliate link to that. I don't even have an affiliate thing. I'm just teasing, but yeah, we'll totally blow up like the app that Hal Elrod won't use.

[00:07:36] **Hal:** Jesus. This is being recorded. My head of app development is going to hate that I said that.

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[00:07:42] **Dave:** You know what though? It's the same thing. I make a lot of tools for people that I don't need to use because I'm the one who made the tools. I already know all this stuff.

[00:07:49] **Hal:** There you go.

[00:07:50] **Dave:** So sometimes it's worth having it because my job is to make it so anyone listening or following my stuff doesn't have to think. You just know what to do. You don't have to know mitochondrial biology because I spend all this time. You spend all this time honing your techniques.

[00:08:04] So if someone would wake up, I'd turn on the app. I'd have to think about it, and I just did what it told me to do and I got the results. Winning, but you don't need it. You're the pro.

[00:08:12] **Hal:** And that's it. I think that could be for anybody. So if you're new to the Miracle Morning with apps like, oh, this makes it so much easier. It holds me accountable. It facilitates Miracle Morning, but maybe 15 years later, like me and thousands of Miracle Mornings, you're like, oh, I don't need it anymore.

[00:08:25] **Dave:** Do you feel weird with people being accountable to an app?

[00:08:29] **Hal:** That's a good point. Little AI futuristic dystopian question there under consideration. Yeah, no. No, I will say actually, that is the one thing that I do use apps for. And that was the initial Miracle Morning app was tracking the sabers, the six practices, just checking them off and every day, making sure you're accountable. That is actually one thing that I will use it for.

[00:08:49] And I use another app called-- I can't think the name, but it's where I've got any habit that I want to either quit or begin, and every day I've got six habits. And so I'll be like, okay, I checked that off. Not drinking alcohol right now. And that way I can track. Because it's really easy to go, I don't feel like I've been drinking that much. But you don't really know. But now it's like there's a red mark or a green mark if I did or didn't do the thing.

[00:09:14] **Dave:** Oh, I've seen that app. I tried it for--

[00:09:15] **Hal:** Way of life. Yeah, yeah.

[00:09:16] **Dave:** I tried it for a day. And I put it on and I used the app and the next day I didn't.

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[00:09:20] **Hal:** Yeah. So I actually like apps for accountability in that way, yeah.

[00:09:24] **Dave:** Now, here's a hard question for you. This is totally not what I was trying to talk to you about, but--

[00:09:28] **Hal:** Yeah, I know. Where are we going?

[00:09:29] **Dave:** You're fun to chat with stuff about to-- just like to see how you think about stuff. So do you know Manish Sethi from Pavlok?

[00:09:36] **Hal:** I know Pavlok. I've heard of Pavlok.

[00:09:38] **Dave:** This must be eight or so years ago, early days of the show. He reaches out. He's this crazy ADHD guy, and he got to be somewhat famous because he hired someone on Craigslist to come to his house and slap him in the face every time he used Facebook.

[00:09:54] So I don't know if it was a dominatrix or just some random woman who's like, this is better than bartending, and she's like, just sit in his office and, smack. Because he found he was unconsciously going to reach for him. And he said, this is amazing. So he ended up starting this watch. And I did invest a very tiny amount of money.

[00:10:10] So guys, I'm not trying to sell this. I haven't talked to Manish in a while, but it's a watch that shocks you every time you don't go to the gym or every time you have a craving for tobacco or whatever. And he found massive results from negative reinforcement, especially for addiction and for breaking habits.

[00:10:28] And it was one of those things that I wouldn't have thought had efficacy, but we all focus on positive motivations, like affirmations, like all the good stuff. But what is the role, especially in an accountability partner? Isn't an accountability partner just really about shame?

[00:10:42] **Hal:** Yeah, yeah. There you go.

[00:10:43] **Dave:** Like, oh, you said you didn't do it? Bad boy.

[00:10:46] **Hal:** Yeah, yeah.

[00:10:47] **Dave:** Isn't that--

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[00:10:47] **Hal:** I think it's both. I know for me, and I think it was Tony Robbins that said, and I'm sure he didn't invent this but just the idea that we will do far more to avoid pain than to gain pleasure.

[00:10:58] And so I utilize that a lot in my affirmations sometimes. I'll be like, here's the consequence of not doing this and getting really present to that. You're like, I don't want that to come true. The benefit is this. Okay, but if that benefit isn't so compelling that you're like, well, if I don't do it, I'm still okay, versus if I don't do it, oh, here's how this will compound into negative consequences and I'm not willing to accept that future, so I've got to take action now.

[00:11:28] **Dave:** Well, that seems like a fear-based thing because it looks like you're forecasting the future. What was interesting about this other approach is that it's real time pain. It's not like, oh, I might lose my house five years from now if I don't show up to work on time today.

[00:11:41] **Hal:** Yeah. It's literally shocking you in the moment.

[00:11:43] **Dave:** Yeah. And let's face it. Increasing penalties for crimes has never worked in studies because no one thinks they'll get caught. So future pain that isn't guaranteed versus the public, it's like it shocks you if you don't go to the gym and it's like an immediate thing or if you do whatever.

[00:11:59] So I had me thinking about the whole accountability thing, which works really well. So you need accountability to your Miracle Morning and you could have someone you do it with, like a partner, or you have the app you're accountable to. But what if we wired the app in so if you didn't do Miracle Morning, it shocked you?

[00:12:14] **Hal:** Shocked you?

[00:12:15] **Dave:** Would it work better?

[00:12:15] **Hal:** Yeah. Maybe we partner with Pavlok. Yeah, I think there's some opportunity there.

[00:12:20] **Dave:** The other Pavlok story, which I'll get off them in a second because it just randomly came up, Manish got on Shark Tank and actually got an offer from Mr. Wonderful, and he looks right at him and goes, oh, I would take money from any shark except for you.

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[00:12:35] **Hal:** No way.

[00:12:36] **Dave:** And he totally trash talked Mr. Wonderful.

[00:12:37] **Hal:** No way.

[00:12:38] **Dave:** And I don't know if this was because of ADHD, or just because--

[00:12:42] **Hal:** Tourette's syndrome.

[00:12:43] **Dave:** Yeah. Or maybe he's just really good at marketing because Mr. Wonderful was like, F you, get off the stage, and really-- so, of course, that got tens of millions of views.

[00:12:51] **Hal:** No way.

[00:12:52] **Dave:** So either it was the most masterful PR move, or just a brain that was like, doom, doom, doom. So Manish, if you're listening--

[00:12:58] **Hal:** Well, what's interesting about it, if it was a masterful PR move, the beauty of it is he gave away no equity and sold more of his product. Genius.

[00:13:06] **Dave:** It was either genius or crazy.

[00:13:07] **Hal:** So, in other words, you need advice from him on how to be more polarizing because yours was a little bit softer in the beginning. All right. Yeah, he can give you some tips.

[00:13:15] **Dave:** So listeners, if you would-- when you see this on Instagram, or TikTok, or wherever I put it, if you could tell me what to be more polarizing about, I would appreciate that because I've really worked on this and I'm mostly just so peaceful. I just like to play with vegans because I was one. I'm doing it as an act of service, but it's not mean. I don't want to be negatively polarizing. I just want to be like playfully polarizing.

[00:13:38] **Hal:** Yeah. I used to be a vegan too.

[00:13:40] **Dave:** Me too, man.

[00:13:40] **Hal:** Yeah, for many years.

[00:13:41] **Dave:** What happened after you were a vegan?

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[00:13:43] **Hal:** Honestly, I read an article. I don't know if this buddy sent it to me or what but about B12 and how it's almost impossible to get vitamin B12 in a vegan diet. It's like nutritional yeast. There's two things. For me, I looked toward nature for the answers. And I went, oh, how can this be the "proper", "correct", "ideal" diet that nature or God intended if it's missing a vital nutrient? And I'm like, where's your B12? It's like, oh, animal meat. Okay. And then I went back.

[00:14:16] **Dave:** Wow, so you were just very rational about it. Yeah, I was devout, man. I had juicers, and sprouters, and all that, and I was hungry all the time. I got cold all the time. My Hashimoto's got worse. A lot of other aches and pains from oxalate or oxalic acid building up in my tissues, and finally I started cracking teeth from mineral deficiencies.

