

Dave Asprey: You are listening to the Human Upgrade with Dave Asprey. You are listening to the Human Upgrade with Dave Asprey. You've probably heard that. Well-known saying, when life gives you lemons, make lemonade. I'm not sure that I really ascribe to that because I'm a, if life gives you lemons, you should probably plant the lemons like the seeds, so they'll grow into more lemon trees and that's one thing. But if you're having a really bad day, you could actually plant the lemon seeds in the bodies of your, okay. No, no, that's not what I was thinking. Okay, Dave.

Dave Asprey: Wait, was that my outdoor voice? I'm just kidding, guys. What we're talking about though is you can have gratitude for a situation, even if it looks like it's a really, really terrible thing. And sometimes you do that around health. There was a time when I weighed 300 pounds. You've all probably heard me say that before, but the chronic fatigue syndrome was the real thing where you just feel like everything you do is an enormous amount of work. Just driving, just making a decision. And if you've ever had that kind of what I'm going to call crippling fatigue, it's not about willpower. It doesn't matter how much you want to do it. Everything is so big. And I was there and I climbed out of it, and I'm in a really, really good place, better than I've ever been in my life, and maybe that's making lemonade, but at the time, it was actually kind of a traumatizing thing.

Dave Asprey: Your body actually worries about not having enough energy. So you have fear of being tired, which is almost as bad as being tired. And it takes an enormous spiritual act to turn what can be really, really scary and potentially sort of mess you up mentally for life and turn it into something that's good. So our guest today is someone who's done that, someone well known who was diagnosed with a brain tumor, and then later another kind of cancer. Her name is Maria Moz, and she's well known for courage and resilience. You might've seen her on TV as an actress, as an author, e-News, the Today Show, WWE and the Heal Squad. In fact, she's on the Heal Squad set as I'm interviewing her today. We're going to learn from her today about how you deal with it when you, or maybe someone is dealing with something that might actually kill you.

Dave Asprey: And it's a hard conversation to have because facing mortality is one of those things that no one wants to do. And even when you're a hundred, if when you're 30, you say, if I'm a hundred and I can't run a marathon, I don't want to be here. Everyone I know who's a hundred still wants to be here, even if life is pretty crappy and maybe they don't know what's coming next, but there's a part of us that wants to live and wants to thrive. So Maria and I are going to talk about how do you take that life-threatening situation, and how do you not let it define your life. Maria, thanks for coming on the show today.

Maria M: Thanks, Dave. Or maybe how you do make it define your life.

Dave Asprey: Good question. I'm

Maria M: Going to have to find my new life in a way

Dave Asprey: You can use it to set a mission.

Maria M: I think it was a redirect and a shift towards my true purpose and true mission here.

Dave Asprey: We share that in that I probably wouldn't have been a biohacker if I hadn't have been that sick and been forced to do it. And my motivation was I just want five people to not go through what I went through. And maybe a few more than that. Were listening, but it makes it personal for you, right?

Maria M: Absolutely.

Dave Asprey: Do you define yourself? You wake up in the morning and say, I'm a brain tumor survivor. I'm a cancer survivor, or do you see yourself as something more than that?

Maria M: No, I don't see myself as that. It's funny because I had to do a PSA for Pancreatic Cancer Awareness month and just having to say that out loud. I don't want to own any of it, to be honest, where I don't even say I'm diabetic. I currently at the moment have diabetes because I'm going to heal it. So I don't even want to say, oh, I'm type one diabetic. So I definitely don't define myself with those things. It is an interesting laundry list to share with people when you're talking about health. It's like, oh, well, you definitely had a few things. But yeah,

Dave Asprey: It's one of those things where I see people on Instagram and they say, I'm a survivor of this and survivor of that, and survivor of this other thing. And it kind of feels almost like it's time to move on where I want to help you not have what happened to me is a very different vibe than I survived. How do you, and you're one of the people very clearly is like, here's what to do. How did you make the shift from the, I'm going to sound rude here, but kind of the poor me mindset that everyone has when they're really sick. How did you step out of that?

Maria M: I don't think I ever wasn't poor me. I was a bit in poor me when I got diagnosed with the neuroendocrine tumor on my pancreas where I was like, holy fuck, can I swear? Yeah, it's a podcast. I can

Dave Asprey: Swear. You can swear that's my new ringtone for you. It's good.

Maria M: But I had a baby on the way and I was like, how could this be happening? This is insane. That one really threw us for the loop. And also there was so much we still didn't know when I was diagnosed, we didn't know how bad it was. We didn't know if I was going to live if I was. We didn't know anything. It's the thing that killed Steve Jobs, so that's all we knew.

Maria M: And Steve Jobs had a lot more money than me and lot more resources. So you're like, well, if it didn't work out for him, so your mind can run away with things. But when I was diagnosed with the brain tumor, it was a few months after my mom was diagnosed with the brain tumor. My mom's was stage four brain cancer. Mine was benign. We didn't know for sure when I was diagnosed, they have to take it out and biopsy it, but they were fairly certain at the time that that's what it looked like. Dr. Black at Cedar-Sinai was like, well, I've been fooled before, so I reserve comment.

