

Announcer ([00:00:01](#)):

You are listening to the Human Upgrade with Dave Asprey.

Dave Asprey ([00:00:07](#)):

You are listening to the Human Upgrade with Dave Asprey. I'm going through a voice upgrade right now actually. No. It is South by Southwest. And I've been talking a lot and maybe flew somewhere where there was really dry air. So I sound even more gravelly and even cooler than normal. Maybe I'm channeling Morgan Freeman. What do you think?

Dr. Christina Rahm ([00:00:28](#)):

I think it sounds cool. I like it. Alright,

Dave Asprey ([00:00:31](#)):

This is my new,

Dr. Christina Rahm ([00:00:31](#)):

Let's go with it.

Dave Asprey ([00:00:33](#)):

I used to smoke voice, but you guys have to deal with it because this is an interview not worth missing or to state more positively worth listening to because it is a live interview during South by Southwest, which means all the cool kids come into town, including Dr. Christina Rahm. She is a force, she's a well-known executive scientific researcher and entrepreneur and author and a former pharmaceutical sto. Is that the right?

Dr. Christina Rahm ([00:01:05](#)):

I think that's the word. That's

Dave Asprey ([00:01:06](#)):

The right word. All right. Until she got cancer and Lyme disease and decided screw this noise. And so she started DRC Ventures, which works at solving root causes of diseases. She's looked at counseling, psychology, nanotech, nutraceutical research, and just wrote a book called Cure the Cause. And we're going to talk about what's really going on and some really cool stuff on mold and Lyme and getting inside the cells in your body and maybe even some other stuff that's off the beaten path of biohacking. But she's exceptionally legit. Tons of patent pending technologies. So this is an OG biohacker. Christina, welcome.

Dr. Christina Rahm ([00:01:46](#)):

I'm honored to be here. Everyone knows who you are and I'm like, oh my gosh, I get to be on this show. So thank you so much. You're

Dave Asprey ([00:01:52](#)):

So welcome. I saw some of your talks online and said we need to connect and self buy is such a great opportunity just since so many people are in town. I'm like, why don't you swing by and thank you, make you some coffee and see what's going on.

Dr. Christina Rahm ([00:02:05](#)):

I love your coffee. It was really good. Thank you. But I like a lot of things that you've done because you've really helped our world be a better place.

Dave Asprey ([00:02:13](#)):

Thank you. That means a lot, especially coming from you.

Dr. Christina Rahm ([00:02:16](#)):

I mean that

Dave Asprey ([00:02:17](#)):

Alright, you worked for Pfizer Johnson Johnson, Bristol Myers Squibb and others, which is the most evil.

Dr. Christina Rahm ([00:02:26](#)):

Oh my gosh. So I am supposed to be honest on this show, right? Yes. I have to

Dave Asprey ([00:02:33](#)):

Be. If you have non-disparagement agreements, you can honor those. I

Dr. Christina Rahm ([00:02:36](#)):

Do have. I do have those. But I will say this, I enjoyed working with the pharmaceutical biotech industry. The higher I got in my career in those industries, in the science, medical and clinical side, the more personally as a mother of four and a cancer and Lyme survivor, I was worried about side effects and the complete transparency of everything. So when you asked me what it was the most,

Dave Asprey ([00:03:02](#)):

Oh wait, hold on. Use the word transparency. I thought you couldn't use that if you worked in pharma. It wasn't allowed.

Dr. Christina Rahm ([00:03:08](#)):

Well, I'm not sure I'm supposed to, but I just did. Oh my gosh.

Dave Asprey ([00:03:10](#)):

Wow. Well, no wonder they had a problem there. It can be transparent. Who do you think you are?

Dr. Christina Rahm ([00:03:15](#)):

Well, one of my specialties is data and statistically analyzing things. And there's a lot of different ways you can statistically analyze things and if it doesn't work out the first time, there's always different ways to approach it. But I think my Native American roots and my Middle Eastern roots, and I shared with you Cherokee, Choctaw, middle East, I really understood the body needs things naturally. And there are

synthetic things that are in pharmaceutical and biotech that long-term use, and I know you're very aware of this causes issues to our genetics, epigenetics, DNA, which is hard for people to hear, but we all know environmental triggers and factors cause a lot of what happens to us. So I have to say this, environmental triggers and factors are anything you put into your body or that goes into your body that can affect it and a lot of times negatively. So I think we have to remember that includes pharmaceutical and biotech as well that has synthetics in it.

Dave Asprey ([00:04:13](#)):

It's interesting because I was of that mindset for a long time and I was even maybe Anti pharma and of course my questions are kind of coming. I'm anti behavior a big pharma in the US today, but I actually have found some pharmaceuticals could be really

Dr. Christina Rahm ([00:04:28](#)):

Helpful. Absolutely.

Dave Asprey ([00:04:29](#)):

I'm not opposed to synthetic. I just want to know what they actually do. And then I want to pick my poison, whether it's a natural poison or an unnatural poison in the right dose with full knowledge. And it feels like there's been a suppression of the natural knowledge and they're hiding some things like what Tylenol does and

Dr. Christina Rahm ([00:04:49](#)):

Some's other things. It's and for ulcers, terrible. I'm so glad you said that because I have to tell you, I feel like that's really one of my missions is to give a full understanding when you read a package insert and you were married to a doctor and this, you've studied this, it has a side effects. But I think people need to add up all the side effects so they're aware. You and I have a scientific background, we've studied this all our whole life and I don't care if you go to school to study it or you do it on your own, but you and I have thrown our lives into this mission to really educate the world. And I use the word transparency because as long as we're honest with humanity and we tell them the truth and then they make the decision about what to put in their body, I'm all for it. Where I have a problem is let's not change the reality, let's talk about the facts and then each person can make a decision. I mean, we debate whether people should do THC or whether they should do microdosing. Well, I think we need to really talk about the facts that everyone should know what they're putting in their body if it's prescribed as well.

Dave Asprey ([00:05:52](#)):

Yeah, it's one of those things. I go back to business school. I went to Wharton and at the time was the only business school that didn't have ethics as a course, and one of the classes they just taught us, oh, it's provably cheaper to spend money to tell the world your product is good than it is to make a good product. And one of the things that led me to create the biohacking movement and to launch Bulletproof, and by the way, guys, case you haven't heard the news, I have nothing to do with Bulletproof. I'm not a shareholder. I'm not on the board of directors. I got nothing going on there. So whatever they're up to, I don't know. But I did launch that with the idea that people aren't dumb and we will talk and we will spend more money on products that are better and work better, and it doesn't cost that much more to do that. And my bet was that word of mouth plus the fact that you can feel it working is enough to overcome the effects of spending a lot of money on marketing that a big food company would do. And it did 650 million in revenue under my leadership. And it's a crazy thing in that

we know people will do that if we're allowed to speak about things. And it's the suppression of thought and speech. That's the issue right now.

Dr. Christina Rahm ([00:07:07](#)):

I said this, I did a talk yesterday at South by Southwest, a couple of talks, and I talked about the fact that we talk about traditional non-traditional medicine and scientifically what we've learned in our advancements, and I'm just going to say this, go back hundreds of years and look what we knew and now we've created this illusion that none of that was accurate.

Dave Asprey ([00:07:32](#)):

One of the things that I've started doing is I'm purchasing books on print again, and you'll notice around the house there's thousands of books I've read. The reason for that is you can't go in and retroactively edit physical print books. I have all of the books written by people in the twenties and thirties about the first big vaccine marketing campaigns and how those worked. And it's so interesting. The same thing happened back then that happened over the last three years, mass psychosis followed by an awareness and then a silencing. So at the end of all of this, I listened to these global leaders and I mean they serve bulletproof coffee at WF for three years in a row. These guys were drinking butter and MCT for a reason. It makes their brain work better butter from cows, but

Dr. Christina Rahm ([00:08:20](#)):

Oh, that was a great point. Did you bring that up to them? No, maybe it wasn't the time.

Dave Asprey ([00:08:26](#)):

I guess they weren't anti cow then. I actually didn't go. It was a friend who brought it there, but I even have a picture of Bill Gates drinking bulletproof coffee,

Dr. Christina Rahm ([00:08:35](#)):

Which is, well, that was good advertisement, but do you want that? I don't know. Yeah.

Dave Asprey ([00:08:41](#)):

And there are 4% of people in studies are evil. They're psychopaths, right? They really are. And they're unnaturally drawn to politics. But the rest of us are generally some degree of good. There's some narcissists in there and whatever else, and we're all working on improving. And what the psychopaths need to understand is that even though they don't like it, there are limits on what they are allowed to do. There are spiritual and energetic limits that are very firmly in place on them, but more importantly, I don't feel good when I eat grains and crickets. It makes me sick and it takes away my vitality. I feel good when I get enough meat and I'm not going to be vegan. I already did that and made me really sick. I

Dr. Christina Rahm ([00:09:23](#)):

Did too. I tried it for, I had cancer, I had a brain tumor pituitary, and then I tried it for two years. I ended up having to have an infusion because my iron levels and I kept getting sick. I just couldn't do it. It's

Dave Asprey ([00:09:37](#)):

A great way to depopulate the world. Yeah,

Dr. Christina Rahm ([00:09:39](#)):

It's a great way to make men not as strong. I'm sorry. Oh my

Dave Asprey ([00:09:42](#)):

Gosh. It makes women not as strong too. Let's just not count that

Dr. Christina Rahm ([00:09:46](#)):

Out. No, I'm not going to count it out. But it really frustrates me because you want to develop warriors, and I know you probably know this, your O negative, O positive, which are your warrior blood types genetically. I mean you have to have me. Yeah,

Dave Asprey ([00:10:01](#)):

You do.