[00:14:36] Literally, I had two of them shatter. And maybe this isn't working. But even then I think I would have hung on to it, but I went to Tibet. I'm not eating like raw yak meat in the middle of nowhere that's been hanging on a post blowing in the wind. I think I'll cook it first.

[00:14:50] **Hal:** Yeah, yeah.

[00:14:51] **Dave:** Yeah, I felt better.

[00:14:52] **Hal:** What's interesting is I'm actually organic vegan by day and paleo by night. That's the best way I could categorize it.

[00:14:59] **Dave:** Interesting.

[00:15:00] **Hal:** So I start the day with a raw vegan smoothie. And it's got organic walnuts, organic brazil nuts for selenium, organic, what are the little tiny--

[00:15:11] **Dave:** Chia.

[00:15:12] **Hal:** Chia, also hemp seeds. So chia seeds, hemp seeds. So it's got a lot of protein and good fats. And then a few beer berries and such. And then for lunch I have an organic vegan salad. And then for dinner I have whatever my wife makes, which last night was beef tips and potatoes.

[00:15:31] **Dave:** Interesting. Okay.

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[00:15:32] **Hal:** And to me, I have more energy throughout the day with-- so that raw vegan, lots of enzymes, lots of getting the energy from the food; I still subscribe to that, but I learned at the Tony Robbins event in 2000.

[00:15:45] **Dave:** You reserved about Tony on the vegan diet.

[00:15:47] **Hal:** I know.

[00:15:48] **Dave:** It made him really sick, so he started eating a lot of fish.

[00:15:50] **Hal:** And that made him sicker.

[00:15:51] **Dave:** But he didn't do the research. Swordfish is the most polluted.

[00:15:54] **Hal:** Mercury.

[00:15:54] **Dave:** Yeah. I think he's back to eating normal foods now.

[00:15:57] **Hal:** Yeah. So for me, I find I feel the best when I-- like the other day, what did I have for-- because it was a holiday, and so I had some solid food, some heavy cooked food for lunch, and I was like, food coma. So I find that when I eat raw vegan, I have more energy, but then I want the nutrients from the meat, so that I save for the evening, and then I tire out on the couch. Yeah.

[00:16:18] **Dave:** I tried eating some raw vegans recently, but it turns out beef sashimi is not that nice. So I decided to cook my vegans.

[00:16:26] **Hal:** That's smart. Yeah.

[00:16:28] **Dave:** Okay, so cows eat cow's milk, right? So here's the question. Is human milk vegan?

[00:16:35] **Hal:** Oh, yeah, that's a good point. I don't know. I will say cow's milk is something that often that's where I could get polarizing which is I'm like, that's for baby calves. That's the only animal that that milk was designed for. There was a stand-up comedian that goes, I bet the first guy that tried cow's milk did a lot of other weird shit before that. It's kind of a classic.

[00:17:02] **Dave:** It's funny because on a pound for pound basis, it's one of our most affordable sources of protein. It's just that we've done bad things to cows so that the protein is the wrong

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form for us. And if you go back to the A2 raw grass-fed stuff, I think there's an argument that if you're not allergic it's probably good for you just because you need that kind of fat and you need that much protein, but it's such a problem for people because of allergies. So I do sheep's milk, and I don't mind that because having run a small farm-- I had a 32s acre farm.

[00:17:33] **Hal:** Oh, that's right. I forgot that.

[00:17:34] **Dave:** And we raise cows, and pigs, and sheep, and chickens. And I will tell you, pigs are very happy for all the milk they can get.

[00:17:42] **Hal:** Oh yeah, yeah, they love it.

[00:17:43] **Dave:** Anything that's fat, chickens too, they will literally fight each other for any piece of meat or dairy. And you give them the corn and all that, and they're like, oh gross, vegan. They just want the meat. They just can't get enough of it.

[00:17:55] **Hal:** I remember that. I saw a post from you back when you were doing Instagram or showing you doing that where you're like, hey, I'm feeding the chickens a bunch of meat. So we have 25 chickens, and we have two sheep for milk, but we're about to get them pregnant from one of Tucker's sheep, so they haven't produced milk yet. So for the last year or two, they're not old enough. But I think this spring is when my wife's going to impregnate them and we're going to start having sheep's milk. So I'll bring you--

[00:18:21] **Dave:** What flavor of sheep are they?

[00:18:23] **Hal:** They're an African breed. One looks like a deer. One looks like a goat. I've joked. I'm like, either we were just lied to and told, oh yeah, no, they're sheep. They're this African breed. You can't even find them online.

[00:18:36] **Dave:** They're antelope.

[00:18:37] **Hal:** Yeah, yeah. I'm pretty sure they're goats, but we were told they were sheep. We bought them as sheep.

[00:18:41] **Dave:** Wow. We had baby doll sheep. That was our favorite. Shropshire and baby doll. Baby dolls think they're dogs. They're just so nice. Even the males only occasionally headbutt you. So they're just a little bit more manageable. But yeah, man, bring me some sheep's

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milk. I'm all over that. Oh, I found sheep butter for the first time. It smells like feta, but it's butter, and I'm liking that.

[00:19:02] **Hal:** I haven't even had sheep's milk yet. I don't know if I've ever had it, but--

[00:19:05] **Dave:** I've never had just the milk, just the yogurt and the cheese. So it's one of those things where I think in the US we're going to see a lot more people with sheep and goats. If you look back to the 1930s when we had the Great Depression, and the Dust Bowl, and all that, largely caused by Rockefeller's interference with our society, screw you, Rockefeller.

[00:19:25] Anyway, when you look back at the history of that, wow, one guy did a lot of evil. But when all that was happening, in New York, there's pictures of every balcony has a little goat on it. Because people are feeding all their scraps to the goat to get the milk from the goat.

[00:19:37] **Hal:** Oh, wow.

[00:19:38] **Dave:** So this is one of those things where-- this is going to be, I think, a lean year. We just had a massive freeze. There'll be less food for the animals, and some kind people, either big food companies, or maybe some other country's intelligence agency has gone through and blown up our dairy, meat, and egg production across the country.

[00:19:55] **Hal:** Dude, that's all a coincidence, you conspiracy theorist.

[00:19:57] **Dave:** There's thousands and thousands of them that happened in order, moving across the country, almost like a small group was moving around doing it. I can't tell you I know who's doing it. I can just tell you something's wrong, but that's why eggs are expensive. That's why meat's expensive.

[00:20:12] And they're trying to make meat-- it was a very focused PR campaign. And I'll just tell you what they haven't figured out is that big food company executives and politicians are made out of meat, and a sizable percentage of Americans will not eat crickets and soy. So if there's no cows to eat, they're going to--

[00:20:30] **Hal:** Go for the executives? Is that what you're saying?

[00:20:31] **Dave:** It's just logic, right? You got to have some meat to live here. I wouldn't personally do that. I'm not advocating for whatever it was you were thinking of there.

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[00:20:40] **Hal:** Oh, yeah, yeah.

[00:20:40] **Dave:** But that's pretty dark there.

[00:20:42] **Hal:** Dude, you implanted that in my mind. That was for sure some subliminal Dave Asprey mind trickery.

[00:20:48] **Dave:** I'm triggered right now.

[00:20:49] **Hal:** Good. Wait, what are we going to talk about? Miracle Morning?

[00:20:53] **Dave:** I'm here to get you in trouble. So you're a pro at overcoming big stuff. And you and I both faced some things, but you faced some near-death things, both with a car accident when you were younger and then more recently with a pretty serious bout with cancer. So walk me through that just for listeners who haven't really heard the howl story.

[00:21:13] **Hal:** Yeah. So when I was 20 years old, I was driving home from giving a speech at a conference and hit head on by a drunk driver at 80 miles an hour. My car spun off the drunk driver and the car behind me T bone me at 70 miles an hour and the left side of my body was just crushed.

[00:21:30] I broke 11 bones instantaneously. My femur broke in two piece. My pelvis broke in three places. My arm broke in half. My elbow shattered. My eye socket shattered, and I was found dead at the scene. I was clinically dead for approximately six minutes, airlifted to a hospital. They revived me on the helicopter, brought back to life, flatlined twice more while I was in a coma for six days, and then came out of the coma, was told I would never walk again. And I had permanent brain damage.