Maria M: But at that time, I just had done so much work with Tony Robbins and such where I knew life is happening for you, not to you. I know that tool can't be applied in every scenario because there are some very dark scenarios out there, but it was applicable here. I knew my mom had something deadly and I knew I was spared to a degree. And anytime through the journey with my mom and after my brain tumor situation, my dad would be, I remember in the kitchen he would be cooking and he's like, he'd cry and he'd say, why money? Why so many things? Our family? And I'm like, dad, why not us? We're not special. It happens to everybody. Everybody has to go through something awful in life, unfortunately, whether it's death or illness or whatever, loss of some kind. And so I said, we have a lot of resources.

Maria M: We know how to navigate this even though we don't, we're figuring it out. And I was like, why not us? And so that was always my attitude when I got diagnosed with the type one diabetes, that really rocked me too, because I had watched my dad deal with it, and it was one of my most traumatizing events in life was seeing him almost die on the regular because his blood sugars would drop so low. My mom and I had to become so in tuned and psychic to know where he was and know he wasn't okay to save him. And if it wasn't us, it was the firefighters at the door who were called on the regular. So I was like, oh gosh, that's going to be my life now. This is crazy. And then, yes, moving forward to the pancreas tumor, I had a baby on the way and I was just, the one year anniversary just happened. So I was looking back at videos. I save everything. I record video diaries. I'm too lazy to write.

Dave Asprey: TV personalities are all the same.

Maria M: Yeah. So I said I remember one of the videos, it was the night before surgery, and I had a chat with my friend John Ameral, who's an energy worker.

Dave Asprey: Oh, I love John. He's been on the show. Okay,

Maria M: Cool. Yeah, he's wonderful. So he and I had a really important chat that night because I was feeling shame for being scared because I am pretty tough and I've gone through a lot and I was just, I don't know why, but I was feeling shame for it. And he was like, Maria, you have a pancreas tumor. You're having massive abdominal surgery tomorrow. You have every right to be scared, and that's okay. And he freed me of so much in that moment that I said, okay, I'm going to go have dinner with my family and I'm going to celebrate today and we'll see what happens tomorrow. So it's not that I'm fearless or anything. I've definitely had my moments. I just climb out of them fast because I know that whenever something bad happens or something good that usually comes around the corner, now, maybe that corner is a little longer in times, but there's always the pendulum swing.

Maria M: And it's been a pattern I've watched for my 45 years on this planet, and I have such faith that I'm guided and protected that at some point I can get back there. It's not my instant moment where I'm like, I've got to protect it and everything's happening for me, not to me, and it takes a second. But I do have these tools that I've acquired on my journey, and especially through my show Heel Squad where I have all these experts come in, I have all these gurus, and we have these important conversations where we go deeper.

I've accrued these tools that help me in these moments. And I think that, as I said in the beginning, I know that I'm being hit over the head for a reason and I follow those breadcrumbs as much as I can, and they lead to breakthroughs. And I know that this is my mission is to figure it out and help other people along the way.

Dave Asprey: It's not often that you decide to permanently add something to your daily stack, but when I discovered timelines, MIT opu, that's what I did. Here's why your cells produce energy every second of the day, even when you're asleep, about 90% of the nutrients you eat and the air you breathe ends up in your cells where your mitochondria transform it into cellular energy. Mitochondria are super important in your quest to live longer and be he and more powerful because they perform many other critical functions in your body that you probably don't know about. Here's the thing, your mitochondria are under attack daily. They get damaged and they break down, and that's where MIT Pure comes in. It is one of the most studied supplements on the market that has the power to restore damaged mitochondria. When you're young, your body recycles damaged mitochondria and your cells are loaded with energy.

Dave Asprey: But as you age, the recycling process slows down broken mitochondria buildup and your cellular energy levels go down. MIT Pure actually clears out your damaged mitochondria and makes room for healthy nuances. This effect is so powerful that clinical studies show mito peer increases strength and endurance and skeletal muscle without any change in exercise. I feel that difference, and that's why I take it every day. See for yourself, visit timeline.com/dave and get 10% off your order. You mentioned in some of your work, a mutual friend had another influence on you, aside from John Ameral who's an amazing energy worker who is on stage. A couple years ago at my biohacking conference, Dr. Joe Dispenza, who's speaking, oh my God, in a couple months, he doesn't often speak about the science of his work, but he's at the Biohacking Conference. Guys, if you're Joe Dispenza fan, as Maria and I are, go to the biohacking conference, biohackingconference.com, and you'll see him there in a rare talk about how it works instead of leading you on breath work, what happened when you came across Dr. Joe Dispenser's work? Maria?

Maria M: So just like Tony, it happened at the right time. So I was really kind of just depleted and just not okay, and went to Tony Robbins and I felt like my eyes had windshield wipers. It just cleaned all the fog off. And so Dr. Joe came to me through someone you may know, Marie Forleo,

Dave Asprey: Of course.