([00:10:07](#)):

I was at the Milken conference in, I think it was in Abu Dhabi a few years ago, and there's this big panel on the global population problem and on plant-based diets. And I said, guys, I'm not worried about the global population diet because plant-based diets are making people infertile and a couple people, including a couple members of important families there like, I'm vegan, I have healthy kids. I'm like, yeah, look at their kids. This is a multi-generational problem. And strangely, only one other person really agreed against the Franken Foods, and it was a guy from Del Monte who makes real foods even though they're pretty processed. So we have these things going on behind the scenes and we don't know it until you hit a wall. In my case, I had multiple exposures to toxic mold. I was diagnosed with Lyme disease and I actually started one of the first at-home lab testing companies in the us.

Dr. Christina Rahm ([00:11:01](#)):

When was that? Do you mind me asking? Around

Dave Asprey ([00:11:02](#)):

2008, the only ones I know of that were direct to consumer before that was life extension, and all we did was the Melisza Diagnostics test, which you might've heard of. It was spun out of big pharma because one of the researchers there named Vera, she proved that the excipients, the binders and fillers were causing all the side effects for one of the drugs. And the technology she developed to do that saved the drug from being canceled. She's like, pull out the crap and then the drug works. So because of that, they gave her the technology and we could diagnose active Lyme versus just you've been exposed Lyme. I had Lyme, and I think Lyme is mostly a symptom of toxic mold exposure, and that's based on A-U-C-L-A research on some genetic stuff. But whichever one I had, I had both and I had all the chronic fatigue syndrome, the weight gain, the 300 pounds, the arthritis, high risk of stroke and heart, heart attack. I had arthritis, heavy metals. You had all this too, right?

Dr. Christina Rahm ([00:11:57](#)):

I did. I actually listen, when people say Lyme disease isn't real, I lost my memory. I really could not even, I was in the hospital in the ICU, I could not remember anything, but so for me, it's a very real thing and it's something that is hard to deal with and it's a lifetime. I say this of making sure that you're healthy after you go through things like that.

Dave Asprey ([00:12:20](#)):

I bought disability and trust, but I

Dr. Christina Rahm ([00:12:21](#)):

Love your lab. I have to say that I invited you to Nashville. You've already been there. I know, but I really love that. So many people that I work with throughout the world that have suffered from Lyme's disease, I mean it's a major thing people are dealing with.

Dave Asprey ([00:12:34](#)):

Well check this out. So Upgrade Labs is opening a location in Nashville, Tennessee, and we're opening 27 locations and counting. By the way, guys own and upgrade labs.com, and what's happening at Labs is really cool today. If you have a leaky faucet or you want to replace your toilet, you can go to Home Depot, go to Lowe's, and you pick up some stuff and you do it yourself. Medicine isn't that different with ai. So what we're doing is upgrade labs is not a medical company, not in any way, shape or form. You come in there and we use AI and we use medical grade imaging and diagnostic stuff, but we're not diagnosing and treat anything. We're just telling you how to improve the quality of your life and you use our interventional technologies, biohacking stuff, none of which is medical, but some of which could be if you wanted to use it that way, and magically as a side effect of getting healthier, something like diabetes or some other thing just goes away. Those side effects are unintended, but the idea is you're in charge of yourself. You always were. Absolutely. And we're just using tech and humans to give you the right guidance on what technologies to use, what supplements to take, and when to call your doctor.

Dr. Christina Rahm ([00:13:43](#)):

I love this lab. I love the fact that you're doing that because I told you I've worked in 89 countries, and I really want to say this, I've done different projects where people all of a sudden write the side effect, you're right, they don't have diabetes, their insulin levels, everything that the test that you're doing with cholesterol, they get better and it's simply because they're focusing on their life. And I do believe, I'm just so, I don't know if you know this about me, but since I was in my late twenties, I've studied fungus.

Dave Asprey ([00:14:10](#)):

Oh yes. We're mold. People love it. All the books from the seventies on ecology and my collection here. Yeah, look

Dr. Christina Rahm ([00:14:15](#)):

Up Rex and Rondi. They were two of the top researchers I've actually got to experience because at the time I was at Pfizer, they launched Lucin, which was Fluconazole. I

Dave Asprey ([00:14:25](#)):

Actually like that stuff.

Dr. Christina Rahm ([00:14:25](#)):

I actually like that stuff too. Oh my gosh. We're going to be friends. Totally.

Dave Asprey ([00:14:29](#)):

Sporanox is a bit better, but I'll take

Dr. Christina Rahm ([00:14:30](#)):

Another one. Yeah, I will too. I actually carry that when I travel anyway. Hunting too.

Dave Asprey ([00:14:35](#)):

We're totally like,

Dr. Christina Rahm ([00:14:35](#)):

Yeah. Yeah. So they had mushrooms growing out of people's heads in a surgery. They would open people up in the autopsy and they would be fungus and mold. They now understand that with Alzheimer's and dementia, that when they're looking at the brain and they do autopsies when it's acute, they're seeing fungus and they're seeing parasites throughout the brain. So this has been something I've been talking about. 50% of the people that die in a hospital actually didn't die from bacteria or viruses, but from the fungus that proliferates throughout the body. Doctors weren't treating it. And that's still an issue today. Even with a virus. You get a virus, bacteria, they're treating you well, the fungus is growing, you don't get better. I'm sorry, I just got on my, that's my huge thing and I feel like no one talks about it.

Dave Asprey ([00:15:24](#)):

I sure do. Being a toxic mold guy, I actually did a documentary called moldy movie.com. It's free. You guys can just go see it. I spent about six months, we traveled around, interviewed 12 doctors, very credible people, and 12 normal people are just wrecked by mold in their environment. And anyone who sees that, oh, my spouse isn't crazy, and if your doctor sees it, then you're not crazy. But

Dr. Christina Rahm ([00:15:48](#)):

A lot of doctors don't recognize it. Did you know that?

Dave Asprey ([00:15:50](#)):

Oh yeah. Most of 'em dunno

Dr. Christina Rahm ([00:15:51](#)):

Anything about it. I mean, no, literally when you talk to doctors, they're like, what are you talking about? And I try to educate my friends and they're like, well, I went to my doctor and he didn't say, you're crazy. He just said that That's not really a thing. I go, it's not just a thing, it's like one of the main causes for autoimmune. But what's interesting is your lab and different things I feel like I've worked on in my career and you've worked on can help with fungus and mold and help the human body where all of a sudden you're like, I'm better. And I know you know this, but when doctors diagnose someone, that's their analysis of that person. And I'm not talking bad doctors have gone school for a long time. They're amazing people, but your body is your responsibility and most doctors have not been trained on that.

Dave Asprey ([00:16:36](#)):

It's your government's responsibility to take care of your body. Christina,

Dr. Christina Rahm ([00:16:40](#)):

Haven't you

Dave Asprey ([00:16:40](#)):

Read the memos? Geez,

Dr. Christina Rahm ([00:16:42](#)):

I can't do that.

Dave Asprey ([00:16:46](#)):

Can you imagine those people who believe that?

Dr. Christina Rahm ([00:16:48](#)):

I think they do.

Dave Asprey ([00:16:49](#)):

Yeah. Weird mind programming. Yeah. Do you think that it's actually a government fungus that's programming their minds?

Dr. Christina Rahm ([00:16:55](#)):

Could be. I mean, no, I'm being honest. If I did a book, I have to give you the book, it's on military science, and I had 900 pages in the book, cut it down to 200 because I studied strategic sciences and then was involved in some projects that had to do with biological development because we do it in every country. That's when people say it's in this one country. I'm like, no, this is part of the military because you have to protect your country. I understand both sides.

([00:17:21](#)):

I'm sorry. I know you're supposed to. And so here's what, so they didn't take out, I had a chapter that had to do with different things that have occurred in the last four years and different things we could do naturally. Didn't have anything about the products. I have just things you could do naturally and launched it at the Kennedy Center. And I've already had comments about how could I have put that in the book. I talk about peace time during why we need peace time. I talk about psychological warfare, I talk about biological, but they were like, how could have put that in the book? And I'm like, I didn't say anything wrong. I just talked about the reality of what occurs in our world and I feel like people should know and be educated. And my question is, why is anyone upset about that? We have to educate people.

Dave Asprey ([00:18:03](#)):

And also when people get outraged because someone is wrong, dude, you've already been programmed. Here's the way normal healthy humans are. Someone says something, you don't agree. Oh, that's interesting. I don't agree. Why do you think that? And then you have rational discourse and maybe you learn something or maybe you decide the other person's wrong and then you go out and eat some rib eye and you're cool with it. And the fact it's like

Dr. Christina Rahm ([00:18:24](#)):

If we argue, I would love to argue with you someday, please,

Dave Asprey ([00:18:28](#)):

You'll lose. Don't even make

Dr. Christina Rahm ([00:18:30](#)):

I'm going to lose. I know, but I'm just tea. But that's how you learn if you disagree. And somehow we've lost that ability to even have these discussions.

Dave Asprey ([00:18:38](#)):

My favorite, just the other day on International Women's Day, I did a post about how hormonal birth control is a crime against women because it is and it's really harming women's health. And in fact, it's also harming men's health because when women are on birth control, it changes your hormones. It changes our hormones. Absolutely. It screws all of humanity up a hundred percent. And there's always this one shrill voice usually with blue hair. And I'm saying, how dare you as a man? And last I heard men and women could talk to each other and about each other and we'd help each other. So the cool thing is I learned this four to 7% psychopaths. They're online too. So when you get those people who just come in and they act that way, I'm like, block, block, block. And all the people who like the post block and it's only like 15 people. And then suddenly rational discourse returns in the comments. It's just a few creepy loud voices. We don't have to listen.