[00:21:55] So that was my first bout with death, if you will. And then seven years ago, when I was 37 years old, I was diagnosed with a rare aggressive form of cancer, acute lymphoblastic leukemia. And this was way more difficult because I was given a 20 to 30% chance of surviving.

[00:22:12] But the difference was, now I had kids. I had a seven-year-old daughter and a four-year-old son. And to be told that there was a 20 to 30% chance of living means there's a 70 to 80% chance that you're going to die. And when I went to the hospital, I found out I had cancer because my heart was failing, my lung was failing, and my kidneys were failing.

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[00:22:31] **Dave:** We talked a week or two before you got diagnosed. I think we rode to an airport together. And I just remember thinking, man, you were gray. I was like, something's wrong. You just feel like you were just barely putting one foot in front of the other.

[00:22:44] **Hal:** Thanks for not saying anything.

[00:22:45] **Dave:** Well, no, I just thought you were tired.

[00:22:47] **Hal:** You could have saved me.

[00:22:48] **Dave:** I thought you were tired. I was like, man, this guy's depleted.

[00:22:50] **Hal:** It was a Joe Polish event. The odds are we didn't get a lot of sleep.

[00:22:55] **Dave:** Yeah, when you're with Joe Polish, there's so much excitement. It's not that you're out drinking.

[00:22:59] **Hal:** No.

[00:22:59] **Dave:** It's just that you're out talking.

[00:23:00] **Hal:** Yeah, totally. Good people.

[00:23:01] **Dave:** I've been a member for 10 years. So I remember the change in your energy because you're a real high energy guy. It must be like life stress, but if you could go back now and look at it with the wisdom, when was the first time that you knew something was wrong with the cancer?

[00:23:21] **Hal:** I did not. So I woke up one morning, 2:00 in the morning, and struggling to [Breathing Heavily] breathe, and my wife woke up hearing me wheeze and she goes, what's wrong? I said, I can't breathe. And she sits me up all these pillows behind my back. And the next day I went into the ER, and urgent care and they misdiagnosed me.

[00:23:44] They saw the mass on my lung and they went, it looks like-- literally, the doctor's tone was, it looks like you have pneumonia, but if you don't get better in a few days, go get a second opinion. He was very unsure, and they gave me a Z-Pak of antibiotics. And every day I was breathing less and less and less.

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[00:24:02] And I spent the next week or and a half in the ER. Every other day, my lung was drained of about a liter and a half of fluid. And then it would fill back up, drain it again, fill back up, drain it again. And no one knew it was wrong. So now they sent me to this other hospital in Austin, St. David's, and they tested me and they said, it looks like you have cancer, but we want you to get a second opinion. Go to MD Anderson Cancer Hospital.

[00:24:24] And so I went, and then that's when the doctor said, you've got a 20 to 30% survival rate. If you don't start keeping-- no, sorry. You're going to die in the next week or two if you don't start chemo.

[00:24:35] **Dave:** Dude, that is the best marketing ever, isn't it?

[00:24:37] **Hal:** Yeah. And that's the thing. I'm like, I don't trust what you're saying.

[00:24:41] **Dave:** Good for you.

[00:24:42] **Hal:** So I said, let me go do my own-- because imagine this, Dave. So here's what he's telling me. You have two choices. Don't do chemo and you're going to die in a week or two. Do chemo and there's only a 20 to 30% chance that you're going to live. It would be like going to a financial advisor that's like, hey, give me all your money and trust me with your life savings. And I'm only going to lose it 80% of the time.

[00:25:02] **Dave:** It's an industry.

[00:25:03] **Hal:** Yeah. And so I went home and Googled best holistic oncologist in the country. And I called a couple of them and they both said, chemo is your best bet. This cancer that you have is so aggressive and fast acting. Your organs are already failing. Your doctor was not actually lying to you that you're going to die in a week or two. Nothing we can do. So I'm like, well, if the best holistic oncologist in the country can't help me, damn it. What am I going to do?

[00:25:26] **Dave:** You did the right thing. And that's something for listeners. Guys, there is no moral judgment on pharmaceutical, chemo, radiation, cancer, or even highly processed food. The only thing that matters is, where are you now, what's your goal, and what are the tools, and what are the risks and rewards? And there's a sizable number of cancers where, huh, for that kind of cancer, all the things we have to say, chemo really works. And maybe you should also stack it with acupuncture and affirmation.

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[00:25:54] **Hal:** And that's what I did. I did every holistic practice known to man in conjunction. Coffee in almost three days a week. I took 70 supplements a day, lymphatic massage, acupuncture, ozone sauna, you name it.

[00:26:05] And I think that's the biggest message, by the way, for anybody listening, do not trust a doctor with your life because you're a number. They have very little skin in the game. They lose patients, big deal. No one's going to take responsibility for your life other than you, and that's the mindset.

[00:26:18] **Dave:** I don't know, man. The doctors I know, they feel it when they lose someone. It just depends if they're your regular doctor or you're just coming in for a specialist thing. But no doctor likes to lose people, but you're right. They don't have the same skin in the game, and they're trained to tolerate that.

[00:26:32] **Hal:** And on my second visit, when I went back to the doctor, I'm like, okay, I'll do chemo. I asked the oncologist-- and this was my test for him. I said, what part does diet play in my recovery? And he said, it doesn't matter as long as you do the chemo. And I'm like, how can I trust--

[00:26:48] **Dave:** Fucking stupid.

[00:26:49] **Hal:** Right? And I was so angry, not for me, but when I would go to the cafeteria and see his other patients dragging their IV chemo towel around, eating pizza, and ice cream, and cake, and soda, and just so angry with the system that we're-- I'm like, I can't change it, but I'm like, man, that person doesn't know any better.

[00:27:08] And that's where I actually felt a sense of responsibility that I owe it to the world to beat this cancer so that I can help other people on their healing journey that might not be blessed with the knowledge and the resources that I've been fortunate because I listen to Dave Asprey, read his books, to come across.

[00:27:22] **Dave:** There's very good evidence that most cancer is highly sensitive to insulin and glucose.

[00:27:28] **Hal:** Yeah.

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[00:27:29] **Dave:** So if you know what kind of cancer you have, then maybe controlling sugar intake would be really useful. And for a doctor to say we don't know, there's this weird mindset. I once asked a doctor, I don't remember what medical procedure-- it was a while ago-- hey, I'm taking whatever, vitamin C, or zinc, or something. Do you think there's any reason that I should pay attention to that?

[00:27:49] He goes, oh no, don't take it. I go, why? He goes, well, there's no studies of that. And I looked at him and I said, there's no studies of lotion with that. And you're saying I could use lotion, right? And he just stops and looks at me and goes, that's a good point because I really don't see any reason you couldn't do that.

[00:28:05] I go, thanks. That's the opinion I wanted. But the default to never giving an opinion without a study is handing your balls to Big Pharma. So I know that there's tens of thousands of functional and even non-functional doctors, just Western doctors who listen to the show, sometimes they hate on me, but quite often just because I think differently because I'm a computer hacker, right?

[00:28:22] **Hal:** Yeah.

[00:28:23] **Dave:** And guys, you're medical professionals, I'm not, so I have a lot of respect. If my bone is broken, I don't have any idea what-- I don't know physiology. I know mitochondrial biology. So I look at that stuff, and they're listening to this. Yes, you have to take in to that stuff that you're probably not trained in, and if you do it, then you say, well, I'm unaware of any evidence, but given what we know mechanistically, here is what I think is the best bet.

[00:28:52] **Hal:** Yeah.

[00:28:52] **Dave:** And what that leads to is, well, it's okay to move forward, make a decision, and be wrong.

[00:29:00] **Hal:** Mm-hmm.

[00:29:02] **Dave:** And partly because of insurance and because of attorneys, it's like the status quo, which is shitty, is the safest alternative for them, but the worst alternative for you and me. And I think in functional medicine, people think a little bit differently, and then it's always a struggle with insurance companies.

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[00:29:19] Yeah. But I got to ask you something since you've been through this whole process twice now. I was just reflecting with a friend recently. An absurd number of my friends have died and come back or been struck by lightning-- an absurd number. So maybe you guys don't want to be my friend. Although it usually happens before I know them. So when you died, do you think you woke up with superpowers or with a different awareness of things? Did you get downloaded with alien malware or anything like that?