Maria M: So my other friend had told me about Dr. Joe. He had been on the show before. I had him on my show, but I never did the work. And so it was January 20, 21, 22, January, 2022. Marie Forleo had just come back from a meditation event with Dr. Joe, and she called me and she's like, you have to do this. And I was like, listen, I'm self-help queen. I have been forever. The last thing I want to do is a meditation event. I'd rather gouge my eyeballs out with a spoon, not me. It's just not for me. And she's like, Maria, I felt like a snake coming out of my skin. It was so transformative. And something about when she said that clicked and I was like, okay, I'm going to start today. So I went online, I bought the formula, his class, and I started and I was so hooked. After three days of doing this

crippling anxiety, I had just lost my mom crippling anxiety that I was finally going to give into and get medicated for was gone three days. Wow.

Dave Asprey: Reset inside your nervous system, right?

Maria M: Yeah. So I kept with it. I did the progressive course. I went to an event. It was life-changing. And when he said,

Dave Asprey: Did you have the whole body orgasm loud thing too?

Maria M: No,

Dave Asprey: I did, man. I was like, because it's kind of embarrassing, but all right. Wow. Like the seventh day advanced one, or did you do a different one?

Maria M: I did all of them. No. Okay. But when he says At some point you'll get happy for no reason,

Maria M: That hit me. I started in January, sometime around April. I remember being in my kitchen and it hit me a ton of bricks, and I looked at my husband, I go, honey, it's happening. And he's like, what? I go, I'm happy for no good reason. I fell floor with my joy and it was so powerful, and it just came at the right time because right after I was diagnosed with the type one, and then right after that I was diagnosed with the pancreatic tumor. So he came into my life at the right time, and I'll tell you when I do the meditations and he tells you to kind of, you're basically making a movie of what you want to happen in your life, what you would like to see. I would be doing the meditations and in the middle of it be like, oh shit. The doctor just told me that. So I would visualize and meditate on what I wanted the doctors to say to me verbatim, and it would happen. Wow. Oh my gosh, you just called me last night and said that I can take that off the list. So I'd take it off the list and then soon enough I'd have to recreate a whole new movie because everything was manifesting.

Dave Asprey: Wow. Did you do any of the hands on healing where you healed other people when you were there?

Maria M: I was the healie, not the healer, but I did do an offshoot. Sometimes they do those offshoots.

Dave Asprey: Yeah, they do some here in Austin. I've been to those. Yeah.

Maria M: Okay. So I went to someone's house. I had a crazy experience. So I go to the house, I'm late, and I didn't learn kind of the process, but I've always had an ability, it's not honed or anything, but I've always been able to feel in and see things and whatever. So I was like, I have good energy. I'm just going to get in. So they're like, go work on this guy. And I just put hands over this guy and I kept having this pain. It was really, really strong. And at the end of the session I was like, should I say something? No. Should I say something? He's going to think I'm nuts. So finally I go up to him and I go, can I ask you a question? Is

there something going on in this region? And he's like, how do you know I was getting pain there and I know it's not me. And he is like, I literally flew from Mexico yesterday to have these doctors give me another opinion at Cedars. And I was like, yeah, I feel it there for you.

Dave Asprey: When you talk about that. Are you nervous that people won't believe you?

Maria M: No, because I'm past that now. Good. I to still kind of get scared of the judgment a little bit where I'm like, oh, they're going to think I'm nuts, but I really don't care about that either. Part of the healing I asked for with Dr. Joe was full mind, body and soul healing. And it's so funny because even just recently I had another breakthrough where I'm like, I finally don't give a fuck.

Dave Asprey: There you go. It

Maria M: Happened. People are mommy shaming me for taking care of my health. I got shamed for officiating my two very good friend's wedding because they're gay. I'm like, and I don't care. And I'm not going to judge you for your opinions either. How about that? I don't care.

Dave Asprey: It's so funny because saying I don't care will trigger some people. And guys, if you are triggered when someone says they don't care about you being a critic, that means when you're a small child, someone said they didn't care and it hurt your feelings and you're still playing that and you should probably go do some work with Dr. Joe or E MDR R or something. But it's not Maria's problem. It's not mine. The reason I ask you is when I started the biohacking movement, I actually am a scientist, computer science, all that stuff, and I grew up in a house where no alternative anything was the thing. In fact, if you even thought about it, you were an idiot. And over time, none of the normal stuff worked for me. And I started learning this. And when I started the buy backing movement, I thought, well, okay, how many weird things can I put into this where people are just going to think I'm aluminum foil hat guy, which I'm not into conspiracy theories and things like that. Well, that's

Maria M: Not the definition of a scientist, right?