Dr. Christina Rahm ([00:19:32](#)):

Okay, thank you. I had a really rough week the last week. The criticism is hard sometimes. Oh,

Dave Asprey ([00:19:39](#)):

Okay. Can I just give you the masterclass on that? Can Joe Rogan tried to cancel me for 18 months straight. I had thousands of trolls coming to my website. They were financially targeted because of a competitive thing. How did

Dr. Christina Rahm ([00:19:51](#)):

You deal with that?

Dave Asprey ([00:19:51](#)):

Oh man, it rocked my boat. I had to do some neuroscience based forgiveness work and just understand that it was pushing my buttons because it's bullying. And so if you're bullied in school or by a parent or a coach or anyone, the way you felt when you were a kid is the way it felt mind. This is why trolling hurts. But when you heal the originating trauma, try EMDR come to my 40 years as zen neuroscience thing. Whatever you're healing thing is, you don't worry about what's happening now. You worry about the first time you felt that way. And it's always when your little kid, when you do that, you learn two things. Number one, the more they talk about you, the more reach you have. Number two, the more they talk about you, the more people will buy your stuff. And number three, if someone came into your living room and said that, what would you do?

Dr. Christina Rahm ([00:20:39](#)):

Some of the stuff that people have said to me, I would ask them to leave.

Dave Asprey ([00:20:42](#)):

Exactly. So did you ask them to leave your page?

Dr. Christina Rahm ([00:20:45](#)):

Well, recently I did a talk on immunizations and vaccines, which is I would, so I talked about the first vaccinations actually, and of course you'll understand this because we both have, I just know you'll understand this, have some knowledge. Yeah, I'm talking about herd immunity and I'm talking about the original vaccines were in India and China when they naturally exposed people to people that were sick so that they would naturally do this. Right.

Dave Asprey ([00:21:12](#)):

I love it when you should be canceled.

Dr. Christina Rahm ([00:21:14](#)):

Oh yeah, I hear

Dave Asprey ([00:21:15](#)):

That a lot. You know what? I usually respond when I go, so should your mom. Yeah, right. They're both juvenile, stupid, seventh grade behavior. And if we're going to go there, let's go there. You're a poop face. What are we going to do here? Or we could have rational conversations, but someone who's calling for that kind of stuff with you, they're not there to learn. They're not there to help. They're not there to do anything but feed their ego and to deal with whatever bullying they experienced that made them into an adult bully. So there's nothing there for you. So what you do is you kick 'em out of your living room and you just say, okay, it took you two minutes to make up whatever nonsense you did about me and it took me or even someone on my team. Exactly. One second. That's exactly right. To click block and then they're gone. You wouldn't know about the cell danger response, right? Yeah,

Dr. Christina Rahm ([00:22:09](#)):

Absolutely.

Dave Asprey ([00:22:09](#)):

You expose someone to a lot of toxins or specifically infectious agents like Lyme or mold in their environment all the time, your cells, which are the root of consciousness, at least in my work, they just learn that the world's a hostile place. So you will be more reactionary at a sub-cellular level all the way up to your brain. Absolutely. And you think it's stuff around you and it's inside you and you can actually heal that, but it requires a healthy terrain to do it. Yeah. Does that make sense, your

Dr. Christina Rahm ([00:22:35](#)):

Understanding? Absolutely. And actually natural killer cells come in with the response. You're inflamed, everything starts happening like you're at war and then you're angry and you reach and I believe just like you believe ourselves, we have a city inside, they're talking, that's who we are. We all think this is who we are, but you have this whole environment and if it becomes honestly angry or in flight or toxic or has mold, right, this environmental trigger I have mold, then you do become almost a person that you shouldn't be. And I believe you could become like a zombie and I really do. So this is when the whole pandemic happened. I started doing talks and you probably haven't seen them, but I'll tell you, they were about fungus and my big concern was not the virus which had been around since the 16 hundreds. My big concern was fungus and

Dave Asprey ([00:23:25](#)):

Para because people are being locked in houses or what,

Dr. Christina Rahm ([00:23:27](#)):

Because when you have a viral or bacterial infection, the fungus grows throughout the body because basically your body, this, we're the host ourselves of the city, like we're in here, but it's trying to take over anything. And I always say we're stronger. We can mutate if we think with our heads and if we use our minds, our spirits and our souls to really make decisions instead of listening to the noise that people are trying to get us to listen to. If we actually can help our bodies, we can fight things right effectively. But here's the problem. When a virus takes over bacteria, then fungus gets this opportunity because you're focused on the bacteria or the virus and it's smart, it thinks so it starts growing because the goal is to take over the body. So I talked about this in 2000 and I did a lot of talks on it in 2019, 2020, and then the show came out, this is Us or the last of us.

([00:24:24](#)):

And everyone around me was like, Christina, were you part of that? I go, no, but I just understand what can happen in the human bodies because the cells, they just become confused and they let this stuff grow. And I know that sounds odd to people, but it's so real to me because I've studied for so long. I have this fascination and love with the inside of our body from a scientific perspective. And so I just want to share with people so they can help their own world that they're living in, they're in control if they'll take it.

Dave Asprey ([00:24:54](#)):

There are hundreds of examples of fungus or sometimes other microbes like toxoplasmosis, controlling mammals, controlling fish, controlling all kinds of higher life forms. For instance, in one study, a certain kind of fish that had a worm would, 90% of the infected fish would go to the surface and glimmer and get eaten by birds. And the other fish that were uninfected stayed at the bottom and didn't get eaten. The parasites were making it happen. Then there's rats that lose their fear of cats because they have a certain infection that wants to spread. The idea that we're somehow immune from that is nonsense. And it's ridiculous. Crazy cat lady is toxoplasmosis, right? It's a thing. And you can look, in fact people right now are starting to call for me to be canceled. I said something against cats and I will just tell you cats are great. Just keep 'em outdoors where they can catch mice, but don't let 'em indoors or they'll give you toxoplasmosis, especially if you're pregnant. It's just the data. Unless your cats always live indoors and for God's sake, don't make 'em vegan if you do that. So I like cats, but I'm just aware

Dr. Christina Rahm ([00:25:57](#)):

A hundred percent right. Cats and birds, I'm just going to say that. And a lot of the reptiles, they carry it and then your kids will get it

Dave Asprey ([00:26:05](#)):

Also osmosis. Interesting.

Dr. Christina Rahm ([00:26:06](#)):

They can in a different mutated format. And so can roses. We share the DNA roses, the thorn on the rose. Yeah. Oh my gosh,

Dave Asprey ([00:26:15](#)):

That's cool.

Dr. Christina Rahm ([00:26:15](#)):

Yeah. So we share DNA different parts of our DNA with a plant and different things, but what we don't understand is also bacteria and fungus. Viruses do too. So you've got to understand there's a, I call it transcendental communication between all of these things that can happen. We don't want to accept that. We want to think, well, we're immune to this and that's not going to happen. I'm glad you're educating people on cats because I actually have a cat that has always been inside, never outside. The parents were never outside. And I feel fairly safe because of that. But I will tell you, I also treat periodically my travel to the Middle East, to Asia all over the world. Nigeria. I mean, I treat myself for that. I actually got fungus and parasites in Ukraine one time and ended up in the hospital there. So I've had a lot of issues with it.

Dave Asprey ([00:27:11](#)):

Alright, I've got a good question for you. So I ate some sushi at a grocery store, which is not my normal thing. I don't mind sushi on occasion, I take stuff to kill parasites, whatever. But I ate this stuff. I know my schedule was aligned where I'm like, I probably should eat today on stage all the time. And then that night I had a dream, a really clear dream of worms growing. I don't have dreams like that. And it was clearly my body telling me I got a parasite. I had symptoms the next day. So I took some herbal stuff and I took some femazole, which is only for dogs except it reverses cancer. A lot of types of cancer in humans you can

Dr. Christina Rahm ([00:27:49](#)):

Take. Why don't we talk about that? I didn't know about that by the way. Yeah, you

Dave Asprey ([00:27:52](#)):

Would. And so does that other stuff that sheep get. What's this stuff called?

Dr. Christina Rahm ([00:27:57](#)):

Well, I mean I don't know. I take ivermectin and

Dave Asprey ([00:28:00](#)):

I'm a sheep farmer. So we had ivermectin because we give it to the sheep

Dr. Christina Rahm ([00:28:03](#)):

To stuff worms do understand that's where everyone has. So why in the world it's a standard thing for worms. Why in the world would individuals think that this is what we give animals for parasites and worms, but we would never have parasites and worms and why would we take that? And by the way, my friends and the doctors that I've worked with and the healthcare scientist over in Africa that have taken Ivermectin and some of the other products that you and I know about, they didn't have as hard of a time during all these things that happened throughout our world because they were treating. Whereas here it was illegal to do certain things.

Dave Asprey ([00:28:35](#)):

So I love it that we haven't got to heavy metals and autism. We're going to get there, but we got to talk a bit more about parasites. Probably five, six years ago I had some salad in Phoenix. Very dangerous thing to do next day. I don't know the right words. I will say 20 times a day disaster pants kind of scenario. So I just hit you. Huh?

Dr. Christina Rahm ([00:28:58](#)):

You wish you had a diaper but you didn't. Exactly. I shouldn't say that. I don't mean it like that. I just know I've had would travel with what I've done. I've had those days,

Dave Asprey ([00:29:05](#)):

There were times when I'm thinking, man, I see why diapers are useful here. And it was life disrupting. I had this for eight months. I had three different stool tests from big labs. I went to a good friend who's a GI Doc, I took herbs from Africa, nothing worked. And I was kind of getting desperate and someone said, you got to go see this old guy. His office is by Central Park in New York City. And I go into his office and I'm blanking on his name. It's Irish guy, one of the more interesting humans I've met and probably still practicing. And he spent half his time with Maharishi Foundation working on global peace, had a great ancient book collection. And he said, oh, I ran public health for New York State for six years. And he said, modern doctors, they don't know anything about parasites. He said, I wrote six textbooks on tropical infectious diseases, so bend over.