[00:29:49] **Hal:** No, interesting. I do feel I've done, whether it's through deep meditations or plant medicine sessions where I'm really feeling connected to God, to source and getting the message that you're on a very specific journey, and I've put you through these things while giving you every resource you needed to be able to overcome them, so you can keep paying it forward and helping other people.

[00:30:12] So I've gotten that in every fiber of my being, and so there's a superpower. I think we all have a superpower. For me, it's being able to get through these adversities in a way where I extract as much value to then share it with others.

[00:30:25] **Dave:** So you're a highly resilient person. It's interesting. I interviewed Kimbal Musk in his kitchen, cooking steaks, and I made a joke about DMT sauce. DMT is the active ingredient in ayahuasca. It's a hallucinogen, for the steaks. And he started laughing. We talked about it.

[00:30:42] And he said, oh yeah, I've done DMT. He said, but I didn't really need to. Because he also had a near-death experience. He broke his neck and was unconscious for three days. Almost died when he was, I think, 36. And so he said during that time, I met God. So when he was on DMT, he's like been here, done that.

[00:31:02] **Hal:** Been here, done that. Yeah.

[00:31:03] **Dave:** Did you have that kind of experience with either one of these?

[00:31:05] **Hal:** Because of the brain damage I suffered from the head on collision, my frontal orbital lobe was completely smashed in the front of my skull at 70 miles an hour, 80 miles an hour, so I have no memory of the time that I was dead nor two weeks after. I have very little memory of yesterday, the brain damage I suffered from that. So yeah, I have no recollection.

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[00:31:28] For me, it's just more of an internal knowing, which in some ways is more powerful than like, I saw a light, versus like, I have to me this inner just conviction that I'm supposed to help as many people as I can.

[00:31:43] **Dave:** This is a question. Man, I have all this cool stuff based on your book. We're going to get some of this stuff. But I got to ask you all the hard questions. So I've had a chance at 40 Years of Zen, my neurofeedback company. It's in part like a digital mystery school, you could say.

[00:31:58] A recent person came out like, it's like the best plant medicine ceremony I ever had, but without the plants. Because you trip on things like this. And when I'm working with these high-level spiritual guru type of people, a lot of them say what you just said. They say, okay, I want to help everyone.

[00:32:16] But most of them, when you get right down to it, and they're being vulnerable because when you do the ego work, you become vulnerable, they're exhausted because, they'll walk into a room and like, okay, I have to help everyone. And they get caregiver fatigue, but on the scale of millions of people.

[00:32:37] And as I kind of work on it, I've certainly just like, I'm going to help everyone who wants help. But there's a difference between helping everyone and everyone who wants help, or checking in with your guidance or higher power or masters, whatever lineage you're with, and saying, am I supposed to help this person? Maybe that person chose suffering and they haven't got their own journey.

[00:32:56] And if I flip the switch for them, they're not going to get the message. So I've modulated my thing. So even when Tony Robbins is like, I'm going to feed a billion people, well, what if the billion people don't want to eat or they don't want to eat what you're feeding them?

[00:33:11] And it's like there's some sort of energetic difference between, I'm going to do X for a billion people, and I'm going to do X for the people who would benefit, or the people who want it. Do you have a differentiation in your mind about that?

[00:33:25] **Hal:** Yeah, I think that for me, the way that I go about the Miracle Morning is I just do podcasts like this. I give speeches. I just am sharing it. And so to me, the people that are

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attracted to it are going to do it. Yeah, it's not like I'm like, I need to convince this person. Yeah, you need it. It's like, look, either you resonate with the message or not.

[00:33:48] And I'm very aware of my message, or I'll say that I have 8 billion people to share with the Miracle Morning. I'm not delusional to think that I'm going to convince everybody to do the Miracle Morning. In fact, I probably won't even reach 8 billion people, realistically. I don't know.

[00:34:03] But to me, it's just an intention of like, how are you living your life? How are you showing up? And for me, I'm going to show up every day at my relative best. I'm going to try to be at my best. Miracle Mornings would help me do that every morning, right? Start the day in a peak state. And then I'm going to help as many people as I can that day.

[00:34:19] And I will tell you this. Cancer was a mindset shift for me. Back then I was much more like, I have to help everyone. And I valued quantity over quality at that time. And what happened is I realized, oh, I'm a workaholic. I say that family is my number one priority. I've got two kids and a wife at home, but gee, I sure do give up a lot of weekends if they're my highest priority because I got more people to help.

[00:34:44] And at that time, I really thought, I've got to help all these people. I'm doing this work, God's work. And now it's like, I realize I will never impact people at the level that I can help my daughter, my son, and my wife. And so I give up a lot of opportunity now to impact the masses to spend time with my family.

[00:35:04] **Dave:** You got to put it on the calendar and value it.

[00:35:06] **Hal:** Yeah.

[00:35:07] **Dave:** I'm reminded of a time years ago when I was on a panel at Google, at their headquarters. And it was with the guy who made What the Health, this dark energy propagandist guy. And someone in the back of the room stood up and says, I want to be a vegan food activist. Do you guys have some advice for me? And I thought about it, and I said, shut up and eat. And people started clapping.

[00:35:34] And he said, well, what do you mean? So here's the deal. You don't have a right to be an activist because that would just make you a bully. What you do have a right to do is to take

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action that you believe is right, demonstrate that it works so well that people ask you. People seek you out. Then you've earned the right to be a leader.

[00:35:56] But you can't be an activist because then you're just a bully and you sound like Greta Thunberg. Like, shame on you. I don't have any solutions, but I'm skipping school on Friday. But now I'm 20 so people can pick on me and not say I'm a high school girl. Greta, build some shit that changes things. Stop whining. But that's the vegan activist mindset.

[00:36:14] **Hal:** Got it.

[00:36:14] **Dave:** By the way, in the Enneagram, the activist is like my kryptonite. So guys, fix it, don't talk about it. And what it all comes down to, though, is this is about removing the judgment and the sense of morality about helping five people versus helping 50 million people.

[00:36:35] They're exactly the same thing. As long as you're helping the people that you can help, who desire help, that's it. There's zero difference between the two. And any difference that you feel is just ego. Do you agree with that?

[00:36:48] **Hal:** Yeah. Yes and no. Let me push it back a little bit. And I might not be pushing back, so I don't even know what I'm going to say here. Let me try. So when I wrote the Miracle Morning, it was out of a sense of responsibility that this morning routine changed my life in a profound way. And then I started teaching it to people like my coaching clients and people that I knew, and they're like, I'm not a morning person.

[00:37:07] And they'd come back a week later to our call and go, my gosh, it helped. This works. So that's where I go, okay, wait, if this changed my life and their life, and we weren't morning people, this could help anyone. So I have a responsibility to share this with other people. So I wrote and self-published first book, but when I did, I didn't have an audience.

[00:37:25] So I wasn't thinking, I'm like, yes, this could change the world, but I'm not going to reach the world. I just want to help. It's a whole and that mentality, one person. But what happened is when the book came out and then I'm getting dozens and then hundreds and then thousands of emails and reviews, like this saved my marriage. This got me off my meds.

[00:37:43] Then I'm like, oh, I really got a mindset. I'm like, it is selfish of me-- that's how I felt. And I don't know if I still feel that way, but I think that I do. It's selfish of me to not do

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everything in my power to at least introduce this to as many people as possible because it can really help. Thoughts on that?

[00:38:02] **Dave:** I think as many people as possible is the nuance because, yeah, as many as possible or as many as are available. And if as are available is equal to the same as possible, then you got it.

[00:38:17] **Hal:** Yeah, I think it does. It's like as many as I can get in front of and reach and talk to.

[00:38:20] **Dave:** I know that when I started the blog that became Bulletproof, I already had a full-time VP job at a big tech company in the computer security industry. I had two young kids. I started in a company that was dumb, and I wasn't starting a company. I just said, look, I've spent 20 years gathering this knowledge. I spent \$2 million-- at the time, \$1 million-- on reversing all this negative stuff that happened to me with my health.