Dave Asprey: But I am willing to say there's weird stuff going on and the current story is wrong, but I'm just not the guy who goes, and it's because you don't know that either. But what happened over time is I'm like, all right, I'm going to mention that I did work with gurus in the Himalayas and Andes and from China and just all this stuff and breath work and some mystical things just kind of salted in there. And I've done shamanic training, but I'm not a shaman and I am open about it, but only 10% open. So people are like, look, this is part of biohacking. But over the past couple of years maybe I've got some of that same. I just don't care if you don't like it because biohacking is a 10 or a 63 billion market, depending which reports you do. But I started that. But I have a question for you, and this is kind of philosophical. At that same point, people come in and they try to shame you or make fun of you or for whatever, and you're like, you don't care. Do you ever play with them because it's funny.

Maria M: No, I don't think I'm there yet. But show me an example.

Dave Asprey: Well, I'll get people who will make the most ridiculous comments ever. And one guy's like he looks old enough to be my dad, and I'm like goes, I've lost a hundred pounds and I got some extra skin and I'm 6% body fat and you'll see me soon on a major national TV show with my shirt off because they wanted to film it. And I don't care if you want to make fun of me or my stretch marks or whatever, I'm ripped. But I thought about this guy's comment saying I could be his dad. So I just wrote back and I said, don't ask your mom about this, please. Seriously,

Dave Asprey: Hundreds of likes on the comment. So now I play with the trolls. I love it. They're acting like kids. Let's go down to kids. Can we make mom jokes about each other? This could be so fun. And it is just a sense of joy and laughter. It's not even the apathy where it's like, oh my gosh, look where their mindset is. And I've had so much fun on Instagram just being like, oh my gosh, let's see. You can be dumber than the other one. And I usually went on Dumbness and it's fun. So you got to try it. I'm

Maria M: Used to, and then somehow would become friends with some of the people that would attack me. Now I play the scenario out with Kevin, any of the people who were shaming me for taking care of my health so I don't have another life or death situation. I was like, oh yes, motherhood. I bought a ball else so I should potentially die so I can be with my child 24 7 that I can live up to your standards of mommyhood as opposed to leaving to go heal myself and come back and be able to live another 40, 50 years with my kid.

Dave Asprey: There you go

Maria M: Again, I play the scenario out because these people are so incited as it is. I don't need to add to their incitement, to their anger. So I've kind of just given up. What I've done in these situations now is all heart. A few of the wonderful people that go fight the fights for me. Yeah,

Dave Asprey: I'll do that too. Yeah. But it's not about fighting.

Maria M: Just so people know where I stand. I'm like, thank you, thank you. But I leave it alone because they're obviously troubled. They're obviously, they're either jealous or just are really in their opinion, and that's fine. I think one of the biggest problems we have today is we're not respecting the fact that we're not all the same. We don't all have the same opinions, we don't all have the same beliefs. And so I'm going to try not to judge other people just like I don't want to be judged myself. But like I said, at this point, I'm really getting to a place where all that matters to me is my family and our health and our wellbeing. By the way, people matter to me. I'm not saying I care about everyone in our heel squad. Yeah,

Dave Asprey: You care about people. You just don't care about the fact that some people are trying to troll you. It doesn't affect you anymore.

Maria M: Exactly. That's the point. Yeah.

Dave Asprey: I'm still surprised that people do that because on social media today, whether it's a good or bad thing, we can actually know who you are. And the internet never forgets. And people who say really mean things five years later like, oh my gosh, I just got called out on that. So

Maria M: Sometimes I'll go to their profile cause I'm like, I need to know who this person is. They're really, really angry and it's like someone's Christian mom. And I'm like, wait, how are you Christian? The basis of Christianity is like love and whatever.

Dave Asprey: It's forgiveness of the major world religions. That's the forgiveness one, all of it.

Maria M: This makes no sense. But anyway,

Dave Asprey: I laugh at it and I wanted to check in with you on that because for some reason people get a little bit mean when it's a health thing. And I think you're actually underplaying what happened, this was only about a year ago, but part of your pancreas, your spleen, 17 lymph nodes all taken out

Maria M: And a fibroid the size of a baby.

Dave Asprey: Oh my gosh. I

Speaker 2: Was moving my rectum and my tailbone into a whole other stratosphere

Maria M: That would hurt so bad to have your tailbone pushed out of place. Oh, I can't even imagine.

Maria M: It was rough.

Dave Asprey: Are you still in pain from all the procedures?

Maria M: No.

Dave Asprey: See, that is a beautiful thing, and that's that internal healing where the interface between the mind and body heals differently than the body heals. And so many people have a healed body, but their mind doesn't know it. What fixed your pain perception in the course of your healing?

Maria M: I mean, listen, I had so much to look forward to too. I had a baby coming. So for me, it was like I said, I just kind of moving forward. I don't like being stuck. And so I gave myself the time it needed to heal. I, it's not like I was rushing myself and it was very painful, very painful. And then at some point it wasn't. And then I moved on and we roll through things in this house, Dave. Shit happens. We know how to roll through and I'm so lucky and blessed and grateful to have support. I have my dad who stayed with me and cooked for me and helped me and my husband who slept in the hospital with me every night. I was never alone. Wonderful nurses and doctors. I had a really good

support system. I know that's not always the case, so that also helps in the healing process for sure.