([00:29:56](#)):

I said, what do you mean? He goes, you think a good parasites going to come out? No. So I bent over and fortunately cameras are very small these days and he says, yeah, there it is. 10 inches inside. There's an inflamed patch. Call me in two hours, I'll tell you what you got. And he looks on a microscope and I had longstanding giardia, which probably wasn't the cause of the symptoms, but I had another amoeba whose name I'm forgetting that will punch its way through your gut wall and then move into your brain and exists. And I don't remember its name. You probably know the one I'm talking about.

Dr. Christina Rahm ([00:30:27](#)):

I don't know. I'm just trying to think. I do know. I just can't remember right now. Again,

Dave Asprey ([00:30:31](#)):

Once he could find what they were, he said, here's take these drugs. And I was fine in six days.

Dr. Christina Rahm ([00:30:36](#)):

There's a link between that and I'm not telling people what to think or believe or go on against a doctor. I can't. Well, you know why? But there's a link to that in multiple sclerosis as well because in the imaging they aren't able, you don't come out and they don't say to you, you've got a parasite or you've got fungus. You can look at it in an autopsy, but it's just not something that doctors have been educated on or that they even know how to look at it scans. So instead they come in and they say, I think you have ms. There's holes and there's plaques on the brain. And that's what we think it is. And the issue is that's not always what it is. And then you're treated the rest of your life for something that you could have had alternative, what I call traditional medicine, but we call alternative. You could have had that. And so that's amazing. That particular doctor that ran public health though he probably had a hard time. I want to meet him now

Dave Asprey ([00:31:32](#)):

To search for parasite doc New York City.

Dr. Christina Rahm ([00:31:35](#)):

And he probably, while he did that though in New York, didn't come out with all of that because it's hard to be in politics or to be in a position and come out with something that is not normally accepted by everyone else. Especially right now in our world.

Dave Asprey ([00:31:51](#)):

Yeah, politics ruins science in a major way. It's funny you're talking about brains and those things that form a meaningful percentage of brain lesions are from calcium oxalate, from people eating these weird plant-based diets. And I was a raw vegan. I was a vegan. And

Dr. Christina Rahm ([00:32:08](#)):

Do you know how upset people get with me that I'm not a vegan like the audience I have?

Dave Asprey ([00:32:13](#)):

Of course I know because vegans are upset by wind blowing. It doesn't matter because they're malnourished mal people

Dr. Christina Rahm ([00:32:19](#)):

In real time. Well, my mental health doesn't work when I'm a vegan.

Dave Asprey ([00:32:20](#)):

Mine neither. So if you're a vegan and this trigger you eat a steak or get a therapist, then the therapist will tell you, eat a steak. It's just how it is. It's okay. And if there are no stakes available, then eat a politician because they're not doing their job. Right. Okay, there we go. Don't be vegan.

Dr. Christina Rahm ([00:32:35](#)):

I'm so glad you said that. That's one of the biggest criticisms I get. And the people lose their minds over it. And I'm like, why are you upset with me that I don't eat the same way that you eat? Why are you upset with me that I'm telling you scientifically what your body needs.

Dave Asprey ([00:32:47](#)):

You can also be like, why are you upset with me when you're the one who's super unhealthy and fat and has shakes and has dark circles on your eyes and autoimmunity and joint pain and kidney stones and all the other things that people get from going vegan. Why 80% of people stop being vegan in the first year and then it takes several years to get healthy if they ever do it does one of those. So the fact that any politician can look you in the eye and say, be vegan for the environment, be vegan for your health or be vegan for the animals. It means the politician's bad at math or bad at science or just bad

Dr. Christina Rahm ([00:33:17](#)):

Boom. I like that.

Dave Asprey ([00:33:20](#)):

I dunno where that came from getting me all fired up. So those brain lesions, you look at parasites, you look at excessive plant-based toxins, and then you

Dr. Christina Rahm ([00:33:29](#)):

Can fungus too. Yeah,

Dave Asprey ([00:33:30](#)):

Those the next one even stack formations of cancer. What percentage of cancer do you think is a fungal infection?

Dr. Christina Rahm ([00:33:41](#)):

I just spoke yesterday about 30% to 50% of all cancers misdiagnosed, just so you know. I think up to 70% is my answer. 70. I do.

Dave Asprey ([00:33:49](#)):

Wow. You're the highest I've

Dr. Christina Rahm ([00:33:50](#)):

Ever met. I think it's a fungal component. I believe it's feeding it questionably. I really do. And I think that we are. And why we are not stating that and talking about it. I don't know. There's been research on it for years. I know you know that, but I believe there's a huge link just like I believe. So I've worked on some products now to block sugar and to help with insulin levels and diabetes because the sugar, and I know you know this, it feeds the fungus and the mold and carbs because of the sugar can do that too. So you just want to have a healthy balance. But I believe it's a major problem not just with cancer but with autoimmune disorders. And I think it's a trigger with the epigenetics.

Dave Asprey ([00:34:29](#)):

Now there are some forms of cancer that can eat meat and some that can eat fat and some that feed on ketones. Yes. Why are we picking on carbs?

Dr. Christina Rahm ([00:34:37](#)):

I pick on carbs because I think carbs, when you break down the carbs and believe me, I eat carbs. I'm just talking about unhealthy carbs. So there's certain types of carb because of the GMOs and because of how they've been exposed to pesticides. It's like saying, I did work in Chernobyl. So lemme give you an example. When the nuclear bomb went off, we went in, we cleaned it, we Wait, hold

Dave Asprey ([00:35:00](#)):

On. The bomb didn't go

Dr. Christina Rahm ([00:35:02](#)):

Off there. No, I'm sorry. The reactor. Sorry. When

Dave Asprey ([00:35:05](#)):

All that was Hiroshima, totally different.

Dr. Christina Rahm ([00:35:06](#)):

That was Hiroshima, which I've studied a lot too, but I've done a lot of work in Ukraine and Russia. So going in and even being on the land and seeing the plants like roses that have been impacted by the chemicals. Did they have

Dave Asprey ([00:35:20](#)):

Superpowers?

Dr. Christina Rahm ([00:35:21](#)):

Well, they look very different. They're very, they're not as pretty. They don't smell the same. They have a lot of thorns. It's really odd. It's like you put something in a microwave and it exploded, but it used to be a flower. It's very different. So to see that in person was really transformative to me as a scientist. And then really digging into the literature and understanding GMOs, because my postgraduate certification was from Harvard. It was three years in nano biotechnology. People get this all wrong. I went to study how to reverse some of the things that we've done in this earth. It was really important to me. And so understanding that carbs are one of the main carriers of some things that are very toxic to people and the environment is what bothers me. If I lived in, let's take Cyprus, which they've never had pesticides and GMOs. It's a different conversation that we're having, but I don't live there. And so here in the United States we have been, I don't know if people understand this, we're worried about Hiroshima, we're worried about Ukraine because of what happened. But what about us and what we've been exposed to and what we're eating every day.

Dave Asprey ([00:36:37](#)):

People have a hard time quantifying risk because our brains are so reactive. One of the people out there is worried about deuterium heavy water. So I looked into this about eight, nine years ago, and heavy hydrogen, it is bad for your mitochondria. Unquestionably it's 160 parts per million in the south, but getting it out of your diet and your water costs excessive like 20, \$30,000 a year and an obsessive way of living. And then every car bwe has it anyway, and half the meat does too. So it's one of those things where is it worth pouring all of your time and energy into this thing? Only if you're a billionaire with cancer, otherwise focused on things you can easily change that move the needle a lot. So it's prioritization of detoxing that matters. What are the worst toxins that people should pay attention to right now?

Dr. Christina Rahm ([00:37:31](#)):

Okay, I want to say something really quick before I answer that if you don't mind. Sure. Did you know that I launched product with NA and Kirsten in Europe. Oh cool. I get a for mitochondria telomeres, I get regulatory compliance when every country is different. Yeah, Europe, Germany's the hardest. Yep. And so I get these comments back that mitochondria is not a real thing. I just have to say this, it blew my mind that I couldn't use mitochondria on the label because scientifically we weren't sure really what mitochondria even do and what it is if it even exists. I'm like, what

Dave Asprey ([00:38:04](#)):

Did you raise this and say government oversight of science is not a real thing. And just period

Dr. Christina Rahm ([00:38:09](#)):

Back. I had to tell you that because as a scientist I was blown away by the whole communication. And I have to be careful because Germany's our largest market. But was would

Dave Asprey ([00:38:18](#)):

It be legal to respond and say if mitochondria are not a real thing, here's a compound that stops mitochondrial respiration called cyanide since they don't exist. Would you like to try the compound?

Dr. Christina Rahm ([00:38:29](#)):

Yeah. Maybe I shouldn't do that though.

Dave Asprey ([00:38:33](#)):

Yeah, I guess you shouldn't actually send it in the, I'm just like give 'em the formula or something. Like, guys, put your money where your mouth is or get out of government. You're holding humanity back and I don't care what country you're in, you don't own my health. You don't own my listeners' health. You don't own anyone's health except your own. And if you don't look like a shining beacon of health, then get the hell out. Seriously. Who's that lady who runs health in Germany? She looks like job of the hut.

Dr. Christina Rahm ([00:38:57](#)):

Yeah, I know who you're talking about because it's horrible. I met her a couple of years ago.

Dave Asprey ([00:39:01](#)):

She needs to stand up and say, guys, I'm unhealthy because of these five things and I'm working on 'em. I don't care where you are. I was fat. I was really sick. You just come clean. Say, look, I'm working on it. I don't know what's going to work. I'm trying this. I'm trying that. I'm on the path of improving myself. But instead you sit there and say, you will eat crickets. No,

Dr. Christina Rahm ([00:39:19](#)):

The answer is no. Yeah,

Dave Asprey ([00:39:20](#)):

No.