[00:38:45] I'm healthier, happier, more successful. Things are better than they ever have been. I'm like a leader in longevity and nootropics and it's just my hobby. So I'm going to write this and five people are going to read the blog. That was my goal. And if they avoid the million dollars and just the suffering that I went through when I was a teenager and a young man and someone who's 19 reads it and it changes their life, I'm all in just for five people.

[00:39:10] **Hal:** That's it.

[00:39:10] **Dave:** That's my goal. And it grew a lot more than that and became a 100-million-dollar a year company, but it wasn't the goal when I started. It was just five people. And along the way, some things stood out. Maybe one of the most meaningful was, this is maybe just two years after I started it, I came-- actually I think it was to here in Austin at an event, and this guy walks up and goes, Dave, we have a gift for you, and it was a bag.

[00:39:37] It had a couple of frozen ribeyes, and a stick of butter, and a card. And the card was signed by all of his family, and he said, we found your stuff 90 days ago, and here's a picture of us then, and here's a picture of us now. And you couldn't even recognize them. They'd all lost huge amounts of weight.

[00:39:55] **Hal:** Wow.

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[00:39:55] **Dave:** But the one that stood out was a 16-year-old girl. She was really fat. And I was pretty heavy in high school and certainly at the beginning of college. So she's just heavy, and bad skin, and all that stuff. And then the picture from 90 days later is beautiful skin, healthy shape, just vibrant. And I'm like, damn, I wish someone had done that for me. Right?

[00:40:20] **Hal:** Yeah.

[00:40:20] **Dave:** And I almost cried myself. Man, this is just so profound. And the act of helping a person to your nervous system and to your spirit, I think it's the same as helping a million people.

[00:40:31] **Hal:** I think we're built to do that. That's what we're built to do. Humans are built to serve each other, help each other, support each other, connect with each other, love each other. That's it.

[00:40:39] **Dave:** How does that incorporate in your Miracle Morning practice?

[00:40:43] **Hal:** So when I started the Miracle Morning, I'd say it was a selfish pursuit. And I don't put any negativity toward that word, but meaning it was 2008, the US economy had crashed. I crashed with it. I lost my house, foreclosed on by the bank. I'm in physically terrible shape, living on credit cards, really low point. And so I was just looking for a solution to get out of debt and turn my life around.

[00:41:05] And the Miracle Morning, it wasn't called the Miracle Morning. It was my morning practice. And after two months, I doubled my income at the height of the Great Recession. And I remember the moment I ran to tell my wife I signed on a second coaching client for the day. I said, sweetie, I signed on two more coaching clients today.

[00:41:18] She goes, congratulations. I go, no, no, you don't understand. We just doubled our income in the last two months from this. It's all because of this morning routine. It's the practice I'm doing in the morning. I go, it feels like a miracle. And without skipping a beat, she goes, it's your Miracle Morning.

[00:41:32] And I go, I like that, Miracle Morning. But again, not a book idea. I just wrote down Miracle Morning every day. That was like, that was my thing, my Miracle Morning. I started

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teaching it to coaching clients. So the point is it started out with me. I need to change my life, but now I do the Miracle Morning in service of others.

[00:41:49] So for me, the Miracle Morning helps me be the husband that my wife deserves and the dad that my kids deserve because I focus on optimizing myself in the morning and then I can show up my best. And of course, yes, selfishly, I want to be happy, and I want to be healthy, and I want to be financially secure, and all of those things that doesn't go away.

[00:42:08] But also it's like anything. Once your needs are taken care of, then you feel like, oh, I'm liberated. Who do I want to help today? Because like you said, that's where I actually feel the most lit up and fulfilled, is when I'm helping someone else. And so that for me is it, is how do I take care of myself first in the morning that I can go out and be the husband and the father and the leader that the people that I serve need.

[00:42:29] **Dave:** So now you're talking about some masculine and feminine roles, even here. Shai was the husband, the father that I need to be. Most guys, including me, have been socialized, put everyone else first. You don't take care of yourself first. You take care of your family first.

[00:42:47] And a big part of my belief is creating that state of high performance and resilience. It comes from taking care of your own needs because then you have 10 times more energy to take care of your community, your family, and all those things. And I've been doing a lot of work. It might end up being a book one of these days, a lot of work just with local friends here in Austin, especially some younger guys, 20s and 30s who are stepping into the phase of building a family, and building a career, and all that. And it's interesting to see the shifts and the differences over time and what does it mean to be a "man". What's your take on that?

[00:43:30] Hal: What's it mean to be a "man"?

[00:43:31] **Dave:** Yeah.

[00:43:32] **Hal:** It's a great question, and I don't know that I have a top-of-the-mind answer, but if I give it a little bit of thought, to me it's doing what's right. If I were to simplify it, I think one of the most valuable things I learned, thank God, when I was 20, my mentor-- I was in sales and our division manager said, the secret to success is do what's right, not what's easy.

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[00:43:54] And to me, what's right is whatever's in alignment with your values, your commitments, and the highest version of yourself, that you know intuitively what that is for you. And then what's easy is anything that's not in alignment with your values, your commitments, and the highest version of yourself. And so to me, that's being a man, but it could also be just being a woman, being the best version of yourself.

[00:44:15] **Dave:** I was going to ask about that. So the difference between the masculine side of taking care of the family versus the feminine side of taking care of the family. Is there a difference between men and women in the Miracle Morning practices?

[00:44:26] **Hal:** Men and women are identically the same, Dave. Don't you know?

[00:44:31] **Dave:** Women are small men. I forgot about that. Those pesky boobs.

[00:44:34] **Hal:** Yeah. I think that it's to each their own, so to speak. But in my household, my wife takes care of the kids. And actually, I will say this. When I was coming up, when I was in my 20s, I was attracted to people like me, like we all are. And so I thought in a wife, I want a wife that's just like me. She's hard charging, and she works a lot, and she's really charismatic, and productive, and a top performer.

[00:45:03] **Dave:** It's such a young person thing. I want a computer hacker wife.

[00:45:06] **Hal:** Yeah, yeah. And then once my wife and I started dating, what I realized is I want the same attribute, someone that is disciplined and that is focused and that is willing to go above and beyond to perform at a high level. But I realized, oh, I want her to do that with our family and take care of our kids and our household.

[00:45:26] But my wife's the most particular-- she processed 25 chickens the other day. She runs our ranch, dude. She wrapped all of our pipes for this winter freeze. She is incredible. But if she was out there selling books like me and doing interviews, it's like, but who's taking-- oh, so the nanny's taking care of the kids?

[00:45:48] And no judgment if that's the case. So I came to realize that it was the attributes that I valued, not the same outcomes. So for me in our household, it's just naturally. Like last night, my daughter had a little heartbreak. And I'm like, I don't know what to do. And I don't know what to say.

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[00:46:13] And my wife knew what to do and she knew what to say. And she laid with my daughter in bed, and my daughter went from crying-- I'm listening through the door-- and they're laughing, cracking up. And that's a feminine energy, that nurturing that I don't quite have.

[00:46:30] **Dave:** I love that you're willing to talk about that. And I'm all in on the fact that men and women can do most of the same things, other than pick up heavy stuff. Sorry, guys.

[00:46:43] **Hal:** My wife, by the way, actually can almost-- dude, she is strong.

[00:46:46] **Dave:** There are definitely women who can kick my ass, I'm not saying there aren't. I'm just saying on average.

[00:46:49] **Hal:** On average, yeah. You just look at the world record in lifting for men, and the world record in lifting for women. There's a difference.

[00:46:57] **Dave:** Well, there is now, but there's a couple of those Canadian powerlifters that just switched teams, so to speak. Maybe the women's scores are going up, but we won't say whether that's valid or not. But I think everyone knows.

[00:47:10] **Hal:** Careful with that common sense over there, Dave.

[00:47:14] **Dave:** I live in Texas. You're allowed to have common sense over here. Because I'm a biohacker, people, in the same post, they'll accuse me of being radical, liberal, and a radical conservative. And I'm like, guys, I support your right to have four balls, if you want to. And you want to put a vagina on your forehead? It's your body. You can do anything you want to do, and you have my full, unreserved support. Just don't make other people do it. That's all I'm saying.

[00:47:43] **Hal:** Yeah.