Dave Asprey: Oh yeah, having support is priceless. You get enough magnesium in your diet because four out of five people in the US and that's a problem because more than 300 biochemical reactions in your body rely on magnesium. Here are some ways to know if you have magnesium deficiency. Are you irritable or anxious? Do you struggle with sleep? Do you have high blood pressure, muscle cramps or spasms? There are dozens of symptoms, and these are just a few of the most common ones. Here's the thing, you can't just take any kind of magnesium supplement because it won't solve your problem. Most supplements use cheap or ineffective types of magnesium that your body can't really absorb. That's why I recommend Magnesium Breakthrough by Optimizers. It's a full spectrum magnesium supplement with seven unique forms of magnesium that your body can absorb and use. If for some reason you feel differently, you can get a full refund, no questions asked. In fact, BiOptimizers is so confident that they offer you a 365 day money back guarantee. Go to buyoptimizers.com/dave for 10% off any order. Talk to me about women and stress versus men and stress.

Maria M: Well,

Dave Asprey: That was the best laugh ever. Okay. They want

Maria M: To be stereotypical. I think where we've gone is really sad because you guys, I mean you go to work, you don't really bring it home. You get on Sports Center, this is me being stereotypical. You get to sports center and you go to bed and it's good. We have to go to work now, by the way, when women enter the workforce, no responsibilities were taken off of our plate. We still have to maintain the house, take care of the kids, book the vacations, handle all the healthcare for everybody. We have to do everything. Come

Dave Asprey: On, you got TV dinners, I mean

Maria M: Since before Barbie. And then as women, we have to make sure aesthetically we stay pleasing in whatever way we feel. So we're getting our hair colored, we're getting get our nails done, we got to go to the gym, we got to do this, we got to do that. There's so many things as a woman, we have to get our makeup done, our hair, so many things that we have to do just to get out the door that you guys don't have to do. So yes, our stress levels are very, very different. And we're supposed to be superheroes and do it all with a smile and look hot and whatever. So it's an exhausting process. So yeah, stress I think has been a really, really hard thing for women. If we're being stereotypical and we're just painting with one swatch,

Dave Asprey: It seems like there's a difference often, but not always in the way that women and men will take on stress from others as well. And I've heard you talk about that before. Do you think it's because maybe women on average are more empathetic than men? So if you have more empathy and it's the kids, it's your job to take care of the kids that your body feels it differently. Not everyone's the same, but just on average there's tendencies at

Maria M: Traits. How often are men? Gaslit

Dave Asprey: Happens.

Maria M: Women are really gaslit left and right. We're told we're crazy left and we are empathetic and we are. Yeah, we are. We're all of those things. You guys have this kind of unwritten thing where you guys all have each other's backs, and that was not always the case for women.

Dave Asprey: What? This is the funniest thing ever.

Maria M: It's true.

Dave Asprey: You think guys all have each other's backs and you should check out the comment section in here. Never

Maria M: Heard of Boys Club Club.

Dave Asprey: There are bullied men out there.

Maria M: I said, we're stereotyping and we're

Dave Asprey: Painting lot. There's a lot of those guys.

Maria M: I'm not saying Joe, I'm sorry. I'm saying if we're just being stereotypical, we're not speaking about all genders. We're not speaking about all experiences, but just generally speaking, there's a boys club wherever you go to work as a woman and they're all going to help each other and you're alone trying to having to become so masculine to survive in there. That was where everything just kind went amuck.

Dave Asprey: You have a very good point there. And I talked to younger friends, men and women, and it seems like that is shifting in the workforce now compared to when you were building your career, especially in the news. That was the tech world where I built my career. Same thing if you were a woman software developer back then to it was not a good thing. It was a good thing you were doing it, but it was not a good thing that the standards were very different for you. I think it was stupid that they did that today. I know lots of software development women who just are like, I just do it. So I'm hopeful it's changing. Are you seeing a change in younger women when you talk with 'em about this?

Maria M: Yeah, I think it is. And I think women are getting stronger because every generation's got to get better than the other. I mean, hopefully.

Dave Asprey: Do you really think men are getting stronger with 50% less testosterone than the last generation?

Maria M: I was talking about women.

Dave Asprey: Oh, I thought you said men were getting stronger also. Okay, I missed the whoa part. But women also have 50% less testosterone than before because we're disrupting.

Maria M: Those are statistics that I'm not aware of.

Dave Asprey: Oh yeah. So they talk a lot about the men's statistics, but it turns out sex hormone levels all over are dropping like crazy because of all the endocrine disruptors and women have more testosterone than estrogen. So I'm hopeful that our next generation is stronger and the facts are a little bit scary from a health perspective. So I'm doing a lot of work now. What do you do in your twenties to be highly resilient? Because you shouldn't be looking around with all of your friends being sick. You're supposed to look around with all of your friends being so healthy. They can drink stupidly until they figure out it's bad for them. That's how it's been in your twenties for the last thousands of years until now. So I'm a little concerned about our environment. How much of your environment do you think toxins and lighting and EMFs or all the environmental things, how much of that do you think contributed to your health versus stress and career stuff?