Dr. Christina Rahm ([00:39:22](#)):

But it's healthy for you. That's the comment.

Dave Asprey ([00:39:25](#)):

You

Dr. Christina Rahm ([00:39:26](#)):

Had to hear

Dave Asprey ([00:39:26](#)):

Something, you can have mine.

Dr. Christina Rahm ([00:39:28](#)):

That's what I said. It was so interesting. I was in Europe, I was actually in Switzerland and I had the conversation and I said, well, you're welcome to have mine because for me it's not my super food. This is not a super food for me.

Dave Asprey ([00:39:41](#)):

You're really polite. I usually say if I eat that, I'm just going to fill the room with noxious gas and we're all going to have to go somewhere else. You really want me to do that? It's a time to be polite has passed.

Dr. Christina Rahm ([00:39:51](#)):

They sent me flour, by the way, did you know that Cricut flour?

Dave Asprey ([00:39:54](#)):

Oh man,

Dr. Christina Rahm ([00:39:56](#)):

You didn't get that gift.

Dave Asprey ([00:39:58](#)):

Someone sent me cricket bars like eight, nine years ago and I gave 'em to my kids and they spit 'em out like, what is this? This is horrible. So sorry kids.

Dr. Christina Rahm ([00:40:07](#)):

It wasn't good for 'em either by

Dave Asprey ([00:40:09](#)):

The way. I looked at what's in them. I looked at the, I'm like, maybe this is good. I'm not actually opposed to technology and food that makes healthier food. So the type of fat, similar to seed oils, they have a huge parasitic burden. The type of protein is low quality. They typically trigger allergies and they have a lot of carbs and not that much protein.

Dr. Christina Rahm ([00:40:27](#)):

My biggest thing is that they really do have a parasitic attachment. Huge. I mean they do. And people don't understand that. And then you don't know. There's no regulation on it. And then you look at it and to me it's just not the healthiest option. So why would I be putting this in my body when there's so many better options for my health? And that's how I feel. But I've had so many people, I had a book that was sent to me about crickets. I had many people ask me to eat crickets. I've tasted them by the way twice. And I'm like, I'm sorry, this makes me feel

Dave Asprey ([00:40:58](#)):

Horrible. Can we be a little Buddhist about things for a minute? Crickets are alive too. They didn't come here to be a food source for humans. So how many thousands of lives are you going to take to your stupid cricket bar in the name of carbon? It's dumb. It's actually anti-life. So right now, there are some food technologies that want to run past you that I'm interested in. One of them, I'm an advisor and

investor. It's called Zero Acre Farms. These guys are using fermentation. It is a genetically modified organization, organization organism that does it. And they're taking sugarcane and turning it into oleic oil. Monounsaturated oil, a hundred percent pure. And it costs 25% as much as soybean or canola oil. And it's a stable frying oil that's much healthier for people than polyunsaturates, right? It's called zero acre farms because you don't need almost any farmland. You can replace millions of acres of corn and soy and glyphosate with smaller things because we've made it more efficient. And I'd rather have beef Tao from grass fed cows myself. But would I eat that? Yes. Would I rather give that to any human versus seed oils? I would. And it's biotech. Is that a good thing or a bad thing?

Dr. Christina Rahm ([00:42:09](#)):

So I am a bio technologist. It's so hard. So when people ask me, and just so you know, I do get bullied about that as well because of my back. You can

Dave Asprey ([00:42:19](#)):

Stop being bullied. You can be bullied if you consent to being bullied. Just

Dr. Christina Rahm ([00:42:23](#)):

Make

Dave Asprey ([00:42:23](#)):

Fun of your moms. It's so easy. How bully lose it when you just say your mom? Two words. It solves

Dr. Christina Rahm ([00:42:28](#)):

All bullied. Okay, now I'm going to use that. I seriously

Dave Asprey ([00:42:30](#)):

Do it all the time. And you're like, how

Dr. Christina Rahm ([00:42:31](#)):

Dare you? That makes them so mad. That's going to make people so mad. But you're blocking them,

Dave Asprey ([00:42:35](#)):

Right? But the matter they are, the more in charge you are.

Dr. Christina Rahm ([00:42:38](#)):

Okay, so I am a bio technologist. Words, you are a mom.

Dave Asprey ([00:42:45](#)):

My seventh grade since

Dr. Christina Rahm ([00:42:46](#)):

I'm going to say you're mom and they're going to be like, what are you talking about? That's

Dave Asprey ([00:42:49](#)):

What Dave Asprey says to your mom. There you go guys, stop bullying. It's dumb. Alright, keep

Dr. Christina Rahm ([00:42:53](#)):

Going. So I am a bio technologist. I studied in the United States and internationally and just so everyone knows, yes, other countries have education. Yes, there are shaman and scientists and different people that do understand different aspects of science that we don't. And I just,

Dave Asprey ([00:43:12](#)):

Did you say that shamanism was scientific?

Dr. Christina Rahm ([00:43:14](#)):

My great-grandmother was a shaman.

Dave Asprey ([00:43:18](#)):

Of course she was. No.

Dr. Christina Rahm ([00:43:20](#)):

And you know what? I don't think she would to college, but I think she was extremely smart. And I think that yes, there's different types of science is my answer. And I'm going to stick to that till the day I died.

Dave Asprey ([00:43:32](#)):

Well, you should because it's scientific. I mean, I've also done shamanic training. I'm not a shaman. And I've worked with people who trained for eight plus years with the Shabo people. South American shamanism versus North American shamanism. And I've worked with North American shamans too. These people know stuff. And on top of that, at the biohacking conference that I'm putting on at the end of May, beginning of June in Dallas, by the way, guy's, biohacking conference.com, Joe Dispenza is giving a talk. He's not going to lead people in breath work, which you go to a Joe Dispenza retreat for which are awesome. He's actually going to talk about all of the science beyond what he does when I say science, EEG, brainwaves, gut biome, mitochondrial performance,

Dr. Christina Rahm ([00:44:12](#)):

Mitochondrial.

Dave Asprey ([00:44:13](#)):

The head researcher from uc, San Diego who studies mitochondrial biology will be there. And he's the one who does the research for Joe Dispenza. Thousands and thousands of people showing that meditation and breath work has an effect stronger than pharmaceuticals. This is all shamanic realm stuff. So when someone says shamanism, isn't science the person who's saying that isn't scientific?

Dr. Christina Rahm ([00:44:34](#)):

No. And when I was in school, the higher I went up, the more classes I took, the more education, the more I got criticized for my spiritual belief as well for how I believe in this. The fact that spiritually it's so important scientifically to our health as well. Did

Dave Asprey ([00:44:49](#)):

You curse the people who did that?

Dr. Christina Rahm ([00:44:51](#)):

Actually, I can't even listen. I was told that there's only, I'm sorry. I'm just a troublemaker that they were God is what I was told. Transplant surgeon. He said, I am God. So you don't need

Dave Asprey ([00:45:03](#)):

Have surgeons, man, those egos.

Dr. Christina Rahm ([00:45:05](#)):

So I literally,

Dave Asprey ([00:45:07](#)):

I have a couple surgeons who are good friends. I just

Dr. Christina Rahm ([00:45:08](#)):

Use, I have surgeons that are good friends too. This particular individual did not like my belief. That's fine. We disagreed. I gave my answer to what I still believe because my first background was psychology, right? Masters and first doctorate. And then I went into scientifically I'm like you. It's been a life journey for me. And a lot of that's probably because both of us have gone through things personally and this was our mission. Get

Dave Asprey ([00:45:30](#)):

Real sick. Will do that to you. Yeah,

Dr. Christina Rahm ([00:45:31](#)):

But I was going to tell you, so I've studied biotechnology and I've worked on great projects. 20 years ago I was involved in projects for some of the top companies that I got. I was there and I got to experience things that have to do with cloning, things that have to do with, you can bioprint your whole body.

Dave Asprey ([00:45:52](#)):

What's a bioprint like

Dr. Christina Rahm ([00:45:53](#)):

Photography kind of stuff. Yeah. So you basically take the tissue and then you're developing the whole arm. You can actually, they have the technology to do the human brain. You could even

Dave Asprey ([00:46:02](#)):

Make the break bio photons that come off of your cells that are now measurable with quantify things. Some of the stuff happening right now in quantum biology and cancer and biophotons. Unbelievable

Dr. Christina Rahm ([00:46:12](#)):

Research. Unbelievable. It's real. It's real. You can actually make a brain where it's never unhappy, where you always have the ability to be happy and peaceful. But there's an ethical debate. I'm sure you know that with all of this. How far do we go? What should do? Why is any

Dave Asprey ([00:46:28](#)):

Debate about it? Don't you think humanity needs an upgrade?

Dr. Christina Rahm ([00:46:30](#)):

I think we

Dave Asprey ([00:46:30](#)):

Do. Well, that's the mission statement for all my companies is to upgrade humanity. I

Dr. Christina Rahm ([00:46:33](#)):

Just had this discussion. I was asked by a moderator, and actually Ted, he was just trying to ask me questions in front of the group if I believed we were going for extinction or we were going for evolution and going to a higher level of who we are. And I said, we're at the cusp of the ability that we could be extinct. We're not going to because there's too many smart people that are moving us to transcendental. I mean this evolution where we are going to evolve as a species. When people say to me, how can you believe in ai? How can you believe in biotechnology? I'm like, listen, we can either embrace and become the stronger, become stronger as a species, or we can give in and let everything run us in limb fear and never upgrade. So I believe we are here to upgrade.