[00:47:44] **Dave:** So I don't think there's a party for that other than one of the independent candidates seems to support our individual freedoms this year. RFK. He's spoken more sense than I've heard from anyone in politics in my entire life.

[00:47:58] **Hal:** Yeah. And the sense that it comes from an authentic place, a heartfelt place. Yeah.

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[00:48:04] **Dave:** Following his principles. So I'm hopeful there. But the idea there that people can take offense or whatever, dude, take offense. Joe Rogan tried to cancel me for two years straight. Do you know about that?

[00:48:16] **Hal:** No. Oh, I vaguely remember. Yeah.

[00:48:19] **Dave:** It was like 10 years ago.

[00:48:20] **Hal:** Yeah, yeah, yeah.

[00:48:21] **Dave:** Yeah. He was selling a competing coffee in MCT oil, and the second he started doing that, he was like, Dave's a con artist, despite, I don't know, 100 shows where he's just praising all my stuff. And he deleted my episodes when he went to Spotify.

[00:48:32] **Hal:** That's so crazy, dude.

[00:48:33] **Dave:** But I went through all that stuff. So you're going to yell at me because I say something you don't like? Well, okay, here's the deal. The vegan diet doesn't work. Okay, you can yell at me for that. Men and women are different. Yell at me for that. And that said, I'd also say men have the ability to turn on full feminine energy and still be men.

[00:48:49] And women have the ability to turn on full masculine energy. And there's women who'll pick a car up off their babies. There's women who will kill you if you fuck with their family. So we can both do all that. Oh, that's cool. And I support your right to do whatever the heck you want to do.

[00:49:04] But I'm also going to talk about it because in the context of Miracle Morning, I've been doing a lot of work on differences of fasting for men and women. There's a whole chapter in, let's see, Fast This Way, my fasting book. It's all about the psychology of fasting, which is similar for men and women, but the fasting window for women is different.

[00:49:24] And women oftentimes need more sleep, or they need varying amounts of sleep based on where they are in their cycle. So there's times when they have a bigger biological burden when they're in their fertile years, leading up to their period. Okay. So if you're going to need an extra hour of sleep for a week just because your body's working extra hard, just like if I lifted really heavy for a week.

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[00:49:46] So what does that do for Miracle Morning? Wake up at 5:00 AM? Do you get to wake up at 6:00 AM if you're a woman, or if you're under more biological stress? Do you go to bed earlier? Do you wake up later?

[00:49:59] **Hal:** It's a great point. I've never heard that question before. So I think about the Miracle Morning. I watch an interview of the day, and I want to make sure-- not an interview, sorry. I watched a woman did a video book review of The 5 AM Club by Robin Sharma, and I love Robin. I learned a lot. In fact, when I was writing the Miracle Morning and I'm researching morning routines, I learned a ton from him.

[00:50:19] And then she had the Miracle Morning, comparing the two books, and I was really curious. But one thing she liked about Miracle Morning is how flexible it is. It's not at a set time. If you're a shift worker, your Miracle Morning might actually start at 1:00 PM. If you have a newborn baby, your Miracle Morning might be in 10-minute increments during the first 10 minutes of your baby's nap, and then you go to bed with the baby.

[00:50:42] So you do one or two of the savers, the six practices of the Miracle Morning, and then you go take a nap with your baby, and then you wake, and then the next set. It's totally customizable. And so for me, it's not waking up super early. It's just waking up maybe 30 minutes before you have to be up to get somewhere so that rather than start your day in a reactive state, you're starting your day with intention, self-care, and proactively putting yourself in a peak state so you can show up better for the people you love, people that you lead at work, etc.

[00:51:13] **Dave:** I really like that. And that's one thing I like about your work too. So before I started the Biohacking movement, before Bulletproof was a thing, I guess I had gone to Nepal and Tibet. I had yak butter tea and I was perfecting the recipe that became Bulletproof Coffee that I've since evolved even post Bulletproof. And I'm sitting there going, I know that people wake up early are morally superior to people who sleep in because the early bird always gets the worm.

[00:51:43] **Hal:** Right?

[00:51:44] **Dave:** Sure. So I woke up at 5:00 AM every day, no matter what, and for me, my bedtime since 10 years old has been 2:00 AM. It's actually 2:04 AM or 2:02 AM, somewhere in that window. Very consistently, that exact time is when I'm tired and I just got to go to sleep. And

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I've written so many of my books and all in that window between 11 and 2 where everything's quiet and the energies are quieter. You can just channel stuff then.

[00:52:09] So I'm sorry, I'm just going to wake up no matter what. And I'd wake up and I'd spend an hour-- I would do chanting, like Kriya. I would do breath work. I'd do art of living, I'd have my green tea before I had my coffee, and burn crystals. Okay, didn't really do that. That was burning crystal meth, different time. I'm kidding.

[00:52:27] But I did it really intensely for two years, and at the end of two years, I'm like, okay, I've taught myself that I can wake up at 5:00 AM, but I'm less creative and I just don't like it. And later as I learned circadian biology, I'm like, you know what? I'm more of a wolf with the stuff-- and by the way guys, sleepwithdave.com, best URL of my life. Totally free.

[00:52:48] **Hal:** That's a great URL.

[00:52:49] **Dave:** I'll teach you how to sleep. It's every tool. I can go to bed at 10:00, 10:30 now. Really, in the last five, six years, I learned how to do this because of all the biohacking. And it feels natural and normal. But until then, man, I needed my Miracle Morning to be at 7:00 AM, because otherwise I was going to be sleep deprived.

[00:53:06] So I sleep deprived myself for a couple of years trying to prove that this was possible. And it was possible, but it wasn't optimal. And with Miracle Morning, even in our first interview, you're like, yeah, start it when you need to start it. And the flexibility there versus that early bird thing, that I think is a game changer because there are people listening right now who aren't even shift workers. They're just like, you know what? I don't feel good if I wake up early. Now, here's my question for you, Hal. Is it true that the early bird works for the late bird?

[00:53:38] **Hal:** That's interesting. No, I don't know. Yeah, no, I don't know. Now I'm triggered. You finally got me triggered.

[00:53:49] **Dave:** That's right. Yeah.

[00:53:50] **Hal:** How dare you ask me such a question?

[00:53:53] **Dave:** Walk listeners through SAVERS. This is your acronym for what you do during a Miracle Morning. And when you guys read the Miracle Morning book, the new expanded edition, you get all the notes for this, obviously, but just walk me through real quick.

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[00:54:03] **Hal:** And I will say just for anybody that's like, I have the original Miracle Morning, the new edition has 70 pages of new content, including 25 new pages in the SAVERS section alone. And then it has a new chapter, The Miracle Evening, which is your strategy for blissful bedtime and better sleep. And then the last chapter, the new chapter of The Miracle Life, which is your path to inner freedom.

[00:54:23] So I just wanted to give a quick high level of what's new. And I rewrote almost every page of the book because you go back and read your work from 10 years ago, it's embarrassing. You're like, oh my God, I can't believe I was a terrible writer. So I updated everything, but the SAVERS, these are six of the most timeless proven personal development practices in the history of the world.

[00:54:41] I didn't invent any of them, but I'll quote Robert Kiyosaki, or I'll paraphrase what he said. When Robert had me on his show, he said, I've read the Miracle Morning three times, which that right there, my jaw dropped. One of my favorite authors read my book three times. Pretty cool.

[00:54:54] **Dave:** That's amazing.

[00:54:55] **Hal:** But he said, before you wrote the Miracle Morning and you created the SAVERS acronym, every successful person on the planet attributes their success to at least one if not two or three of the SAVERS. He said, but I've never met anyone or heard of anyone that did all six of these ancient best practices.

[00:55:11] He said, I think you named the book correctly, Miracle Morning, because he said, any one of the sabers will change your life. But he goes, my experience has been, in the last few months since I've been doing all six, will create miracles for you. And he's lost a ton of weight.

[00:55:24] It helps his marriage. You name it. Anyway, so that's beginning with the end in mind, the holistic look at the SAVERS. It stands for silence, affirmations, visualization, exercise, reading, and scribing. So those are the six practices. And by the way, before my wife had the idea for the acronym, the S, silence, was meditation. And the S, prescribing, at the end, was journaling. So MAVERJ would have been the acronym. My wife said, why don't you get a Thesaurus and see if you can swap some of those words. Here's the point.