Maria M: I think there's a lot of things that contributed. I just had a massive breakthrough recently too, but basically it's like it's traumas, it's stress, and then you add in, you're in studios with artificial light all day, all night, and you're on your phone constantly. And I traveled millions of miles. You're in a microwave oven on that plane, nonstop dehydrating and getting french fried. And I dealt with a lot of toxicity in the workplace too. That was really, really hard because I just kept feeling like I just would just step on a rake and be like, wait, I thought you were nice. I was so excited to work with you bm. Okay, thanks Tyson for that round. And I think that we'll probably find out at some point in the future that IVF and pumping ourselves with synthetic hormones is not maybe the greatest thing in the world because the brain tumor was identified shortly after that. For me. It was just growing and growing and I was in so much pain. So I think that that was a contributor as well. I think there's been a lot of statistics around covid and type one diabetes and diabetes in general that are really interesting.

Maria M: And I just think the blue light has been a killer and the sunscreen and all of that and being away from nature and out of the sun. And so I've recently just been on my little experiment kind of tracking what that all would be if you did the opposite. So I'm in the middle of it, hence my super tan. Love it.

Dave Asprey: I love it. Is it real?

Maria M: It's so real. I was at the coffee shop yesterday, my baby's so white and I'm bright orange now. And this woman goes, that's your baby. And I just looked at her and go, yeah, we look a little different. We,

Dave Asprey: It's kind of funny. It happens. And I used to take the kids out when they were little and we'd take off their clothes and put 'em in the backyard for a half hour in the sun, and baby skin is soft and you don't want to have a dark tan. But they were tanner than other babies, I don't think vitamin D in strong bones and immune systems, and they're crawling in the grass and earthing and the grass didn't have glyphosate on it and seems

like it works. But now what I do is I inject something called Otan or MSH, which is a pep heard about that. That increases your body's ability to grow a natural tan really rapidly. Do you ever try that?

Speaker 2: I don't want to do anything that that can be done endogenously and the sun can give me that without it. So I don't like to take anything that I don't have to. I know that magnesium can be an issue for me, so I'll supplement with magnesium. I'm very, very low on the supplements. I think we've gone a little crazy on it.

Dave Asprey: I only do 150 pills a day. That's not that crazy, right? No, you don't. I totally do.

Maria M: You do 150 pills a day?

Dave Asprey: Yeah, but I'm going to live to at least 180. And so some of these are advanced longevity strategies, like, well, they make mice live 30% longer. They're probably not bad for me. I'm willing to do that. I read a whole big book about it. I went really deep on the research. I love

Maria M: It. Well, I listen. Everyone can do whatever they want with their own body. So I love people who are willing to experiment. I mean, I feel like I Guinea pig on myself with certain things too. I'm Guinea pig with the sun and stuff like that. But even with my mom when she was sick, I would have to use my kind of internal guidance and my instincts like, okay, does this feel right? Does that feel right? We were using a supplement for the brain. Oh gosh.

Dave Asprey: Oh yeah. Geez. I was the first podcaster years ago to bring that stuff out, and then I partnered and when I was running Bulletproof, I have nothing to do with Bulletproof. Now you

Maria M: Might've told me about it back then. Actually.

Dave Asprey: Yeah, I think I did. It was before we even launched that. If

Maria M: I go back to that podcast, I bet you anything, you're the one who told me about it, and I think it was helpful in her journey.

Dave Asprey: In Europe, it's an orphan drug for glioblastoma of brain cancer. And in the US it's something that primes the mitochondrial pump to make mitochondria work better. So fascinating. Wow, that goes way back in time, doesn't it? Yeah,

Maria M: That's what she had. She had glioblastoma. So that's why I say this show has been so helpful, and that's why I steered into this because I had a serious XM show interviewing celebrities, and when my mom got diagnosed, I needed help. So I needed people like you to come in and there would be some nugget that would come through that would feel right and resonate and I would say, okay, this feels good. Let's try it. And my mom got five years with glioblastoma.

Dave Asprey: I think that played a role, to be honest.

Maria M: I do too. But also we did a lot of work in Mexico where they optimized her immune system so she could handle the barrage of drugs. I always say, if your immune system's being murdered by a disease and now you're going to crush it with more chemo and all this other stuff, we got to see how can we keep the balance. So optimize the immune system to handle it. I mean, this is just my common sense kind of shit. I'm not even a scientist, but I've good gut instincts and I would hear things like you said, with the ine and I would implement them. And then what I realized at some point is she was on this cocktail that this woman I interviewed, this woman comes into the show, I think her name was Jane McClelland, and she had a concoction she created to beat all these different cancers, and it was like doxycycline, Avastin medicine. There was five things. And I go, my God, my mom's on four of the five things I didn't even realize. And then they created this whole protocol based on that that people were using after. And I was like, shit, this is kind of cool.