([00:47:21](#)):

And part of that is biotechnology and bioscience engineering. Part of it is we do have to modify. Sometimes we just need to do it in the right way because we have to protect who we are. And that means we do have innovative technology that can help us do that. So closing our minds to that and acting like every scientist that has spent their life trying to focus on it is bad is ridiculous. You have bad scientists, you know this. You have bad politicians, you have good scientists, you have good politicians. It's rare. But you do. You have great people in this world and I am so glad. This is my first experience to really spend time talking to you. And I'm so glad that there are other people out there that don't think that everything is horrible just because it's misunderstood.

Dave Asprey ([00:48:10](#)):

You've got millions of listeners right now who are on the same boat. It's a huge tribe of us. In fact, it's at least half the country not listening to this show. Give me time. But just who are on board with that at one level or another. And it's, it's interesting how the bullies, they're so loud. And for example, you see this high school kid who's like, I'm going to skip class. I'm angry and complain about it and make the cover of Time magazine. The complainers are loud and they're a small number of people. And there's this really cool technology that I helped to invent. It's called STFU. And do you know what that stands for? No, I don't. That's only funny. It stands for Shut the F Up. I

Dr. Christina Rahm ([00:48:52](#)):

Thought it was a scientific term.

Dave Asprey ([00:48:55](#)):

I slid that in. So smooth

Dr. Christina Rahm ([00:48:57](#)):

Did. And I'm like, no, I don't know. And I felt stupid. And then you're like,

Dave Asprey ([00:49:01](#)):

So bottom line is when there's a bully trying to shout you down for being wrong, you can be wrong. The only thing I care about is let me speak the truth. And I have control over my own biology and if you try to stop me, you are an enemy of humanity.

Dr. Christina Rahm ([00:49:16](#)):

I feel the same way people accuse me of being on both sides. I'm like, listen, no, I'm for freedom of speech. I think we should be able to have it. And I also believe I'm in control of my body and I should be able to make decisions for myself instead of having someone else do it for

Dave Asprey ([00:49:29](#)):

Me. And I think crazy and wrong people, even vegans should have a right to say whatever they want. I

Dr. Christina Rahm ([00:49:33](#)):

Agree. I agree. I don't care. Say vegans

Dave Asprey ([00:49:35](#)):

Aren't all crazy. Most of them are just misinformed. But anyway, I

Dr. Christina Rahm ([00:49:38](#)):

Have very good friends are vegans. Me too.

Dave Asprey ([00:49:40](#)):

I tease 'em and they tease me too,

Dr. Christina Rahm ([00:49:41](#)):

Right? By the way, we go to dinner and I'm always, I'm like, you're not going to live on that stuff.

Dave Asprey ([00:49:46](#)):

And think is, if you can laugh at what I just said, you're healthy and you're a vegan, good for you man. And if you got really triggered eat food that makes you UNT triggerable and vice versa. If I get mad that someone on my team eats french fries or is a vegan, I have an issue. It's not their issue, it's mine. So all my employees, when they first turn, oh my God, what do you eat around Dave? I'm like, eat what you want.

Dr. Christina Rahm ([00:50:04](#)):

That's what I always tell everyone. It's my business. I go places and they're like, well, Christina only eats this. And I'm like, wait a minute, that's not me. I mean, some days I eat things that I have to tell you. I'm like you, if I eat sushi, I'm a little worried. I love sushi. But I'm like, great, I have to now take Ivermectin.

Maybe Fluconazole by the way, my go-to for antibiotics, which most people don't believe in antibiotics. I zithromax.

Dave Asprey ([00:50:31](#)):

There's a case for Zithromax. Do you do it every year just for shits and giggles? I

Dr. Christina Rahm ([00:50:35](#)):

Do you know that? How

Dave Asprey ([00:50:38](#)):

Do you think I knew that?

Dr. Christina Rahm ([00:50:39](#)):

I don't know, but that's what I do.

Dave Asprey ([00:50:41](#)):

You know how I knew that?

Dr. Christina Rahm ([00:50:42](#)):

Yeah, it's important for me. I just want to clean out my body and I want to be as healthy as possible. I feel thankful that I understand science and I have these decisions. And what I want is for which I think your show is doing this, is give people the option and so they understand both sides of it.

Dave Asprey ([00:50:57](#)):

Did you just say trust the science? I think I heard you say that. Yeah,

Dr. Christina Rahm ([00:51:00](#)):

I trust the science.

Dave Asprey ([00:51:01](#)):

You sound like Fauci.

Dr. Christina Rahm ([00:51:02](#)):

Okay. I'm not like fauci.

Dave Asprey ([00:51:04](#)):

Well, he doesn't trust the science. Who am I supposed to believe

Dr. Christina Rahm ([00:51:06](#)):

He worked at Meyer Squibb like I did? I think.

Dave Asprey ([00:51:09](#)):

So here's the deal guys. I don't want you to trust the science. I want you to look at the science. And if you're saying I don't have the skills to do that, then I want you to trust the person who did the science and look at them. And the way your nervous system works is when you look at anything in the first tiny little window, your intuition knows your body has wisdom and it's just going to be a tiny little blip. And right after that comes an emotional response to it. And then right after that comes your thinking about it. And then you're going to make up a story about the emotion. And you've taught yourself since you were a little kid because you're human and you live in society, to ignore the intuition right away, whether Christina has integrity and is authentic or not. And so if you don't know how to do all the science, you actually can pick a person and say, I give them greater than 50% likelihood of being right. And I also promise you a hundred percent Christina's wrong about something and so am I. But we're way more right than most people. We're

Dr. Christina Rahm ([00:52:08](#)):

Trying. So

Dave Asprey ([00:52:10](#)):

Both of us are doing a good job of,

Dr. Christina Rahm ([00:52:12](#)):

We're authentic

Dave Asprey ([00:52:13](#)):

And we're pulling together lots of knowledge and lots of other sources using our own trust algorithms to come up with knowledge that's digestible. I

Dr. Christina Rahm ([00:52:20](#)):

Want to ask you so many questions that I don't think I'm allowed to. Am I? You answer the questions. Okay. So do you believe, so I was studying quantum physics and biotechnology. Bioscience engineering nanotechnology is really the transfer of energy. You're using different energy levels, even sound like you're using polarization, magnets, a lot of things to transfer things. So I remember being in school because I'm older and I remember studying the black hole theory and string theory, which was a theory and now it's reality, right? So my question is, do you think that there's other universes, other worlds? And do you think that you came from one of them or you don't believe in that? Has anyone asked you that or am I allowed to ask?

Dave Asprey ([00:53:04](#)):

You can ask me. Now. We're going into really esoteric, actually, there's a lot of, I studied with different lineages around the world. The place where Lin emerged was a single temple in China, and I've learned from one of the nine living grandmas of that lineage direct from lasu and the training with South American shamanism and some of the stuff in India and just lots of esoteric things. When you go into certain altered states, you don't need drugs for these. You can do with neurofeedback. I've run a company that does neurofeedback with four patents in neuroscience. That's awesome. Six months of my life in altered states with electrodes on my head. The bottom line is there is a view of reality that includes all those things. And it's not shared by just one lineage. If you study ancient belief systems, they all had similar views of this.

[\(00:53:56\)](#):

And if you take a new person who just learns how to enter altered states, there's a guy in Portugal and I believe the 1920s if I'm remembering right, he could leave his body do astral travel. This stuff is real. You can learn how to do it. I learned when I was 20 and when you do that, he said, well, I can teach people to do it. Why don't I just teach a hundred people how to astral travel anything, say go out and do this every night for a long time. Write down what you see and let's make a map. And he looks at what does everyone see who didn't talk to each other? Maybe that's real. And a meaningful percentage of people in China, more than 10% are colorblind.

Dr. Christina Rahm [\(00:54:36\)](#):

I didn't know that. Well,

Dave Asprey [\(00:54:37\)](#):

If you're one of those people and someone comes in and says, I can see that this says red and blue and you can't, which one of you is crazy?

Dr. Christina Rahm [\(00:54:44\)](#):

Neither one. Neither one. That's why I don't know why people get, so my grandmother merit was really big into reincarnation, into the things we're talking about. And she's one of the smartest women. She's no longer alive that I've ever met, and she taught me some of this stuff when we were alone and talking, which became threatening, I think to certain people in specific religions and things like that. Why is this a topic that people get upset about? Why can't we just talk? You're right. I've been exposed to different things. Like I have opened my mind to understand there's different perceptions and realities and I can't tell someone else what to believe, but why is it a topic that everyone's upset about? As a scientist, I love to explore that because I want to know why we're not supposed to talk about it.

Dave Asprey [\(00:55:37\)](#):

People are triggered because they've been programmed to be triggered by churches, by the school system, which was mostly designed by Rockefeller. And when you go back in history, so you end up going, oh, anything that challenges my worldview makes me feel like I'm unsafe, therefore I have to fight. It's one of the flaws in humans that we need to overcome. And it's probably actually a genetic issue. I would imagine it could be a lower level brain structure issue, but it's a hackable one. And if someone disagrees with you, you're still safe. But for some reason our identity feels threatened. So all that stuff, as a computer science guy who was raised as an atheist and in my undergrad, I was one class away from having a minor in religious studies. I didn't understand why anyone believing in that crap. I mean, I was actively setting out to disprove it.

[\(00:56:26\)](#):

I just realized that the body is quantum and I can prove that beyond a reasonable doubt. We now, just in the last couple of years, the study came out. Every time your heartbeats, the proton spin of everything in your brain changes at the same time when your heartbeats, that means it's a quantum system because there's no lag time there and they're all doing it in synchrony. So we can prove there's quantum effects in the human body and that we're based on that quantum stuff includes yes, no, and maybe so you are simultaneously irrational being and an irrational being and they can both sit in there at the same time and neither one is right or wrong and people would say, that's okay, fine.