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[00:55:59] **Dave:** So you're saying one of the feminine powers is being right?

[00:56:02] **Hal:** Yeah, exactly, every time, almost every time. Yeah, no, she's my muse, man. She gets it right. So yeah, those are the six practices, and you can do them in any order. There's a chapter in the book called The Six Minute SAVERS. So literally you can scale this. It could be a 60-minute practice. It could be a six-minute practice. It could be a 30-minute practice, anywhere in between.

[00:56:21] And yeah, to Robert Kiyosaki's point, any one of these will change your life. When you stack all six of the most effective practices, you put yourself in a peak physical, mental, emotional, and spiritual state. You program your subconscious mind with the beliefs that you need to achieve whatever you want in your life. There's so many benefits. You improve your energy level through that morning exercise, etc., etc. We can dive into any aspect that you want.

[00:56:44] **Dave:** So that's your updated routine. What I thought was cool is you also have a slumbers routine, which is the evening one, and it's got some biohacks in there. You've got, stop eating three to four hours before bed, circadian biology. Boom. Love it. Let go of stressful thoughts, stress relief. Natural sleep aids. What's your favorite natural sleep aid?

[00:57:03] **Hal:** So I don't have a favorite. I stacked four of them. I take magnesium. I take valerian root.

[00:57:13] **Dave:** That stuff smells so bad, but it works.

[00:57:14] **Hal:** Yeah, in a capsule form it's fine. And then I take a combination of CBD and CBN oil. It's a product by Cured Nutrition. It's called, Nighttime Oil. And then I take the melatonin. It's a grass. It's a natural melatonin.

[00:57:30] **Dave:** Okay, cool. How much melatonin?

[00:57:33] **Hal:** Three milligrams.

[00:57:34] **Dave:** Okay, cool. So relatively high based on biological creation, but low based on what some people are doing. So cool. And these are about mapping out your next day. Now I'm torn about that because if you focus on all the stuff you can be doing the next day when you go to sleep, you might be stressed about that.

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[00:57:55] But I've also talked with-- there's a Navy seal or a combat-- might have been a special forces guy, and he was working on sleep with people, and he found that for people with stress around going to sleep and recurring thoughts, writing it down works really well. But if you don't have recurring thoughts, is planning out the day ahead still a best practice for you?

[00:58:16] **Hal:** Yes and no. Here's the way that I look at it. So yeah, if your mind is racing, oh, I got to do that tomorrow, oh wait, I got to remember that, then that's where you can't relax. But if you write down everything you got to do tomorrow--

[00:58:30] **Dave:** Get it out.

[00:58:30] **Hal:** Then you're like, I don't have to even think about it because I know it's written down. Now, here's my solution. I think I mentioned this in the book. I don't actually map out my next day every night. I map out my next day with a recurring calendar. So if it's not in my calendar, I have brain damage from the car accident, the cancer. I don't remember it. It has to be in my calendar.

[00:58:49] So for me, mapping out my next day is actually just done throughout the day. I don't actually do it at night. But the idea is that if you don't have that, if you don't have everything in a digital calendar already figured out, you don't have to think about it at night, then actually getting this stuff out of your head and putting it on paper gives your subconscious permission to just relax.

[00:59:10] **Dave:** There are studies showing that we way over represent our ability to remember things.

[00:59:16] **Hal:** Oh, yeah, totally.

[00:59:18] **Dave:** Especially, when I was younger before I figured this out about myself, like all humans do, is, oh, I'll just remember that, and it just goes away. And you don't even know that it went away because it went away.

[00:59:28] **Hal:** Yeah. You don't remember that you forgot.

[00:59:29] **Dave:** Right. It's so frustrating. So I'm that way too. And maybe I also have brain damage. I did from toxic mold, but apparently it grew back on my Daniel Amen spec scans. But

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it's a fool's errand to hold your calendar in your head for the rest of them because it's going to change, or to have a to-do list. Because if it's not on the calendar, you're not going to do it.

[00:59:52] If you're at all busy or if you have kids, for me, I'm like, if it's not on the calendar, I don't do it. So why do I need to think about tomorrow? I have an assistant who I work with all the time. And she's playing Tetris on my calendar. So I know whatever I have tomorrow is the most effective thing I could do.

[01:00:04] **Hal:** Totally.

[01:00:05] **Dave:** And yeah, I have an assistant that helps. But even if I don't, anyone here can have a digital calendar, and you don't have a to-do list. You have a, when am I going to do it?

[01:00:15] **Hal:** That's it. I don't have a to do list. I have a to-do list just with a bunch of stuff that I eventually want to get done. But yeah, what I do is I schedule blocks of time. So I'm like, okay, what's my to do list tomorrow? And I schedule, I literally put it in. At 8:00 AM, I'm doing this from 8:00 to 8:30. 8:30 to 9:00, this. 9:00 to 9:15, 9:15 and 9:45. That's how my--

[01:00:31] **Dave:** You got to map it out.

[01:00:33] **Hal:** Yeah.

[01:00:33] **Dave:** And people who do that are more effective. But you get it done before bed. And boycotting blue light. So we are both so aligned. That's a massive biohack. People thought I was crazy when I started TrueDark. We have a study coming out soon in a neuroscience journal showing the specific tint and gradient lens that I created that it changes your brain waves in 15 minutes as if you were doing advanced meditation.

[01:00:56] **Hal:** Wow.

[01:00:57] **Dave:** Which is super cool. So it's not just blocking blue. It's blocking four spectrums, and angle, and intensity. So the TrueDark glasses that are there for blocking blue, that was a big part of how I managed to move my circadian window and it's how I blocked--

[01:01:11] **Hal:** You wear those 15 minutes before bed?

[01:01:13] **Dave:** An hour is better if you're really trying to shift things. But basically, you just don't want to have even five seconds of bright light when you're brushing your teeth. It'll jack

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you up. So you wear those or you get better lighting indoors. People come for dinner at my house and like, why are the lights all dim?

[01:01:26] Because the sun's starting to go down and we're eating and then they're going to stay dim. You feel better. Okay. So blue light is the thing there. Enter a blissful state with bedtime affirmations. How long are these affirmations?

[01:01:41] **Hal:** They're relatively short, but it probably takes 60 seconds to read them. And then I give them in the book. I give you my bedtime affirmations, and you can print them out or you can just read the book, whatever. But for me, affirmations-- that's the A in SAVERS-- they're the most misunderstood, mistaught, and in my opinion, the most valuable of all forms of personal development.

[01:02:03] That's a bold statement. And the reason is with an affirmation, to me, you get to craft and articulate the perfect language, which evolves. My affirmations are always changing as I'm changing, and learning, and growing, and evolving. And I read something, and I'm like, oh, that quote belongs in my affirmation around my wife. Because that reminds me of what I need to do to show up better for her.

[01:02:24] And so for me, affirmation, the reason there's a problem, is we've been taught to either lie to ourselves. If you're struggling financially, just say, I am wealthy. Or we're taught to use flowery passive language that produces a magical result. I'm a money magnet. Money flows to me effortlessly in an abundance.

[01:02:44] So for me, the way I teach affirmations in the book, affirm, number one, what you're committed to. Number two, why it's a must for you. And number three, which actions you're going to take and when. That's like my general affirmations formula. But that's only one of infinite formulas. The whole point of an affirmation is simply a reminder of something that you deem so important, you want to revisit it every single day until it becomes a part of your consciousness, a permanent fixture in your consciousness.

[01:03:08] **Dave:** I love that. And when it gets in your conscious, I think it percolates through into your cells.

[01:03:14] **Hal:** Totally.

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[01:03:15] **Dave:** Your body becomes an antenna for finding that. So you've got those in there. You've got to read a book and then sleep like a baby to get quality sleep. There's something missing, and it seems like it's something that's important for nourishing people, keeping the species alive.

[01:03:31] **Hal:** It starts with an F?

[01:03:32] **Dave:** It starts with an F, the way I do it.

[01:03:36] **Hal:** Dave, you're going to trigger somebody, dude.

[01:03:38] **Dave:** Fertility, what were you thinking? You were thinking about the other F? How?