Dave Asprey: It's amazing what can happen. I had a friend, actually an employee years ago, really bad brain injury. I said, look, here's the protocol. And I said, on top of that, why don't you go see my dear friend, Dr. Daniel Amen at Amen Clinics.

Maria M: He's been here too. We love Dr. Amen.

Dave Asprey: He's such a genuine human being. And I'm on his board of directors now, even though his work changed my life 20 years ago, I get to say thanks. And she goes to see Dr. Amman. She comes back, goes, he says, you do the same thing. I'm not Dr. Am. Amen. By a million years. But the basics, there's a lot of us who know it, but you have to, as someone listening to the show, you just heard Maria, who healed say, I don't do supplements, and you heard me say that I don't need to eat anymore. I just eat fistfuls of supplements. Okay, not quite, but which one of us is right? It turns out neither one of us we're both following whatever makes us feel better and even measurably perform and be better. So if I know if I do no supplements, I get pretty sick. I had a really unhealthy background, so I please myself in this state with my intake of stuff and I'm happy about it. But if I didn't need to do that to feel the way I do now, or maybe if I knew how to do it, I would take less. But when I take less, my rate of aging accelerates or I just don't feel good.

Maria M: Have you checked your telomere lengths and stuff and you see a difference?

Dave Asprey: I have. In fact, I've been doing this. I wrote one of the major longevity books called Superhuman A few years ago. You might've come across your desk. And today, my rate of aging twice, I've measured it beyond telomeres. It's called a DNA methylation test. My rate of aging on one test was 69%. The other was 72%. That would put me in the top five on the longevity Olympics. Wow. Brian Johnson's at 72%. And here's the funny thing. Brian eats 20 grams of animal protein per day and kind of talks about almost being vegan. I do 200 grams of animal protein a day, and I got the same longevity numbers. Isn't that while? So I'm pretty sure there's individual variations, but the fact that I'm aging less than three quarters as fast as the general population, I feel good about that. But you may be aging less quickly too, with taking some magnesium, who

Maria M: Knows? Yeah, I haven't done mine in a while. I did it two years ago when I was first diagnosed with type one diabetes, and I think there was either a year ahead or a year behind whatever my age was at that time, telomere lengthwise. So I'd be curious to see after the blessing of the type one diabetes, because now because I wanted to beat it, I ate in such a way where I would use the littlest amount of insulin. So that just meant protein and veggies. By the way. I got off all insulin for months until they severed my pancreas. And so anyhow, I'd be curious to see what it's at now after all of the lifestyle changes that I've been able to implement

Dave Asprey: When we're done with the show. I know a guy who's growing genetically engineered stem cells to replace your pancreas.

Maria M: No way.

Dave Asprey: And so normal stem cells, the ones that I've used for longevity, kind of go everywhere. They stick to stuff, they make stuff heal, and then they kind of go away. But these are edited to be like baby stem cells, the ones you had when you were a baby that become new tissue.

Maria M: So it regenerates the pancreas.

Dave Asprey: Yeah. Wow. Would that be kind of cool? Your liver can regenerate. Why shouldn't your pancreas? Well, I think this guy's cracked the code. Wow. I'll make a connection afterwards because you might be a good candidate for his trial. Yeah. Isn't that kind of cool? In the next five years, our ability to control our biology, physics going through the roof, and you do that and then you do some of the meditation and awareness work that you clearly know how to do because you've always been intuitive it sounds like. Then who knows what you might do. It could be really interesting. Yeah. I want to know about some of the biohacks that you've done. Do you do red light therapy?

Maria M: I did it this morning for 26 minutes.

Dave Asprey: Do you do it over your abdomen or over your face, or both?

Maria M: So I have a full body one. Cool. And I lay on a massage table and my red light suspended from the ceiling, so it's inches off my body.

Dave Asprey: Very cool. And you're getting a massage on the massage table? No, it's not an automatic massage table. We just lay on the table. I

Maria M: Just lay on the table so that it's comfortable.

Dave Asprey: And

Maria M: I have an infrared sauna as well.

Dave Asprey: My next question,

Maria M: I have a coal plunge.

Dave Asprey: You sound like a biohacker.

Maria M: And then I have my trampoline for my fascia.

Dave Asprey: Nice.

Maria M: What else? I do the methylene blue. Oh, ice face baths.

Dave Asprey: Oh yeah, those are cool. I read about those in the Bulletproof Diet. This is in 2014, 10 years ago, and then got more into it in the last book. Just saying if you just stick your face in ice, it's almost as good as a whole cold plunge, but it also makes your face look younger, right?

Maria M: Yeah. It wasn't for the aesthetic. My doctor told me a list of things that would be helpful for health-wise. So I do that and then sunrises, and if I can sunsets. Now sunsets are becoming mandatory, but before for the last two years, I never miss a sunrise and I get as much light on my body without sunscreen.