Dr. Christina Rahm ([00:57:06](#)):

No, I think that's absolutely accurate.

Dave Asprey ([00:57:09](#)):

It is. And all this stuff about past lives, and I don't believe any of that. I have seen my past lives. I have come out of altered states without any drugs and apologize to someone for something many lives ago. And immediately she just bursts out in tears and remembers everything. And the countless examples of this to the point that if you have studied this stuff and you've done enough esoteric work and you've cleaned out enough of your own garbage, you'll know when you meet someone you've known before, it's just how the world works.

Dr. Christina Rahm ([00:57:39](#)):

Show up, absolutely show up and the cells connect. People get thrown off by how am I so connected to this individual? And my comment is because your cells know each other

Dave Asprey ([00:57:50](#)):

Hopefully.

Dr. Christina Rahm ([00:57:50](#)):

No, I believe that. I really believe that because the cells talk, and we do understand that there are certain individuals that are evolved enough that they know when they walk in a room, if they recognize someone or there's been some connection because there's this imprinting that occurs. This is my belief, this is just my belief. I know a lot of people will disagree with me, but I know we have machines that I've been in school, I've worked on projects where they can basically know what happened to you when you were two years old, how did you feel about it? Did you have a cat? Did you like the cat? What color was the cat? And we can use different devices now they're very expensive to do that, but there are certain human beings that are so evolved and they've gotten connected and they've spent time really understanding this connection with themselves. And they know when they walk in a room just like the CIA and the FB, I would use it without training. There are certain individuals that know how to do this and I think it's a great gift and people should work towards that.

Dave Asprey ([00:58:53](#)):

It is one of my friends was the top scoring recruit for remote viewing that one of the three letter agencies tried to recruit. She said no to doing it, but it was just like a natural gift. It wasn't something that was trained. If you're sitting here saying, I've never heard of that, or I can't do it, therefore it doesn't exist. There are writings thousands of years old that describe this. They're called the yogic cities. And there is great evidence that anyone who meditates almost for any kind of meditation develops at least some of these abilities where all of a sudden it's not random. You can more than 50% of the time predict a coin flip. It's not going to be a hundred percent of the time. But there are effects and our bodies are designed to filter out your ability to see those things. And the thing that your body does before you can think about anything in about a third of a second, and this is called P 300 D or evoked potential.

([00:59:53](#)):

So it's the lag time between when your body feels something and when your brain knows that it felt something. It's a third of a second, you can't see it, but it's there. In cats, it's 10% of that speed. So cats

can move like crazy fast. They have a much lower lag time on reality than humans. So what's happening during that third of a second, our body is deciding what to show us and what not to show us. Exactly. And that means if you could make your body waste a lot less energy on stupid triggers, like someone thought something different than you. And if you could replace that with just awareness. Well, a couple of things happen. One is your window on reality becomes younger. So my brain's response time is that of an 18-year-old, it's about 240 milliseconds, not three 50 milliseconds like it should be for my age.

[\(01:00:37\)](#):

And advanced meditators exhibit that as well. But that also means that your mitochondrial networks, which are the first observer of quantum reality, each mitochondria has its own consciousness. It's a bacteria. It's not a very good consciousness, but it's one. Well, they're going to program or they're going to find what they're programmed to find. So when you do the meditation, when you do those things, they will find those things. And if you believe the quantum stuff, they will collapse probability into reality the way that we know Schrodinger's CAT and the quantum sliding experiment and all those things do. So in my work, it's just reprogramming a network of billions or even trillions of ancient microbes that are running your reality to do what you want instead of what they want. And that's behind all shamanism. Also to practice all expanded consciousness states. They can see the world. They're super fast. They're just super dumb. And when you go into the altered states, you get a view of the world that they have.

Dr. Christina Rahm [\(01:01:35\)](#):

You know what I have to say? You just brought up something that I know your audience probably knows, but our audience and there's a lot of international presence will watch this as well. So this will be great. I try to explain this to people. You'll understand this. There's good and bad bacteria. There's good and bad fungus. You asked about the toxins earlier on, what comes into the body. And the truth is some of that is genetically determined because some people's genetics, honestly in their cellular health, can you something negative and transform it into something positive. And when you talked about the mitochondria and the microbes and what's happening, that's one of the abilities we have. But to my myself inside, what I think is how do we change that to be even better? How do we make everything friendly? Knowing that you get upgrades in your system though if you fight battles of certain types from a health perspective because your sales can become stronger. And I feel like that's not something people talk about at

Dave Asprey [\(01:02:37\)](#):

All. Are you saying that some of the childhood diseases that 99.99% of kids survive confer strength benefits later in life?

Dr. Christina Rahm [\(01:02:44\)](#):

A hundred percent. It upgrades the system. How

Dave Asprey [\(01:02:46\)](#):

Dare you cite hundreds of studies that show that to be true. That's not allowed.

Dr. Christina Rahm [\(01:02:51\)](#):

It's a fact.

Dave Asprey [\(01:02:52\)](#):

Oh my gosh. Yeah. Don't you feel dirty sighting facts like that just right here in

Dr. Christina Rahm ([01:02:55](#)):

Public. I get criticized, but you tell me not to worry about it anymore.

Dave Asprey ([01:02:59](#)):

Practice it. Use those two words. I mean, come on,

Dr. Christina Rahm ([01:03:01](#)):

Your mom. Yes, your mother.

Dave Asprey ([01:03:05](#)):

So if you're listening to what is this, your mom stuff? I learned this from my son in seventh grade. You probably had it in seventh grade too. If you're from America. So someone says something stupid, you're like, yeah, your mom, because it's such an inane, meaningless comment that when someone treats you with one and you just double down on inane meaninglessness, it takes it to the realm of laugh ability. So thank you. You can use that anytime you want.

Dr. Christina Rahm ([01:03:26](#)):

Well, I even use this kind of as an analogy. I'm going to be saying your mom a lot I use

Dave Asprey ([01:03:32](#)):

People will immediately say, how dare you? That wasn't very conscious of you. And you know what the answer to that is? Your mom. That's what your mom said. Just keep saying it. Eventually they go away.

Dr. Christina Rahm ([01:03:42](#)):

Well, what if they say your mom back? I'm like, my mom's going to fight your mom.

Dave Asprey ([01:03:46](#)):

Yeah, my mom can kick your mom's butt. I mean, that's right. It's like inic a booger on you. Literally. This is bullying from fifth grade. So if you're one of those trolls, you're probably not listening to the show. I triggered you too much. But if you want to come to my webpage and troll me, two things will happen. One, I'm going to make fun of you. I'm going to laugh my butt off. And two, if you're just an asshole, I'll just ban you. Why are we doing this? And so that sense of just be unfuckwithable.

Dr. Christina Rahm ([01:04:12](#)):

Yeah. Well, I'm going to tell you right now, there's lots of research that shows you do upgrade going through viruses, bacteria, fungus, and also we're born into this world with this environment. We do have to live with this in our bodies. And what I think is so great about people that do focus on meditation and prayer and there's different types of feedback, biofeedback, neural feedback that are so good for individuals. I've been involved in that for years, by the way. Oh, really? Oh yeah. Oh wow. Did you know that? My background basically as a business person, but I also did this as a scientist. When I worked in biotech and pharma, I started companies in neural feedback, neural monitoring. Really? Yeah. Back when it wasn't popular. And I wrote articles really focused on it because I got involved with, I had the pituitary tumor in serum G, my IUs. So I was worried about surgery and at the time there were only a

few surgeons in the United States that would use this as a device to make sure they knew what happened during a brain or spine surgery. So it became my mission on many levels to really educate people. That's crazy. I had so many surgeons say, well, I don't make mistakes. And I am like, well, we

Dave Asprey ([01:05:22](#)):

Have so many colon knows. I got my first EEG machine in 1999. Wow. And

Dr. Christina Rahm ([01:05:27](#)):

So I was

Dave Asprey ([01:05:28](#)):

2000. I watched one clinic 11 years ago. Yeah.

Dr. Christina Rahm ([01:05:30](#)):

Wow. Yeah. They have it in so many areas now. You put it in the pros when they go into surgery. I know you probably know about interoperative monitoring. We even had it throughout Johns Hopkins hospitals. Oh, that's cool. And I did research at the pain clinic there really involved in, that's another conversation. Hopefully we can have, someday

Dave Asprey ([01:05:49](#)):

Well get this upgrade labs. My biohacking center company. It's the franchise I mentioned earlier. It includes brain upgrades using the EEG gear that I invented that no one else has access to. So you come in and do a half hour brain upgrade as part of your upgrade for the day. And to make this affordable and accessible, it's like many hours of meditation in a half hour. I'm really positive on just the effect it can have on the

Dr. Christina Rahm ([01:06:14](#)):

World. That's amazing. I really need to get back into doing more for my body to continue what we're all doing together. But it was a passion of mine from 2000, 2001 until 2015 when I sold off the rest of it. It's kind of like what you and I stayed involved for 10 years after the acquisition, but it was, you know how it is when you step out of a company after a while, they don't really want your ideas as much. They're

Dave Asprey ([01:06:45](#)):

Like kids. They go off to college and it's okay.

Dr. Christina Rahm ([01:06:48](#)):

That's fine. But the fact that you have this at this lab, I can't wait until you open it so I can go and have it done.

Dave Asprey ([01:06:54](#)):

Mid-April in Austin, we're opening and we've got

Dr. Christina Rahm ([01:06:57](#)):

Nashville though. What about

Dave Asprey ([01:06:57](#)):

Nashville? Nashville's coming. I don't have a date for Nashville. I think they're still looking for a lease. And we've got Utah open, Idaho open, and we're looking for a franchisee in LA right now. Oh, and Seattle's coming.