[01:03:43] **Hal:** Oh, I'm sorry, man.

[01:03:44] **Dave:** This is a PG 13 show. So talking about Miracle Mornings, Miracle Evenings, and getting laid.

[01:03:52] **Hal:** And getting laid. What is funny-- who was it? Oh, no, it's actually-- I won't say who-- but somebody on my team, her mother-in-law says-- yeah, she read the Miracle Morning before my team member met her son and they got married. So she's already, wait, you work for the Miracle Morning guy? I love Miracle Morning. I do Miracle Morning.

[01:04:11] And she told her the very first time they met and they were talking about it, she goes, my husband and I do the Miracle Morning, but the S in SAVERS, the final S is for sex. That's how we start every morning, how we end our Miracle Morning. And so yeah, if you want to swap out S's, that's fine.

[01:04:24] **Dave:** So you could do scribing. So maybe you could scribe some soft core that you just wrote out a little erotic story.

[01:04:32] **Hal:** Well, silence. You could just be silent, just do it in silence.

[01:04:35] **Dave:** It usually doesn't work, because-- unless you have little kids next door, then it has to be silent. But it's a humorous thing. Best time is it a morning or an evening thing? Because there's camps about that.

[01:04:47] **Hal:** Dude, if you don't have small kids at home anymore, Dave, it's whenever you can.

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[01:04:52] **Dave:** Exactly.

[01:04:53] **Hal:** That's the time. Whenever you can.

[01:04:55] **Dave:** Yeah. So I guess that even if you're tired-- this is advice for people with young kids, and I have several friends who have really young kids now. You used to be like, let's wait for date night. It's like, no, you don't wait. Because I promise you, kids have radar. Look, we'll wake up at 5:00 AM. They're like, oh, they're awake? Let's wake up too. It doesn't matter.

[01:05:14] They chase your schedule around. So you have 20 minutes, you go for it. That keeps marriages a lot stronger. That's for sure. So there isn't a best time in the Miracle Morning thing as long as you get it done. I like that. And for listeners, I'm working on this idea of biohacking.

[01:05:32] It's changing the environment around you and inside of you so you have full control of your own biology. So you can be open, but so you can show up the way you want to show up in your life, which is totally in alignment with what you're talking about here.

[01:05:46] I have this F-word framework that our bodies follow, fear, food, and then fertility, and then friends. We prioritize our time automatically in our cells. All animals do that. So given these things, we've got a schedule when we get our rest, because if you're exhausted, you're going to actually be in a state of fear and anxiety.

[01:06:10] How do we nourish ourselves properly, which we talk about that, but then how do we nourish ourselves in our love life as a form of nourishment and spiritual practice, not as just getting laid? And it feels like society doesn't talk about that very much, but it's make or break for how you show up in the world as a man, or as a woman, or as a family, or as whatever your arrangement is.

[01:06:33] That if that's lacking, it's almost like you have a diet that's not working right. And you can choose fasting. You choose celibacy, that's fine, but it needs to be conscious. And I'm working on helping followers use those energetics, which are more like qigong, or tantra, or more Eastern thinking, even some of the Ayurvedic practices, where you bring those into balance and that lets you show up just 10 times more than you would have, but this is missing from a lot of practices because it's titillating, or embarrassing, or whatever.

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[01:07:05] And that's why, if you go to the Biohacking Conference-- by the way, you know what's in Dallas this year? You should come. End of May, like May 30th or 31st, through June 1st.

[01:07:14] **Hal:** I should talk on morning routines or something.

[01:07:20] **Dave:** If you're up for that, let me-- God, Rebecca's going to kill me. I know our main stage is full, but let me see what I can do. I'd love to have you there, but just come, be my guest if you're interested. Bring the family.

[01:07:30] **Hal:** Yeah, all right. My pleasure.

[01:07:31] **Dave:** You have to leave the chickens for a day. You'll have to figure that one out. It's three days. Anyway, last year, I brought in-- in fact, every year-- at least one or two speakers about intimacy. So I always look in a spiritual practice or a daily routine, like, how do we bring intimacy in as another way of amplifying our energy throughout the day. And you're like, anytime if you got young kids. If you don't have kids, morning or evening is better, or you just don't have data on that?

[01:07:57] **Hal:** I don't have data on that. Yeah, I'd be speaking out of my lane.

[01:08:00] **Dave:** So Miracle Morning Bedroom Edition. Just a suggestion.

[01:08:04] **Hal:** Yeah, there you go. Miracle Morning for Lovers. There you go. Well, there's the Miracle Morning for Couples. There's a book, Miracle Morning for Lovers.

[01:08:10] **Dave:** Yeah, and your acronym is FU. I actually highly recommend that if that's in your scope of practice and knowledge because my experience has been that working those energies into your affirmation practice, into your meditation practice and just into your connection with the world, it really does deepen and enhance your ability to make stuff happen. And this is like you're saying. You have a partner, your wife who does things that you don't do you match and fulfill each other in that way.

[01:08:48] **Hal:** Yeah.

[01:08:48] **Dave:** People do that whether they're in dedicated partnership or not. And I just feel like we haven't done enough work as a society on figuring out that part of human biology,

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psychology, and spirituality. So I'm down for hacking that. All right, I feel like we've gone pretty deep on the new Miracle Morning. Is there anything else that's new in the new edition of Miracle Morning that you really think is top of mind?

[01:09:15] **Hal:** Yeah. People, why did you write the new book? Well, it's 11 years since the book came out, 15 years since I started the practice. I would hope that by doing the Miracle Morning six plus days a week every week that I've evolved a ton in what I do and how I do it. And so in the new book, it was like it was making sure that it didn't lose the essence of the original, but also that it answered all the questions I've gotten in the last 11 years and what people have asked for and requested.

[01:09:45] For example, meditation, I've developed what I-- I don't know if I made it up, but I don't know where I would have learned it. But I called emotional optimization meditation. And so as opposed to just clearing your mind and following your breath and sitting in silence, it's actually a very proactive meditation where you start today and ask, what would be the optimal mental and emotional state for me to be in that would best serve me today?

[01:10:13] And it might be confidence if you've got some big presentation coming up. It might be playfulness if you're hanging out with your kids on Saturday morning. It might be love if you've gotten a fight with your spouse the night before and you need empathy in the morning. Whatever it is, though, I teach you in the book, how do you identify your optimal state? How do you then trigger that state? Get into the state. Then you set your timer for five or 10 minutes and you meditate in that state and you're hardwiring it in your nervous system so that it becomes a permanent fixture in how you feel. And so for me, bliss is my general default. Every day I want to be just totally at peace, totally happy, for no reason, as Marci Shimoff would say. And so that's my default state.

[01:10:51] And by reinforcing that every single day for just five minutes in the morning, and then some days it's a specific state, but that's been a game changer for me. And so that's an example of how every one of the SAVERS I was like, okay, here's the basic, if you're brand new to meditation, but here's how you can take it to the next level when you're ready to.

[01:11:12] **Dave:** I really appreciate that because you've got to be able to talk about in the book and just feel free to talk about this really tiny nuanced thing that you do. And I don't really know

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a ABC structure for it, but when you read the book, you get a sense of it. It's almost like one of the things you can only see it out of the corner of your eye.

[01:11:38] And when you hone in on a practice like that, it becomes easier and easier to see and like, oh, I'm doing it right today, and it works well, and I didn't do it right the other day. So it is a Miracle Morning practice, which is solid.

[01:11:53] Hal: Awesome, brother.

[01:11:54] Thanks for making the long half hour drive to the studios here, and it's always a great pleasure to see you. I can't wait to hang out socially. We'll go to dinner or something. Maybe we'll see you at The Well again.

[01:12:05] The Well, baby. Yeah.

[01:12:06] Nice. And by the way guys, The Well is a restaurant here in Austin where we just ran into each other that has no bad oils and all grass-fed and no gluten.

[01:12:15] **Hal:** Pasture-raised chicken and mostly organic veggies. It is the best restaurant in Austin, in my opinion.

[01:12:19] **Dave:** I go there a lot.

[01:12:20] **Hal:** Yeah, me too.

[01:12:21] **Dave:** Awesome. Thanks brother.

[01:12:22] **Hal:** My pleasure. Appreciate it.