Dr. Christina Rahm ([01:07:11](#)):

What about South Carolina?

Dave Asprey ([01:07:13](#)):

Oh, I think we have a Charlottesville either in the pipeline. Yeah, I

Dr. Christina Rahm ([01:07:17](#)):

Want to talk to you about that. We,

Dave Asprey ([01:07:18](#)):

I mean, 20 seven's a lot and there's a lot more coming as well, but it's guys go to own and upgrade labs.com and looking for people who want to become a biohacking facility owner and be an entrepreneur and show you how to do it.

Dr. Christina Rahm ([01:07:30](#)):

That's awesome.

Dave Asprey ([01:07:31](#)):

Well, I have one more thing I want to ask you about. So you make a nanotech skin coating, which is called En Environm Skin Defense. So I read the ingredients and because I'm working on my voice, I just sprayed it in my mouth. Am I going to die?

Dr. Christina Rahm ([01:07:48](#)):

No. So it's for the skin, but I actually worked on that during the pandemic. I'd worked on HOCL and lots of silver and lots of isotopes and really trying to help with the lungs and a part of a group. I did an emergency authorization. Unfortunately, we had a hundred percent success in the lungs, but the government really didn't improve a lot except for the shots. And so we did not get approval. I went in and started working on a nutraceutical version, which was extremely hard. I wanted it to be very beneficial to the body in a positive way and added a lot of the other ingredients that I've worked on throughout my career that I understood would help with not just things like viruses, parasites, and fungus and bacteria. I wanted something that would also help in case of a nuclear war. So I don't know if you know this, but some of the patents that I hold are to get rid of nuclear waste in the land, air, and water and in people. I actually have a format which someday maybe we can work on a project together. That's for an

Dave Asprey ([01:08:54](#)):

Iv. Can you get rid of cesium even if it's not radioactive? Yes. We got to talk. So I wasn't going to go there, but I had to go to Tokyo a year after Fukushima, and there were radioactive hotspots there. Absolutely. So I'm like, well, what could I do here? Why don't I take some non-radioactive cesium, which

is not an irrational thing to do. It's not. No, but my body does not clear cesium, so years later I still have high cesium levels.

Dr. Christina Rahm ([01:09:21](#)):

Well, because some people's won't clear it. Yeah.

Dave Asprey ([01:09:23](#)):

My body, that's the issue. That's not good. Too high of cesium can disrupt potassium and cell membranes. It's not good for you. And my levels aren't that high, but they're in the red zone on the heavy metal tests, and nothing I've found will clear cesium,

Dr. Christina Rahm ([01:09:36](#)):

You should try this. Although again, this is for the skin, and if you ask me why did you launch it for the skin?

Dave Asprey ([01:09:42](#)):

You can detox through the skin. Right? Yeah,

Dr. Christina Rahm ([01:09:44](#)):

That's fine too. Because sometimes people don't want things to be nutraceutical, and I want it available for everyone in the world.

Dave Asprey ([01:09:53](#)):

Yeah, I totally understand how we have to put things on labels, but

Dr. Christina Rahm ([01:09:57](#)):

Your skin's your largest organ. I know. You know this true. When people say, well, I put it on the skin, but I don't want to put it in my mouth. I'm like, well, actually it's transdermal. It's going to,

Dave Asprey ([01:10:07](#)):

I think that's a self-limiting belief. Your consciousness is your largest organ.

Dr. Christina Rahm ([01:10:10](#)):

Oh, that's a great point.

Dave Asprey ([01:10:11](#)):

I totally just made that up, but

Dr. Christina Rahm ([01:10:13](#)):

I

Dave Asprey ([01:10:13](#)):

Like it. That's my oppositional defiant disorder. Am

Dr. Christina Rahm ([01:10:15](#)):

I going to bring that up now? I like it.

Dave Asprey ([01:10:18](#)):

By the way, I thought of what to say to that surgeon goes, I am God. He like, that's so cool because I created the universe that you're in, and then they're going to try to one up you and then it comes right into your mom territory. It's three steps away.

Dr. Christina Rahm ([01:10:32](#)):

It is always in my thirties,

Dave Asprey ([01:10:34](#)):

Always, always ludic down to ludicrousness. Yeah. Yeah. I have fun with that. I got to ask you though, I'm on the war path against things that lower testosterone in men because when I was 26, I had lower testosterone than my mom in lab tests, and I've been on testosterone therapy to keep my levels healthy for a young man ever since other than three years of experimentation. And I know fragrances are bad for you. They disrupt testosterone. This is why anyone, well, anyone, but especially in one under 30 men or woman, you don't have enough testosterone to be a functioning human being. Right Now, if you live in a typical environment, fragrances are a major part of it. You have fragrance in here. What is up with this fragrance versus all the other chemicals?

Dr. Christina Rahm ([01:11:13](#)):

I use natural and I use the isolates and people get confused. When I say isolates, I take the compounds out. So that, that's one of the things biotechnology teaches you to do.

Dave Asprey ([01:11:24](#)):

So is this extracted from lavender or something? Yes. Okay, got it. So you should say like, I should plant-based or, although plant-based doesn't mean much because C nerve gas is plant-based. But yeah, when people see fragrance, my audience knows red alert, don't put that stuff in your house. There's no great air fresher and all that garbage in

Dr. Christina Rahm ([01:11:40](#)):

Here. I should be clear about that then. Yeah. Any fragrance, anything that I've utilized in any of my products comes from actually usually the root or the seeds where I take the oils out and I utilize it. So one of the things you get to do when you're a nano bio technologist or bioscience engineer is be able to deliver that through a formulation as a catalyst. So not only is that used to help get out throughout the body, but it also is used in a positive way. Just like with the vitamins and minerals I work on, I detox those. It's just part of the process. I really think that's what my, we all have different things that are our expertise. I think that's really where I have focused a lot is not just the human body, but plants, animals, and the land, air, water. I really have focused a lot on it in my career. I'm in the process of filing a hundred more additional patents. I just got three approved. Wow. I'm working really hard for humanity just like you are. I don't have all the answers. One of the things I've noticed is that what I believe 10 years ago, it changes. The more I read. I'm like you. I'm an avid reader. I speed read. I read through as much as I can. I learn when I sit and I listen, don't, it's not flippant to me. I think every second I'm here is an opportunity to learn.

Dave Asprey ([01:12:57](#)):

That means you have to be at full energy to be able to take advantage of every second. Absolutely. If you're just completely humbled and dulled and low energy by your diet, including your media diet and all the crap people are trying to feed you, even if you want to do it, you don't have what it takes to do it. So you manage your energy and your time and then you can make all this stuff happen. So thanks for continuing to do that. It's not an easy thing to do, but it's worthy.

Dr. Christina Rahm ([01:13:25](#)):

I spend a lot of time just like you do, and that you have meditating at least a couple hours a day. When I go to bed, I pray, I meditate. I really believe in a higher consciousness, a higher being, and I do that for an hour at least every night, sometimes two. And in the morning before my feet ever hit the floor. And I have to say this, if you ask me, well, then it cuts down on your amount of sleep. No, it energizes me. Like I'm literally in a state where I know what's going on, but I see this white light and I follow that and I really pray for people. I meet for the people on the journey that I believe are here with me to do what we need to do. So not that I have the answers to everything, but that's how I energize myself.

Dave Asprey ([01:14:08](#)):

People who know how to look and just, if they look in your eyes, you can see someone who does that come to practice look different, and you just have to be open to paying attention to it. Yeah, you do. Congrats on the work you're doing.

Dr. Christina Rahm ([01:14:19](#)):

Thank you. Thank you for allowing me and your world because you have so many people I know that look up to you and want to be in this world, and it's an honor to be able to spend time with you. I actually have to say this, I was a little bit not nervous, but just like, well, I wonder how we're going to get along. And it was a really enjoyable interview. I really connect with the things that you say and your beliefs, and thank you for your mom for teaching me your mom.

Dave Asprey ([01:14:49](#)):

I was about

Dr. Christina Rahm ([01:14:49](#)):

To for giving the strength On that note, I actually love it. You probably don't know this, but I don't want to be mean to people, but if I say that, it's like I'm telling them, and I'm going to be using your name now.

Dave Asprey ([01:15:01](#)):

You totally can. I mean, and here's the thing, right? There are people who be triggered. And here's the thing. In fifth, sixth, seventh grade, that was a thing that would make people really mad. You can't make fun of my mom. My mom is perfect. So you're going to take 'em back to that. And that's right where they're coming from. Yeah. That's how they, it's funny. And when you do it because you're a woman and you're respectful, this isn't about disrespecting women. This is about disrespecting bullies. And so I love that. And it's not mean-spirited and some people,

Dr. Christina Rahm ([01:15:31](#)):

You're not mean-spirited,

Dave Asprey ([01:15:32](#)):

The uber meditative people like, well, don't speak ill of others. I didn't. I just said to your mom, that's it. I didn't say Your mom's A, they went on South Park. That's not the vibe, right? It's literally just let's go back to grade school. And so I do it and people criticize me occasionally for that. And again, so Is your mom done?

Dr. Christina Rahm ([01:15:53](#)):

I'll check that criticism.

Dave Asprey ([01:15:55](#)):

I'll like it. And if you're really offended, how dare do that? And Dave doesn't like women. Don't tell my girlfriend. So there you go. All right. That said, Dr. Christina Ron, RAH m.com. Thanks for being on the show. It's really, really fun. The fact that you're combining really deep science and to spiritual awareness to make something good happen in the world. Keep it

Dr. Christina Rahm ([01:16:17](#)):

Up. Thank you. I enjoyed it. I really did. Thank you so much.

Announcer ([01:16:22](#)):

You are listening to the Human Upgrade with Dave Asprey.