Dave Asprey: You are doing all the healthy stuff, and these are all biohacking things. Oh, I didn't

Maria M: Know it was a pen hacker until now.

Dave Asprey: If you go back actually 12 years now, none of these any same person would do. And so these are sort of the high performance behaviors that I inserted into it. And our big conference where Joe is speaking, judge is speaking, we have hundreds of vendors now who make these kinds of things, and now they're kind of what the cool kids do because the cool kids want to feel good and they want to look good, and they want to be smarter and faster and all that. But I've met a few really successful cancer survivors who just get a diagnosis and they're like, this is wrong. And then they just go all in on fixing their mitochondria on the theory that cancer is usually mitochondrial caused or at least involved. So they do it and then all of a sudden they break all the rules and the doctors say, you should have lived for a week and you lived for many, many years. I think it's all about grounding and sunshine and quality fast. Yeah. You do that. Okay, cool. I was guessing when you're getting the sun, you're probably barefoot how you do it. What about ozone therapy?

Speaker 2: I haven't done ozone therapy.

Dave Asprey: Interesting.

Speaker 2: There's a few things that I've not felt safe about, and I just follow my instincts. And hyperbaric chambers are another one.

Dave Asprey: Oh, wow. Those are common for cancer. But you didn't need to do either one.

Speaker 2: Just never felt good about it. I recently did this new thing called the Stratosphere. Have you heard of

Dave Asprey: It? What's that?

Speaker 2: So the stratosphere is mimicking what the Sherpas did with elevation changes. So the opposite of hyperbaric.

Dave Asprey: It's called Hypobaric instead of Hyperbaric. Yeah. We do that at Upgrade labs. So when you come into, we have 27 locations being open, so people can do that as part of their membership that

Speaker 2: Way.

Dave Asprey: Yeah. You have

Speaker 2: 27 places now,

Dave Asprey: 27 signed up. There's a couple open, and the other ones are all in the stages. Austin should be opening up in the next month here. Congrat and more franchisees are signing up by the guys own and upgrade labs.com. If you un open one of your town, and it's because I feel like if you'd have had access to that stuff and we told you exactly what to do to feel and get your energy back before you had anything going on, it would've been a higher quality of life just in general, and you wouldn't have got anything going on. You get your energy now and then you just have less risk of all sorts of stuff. If I'd have had that stuff when I was 20, oh my God, it'd be millions of dollars and all the suffering and stuff. So I feel obligated to bring it out, even though running a physical facility is harder than running an e-commerce company. I just do both because I feel like we've got to have access to these things. And if you hear that, well, Maria and Dave have these crazy technologies that they get to do, but there's no way I could do it. Well, yeah, there is a way. It's five miles from your house and you could be a member. That's the vision. It's going to take a little while, but I'm in for it.

Speaker 2: I love it. That was actually my dream for the last few years. I'm like, we need a place we can actually go to when we have things like this. Because for example, I bought a red light unit and sent it to my best friend who just dealt with breast cancer because I heard her talking about how she was going to finally listen to me and try it, and it was like a 25 minute ride and they were always booked. And so finally I was like, you know what? I'm just going to send her one. Because when you're sick, the exhaustion that people have to go through to piecemeal some of this stuff, then they give up. You can't, okay, I've got to acupuncture here. I got to go do this over there. We really do need one place that we can go that's trusted, that has stuff.

Speaker 2: And then what I always say is just like we talked about earlier, you have to be the CEO of your health. You have to decide what's right for you. We can all say, this worked for me, that worked for me. I read this, I read that just like in politics, everyone says their side and who knows who's right. Everyone's so human. They're right. Jobs are up. No jobs

are down. Well, which one fucking is it? And everyone's got facts to say both. So it's the Scarecrow and the Wizard of Oz. They're pointing in both directions. So you have to make the decision for yourself what feels right for you.

Dave Asprey: Okay. I want to go a little bit deeper on something you said earlier and what you just said. Now. You said you have to go deeper on what feels right for you. You also mentioned earlier that you've always been intuitive in seeing things, and some people can don't. And seeing things are just feeling things and you say, well, it just didn't feel right to go do that thing, so I didn't do it. People say, Dave, how do you know what supplements to take? For the first couple of years? I said, well, I'm just going to do the same thing every day. I'll be very rigorous and scientific. And then I also became, I know what all of them do, and I know how all of them feel. And if I reach for a supplement in the morning and my body says, I don't want that one.

Dave Asprey: I just don't take that one. And what inspired me was a rancher. I interviewed many years ago on the human upgrade, and he was a soil biologist and had a head of 300 cattle who are almost wild. And he said The reason that they're so healthy and they taste different is they're walking on wild range land that we wouldn't want to turn into farmland, and they smell some grass. I don't want that. And they go over and they eat that other one, and they eat one bite of this plant and that they're actually with every bite selecting the appropriate stuff for their microbiome and for their biology and everything. And if cows can do it, we ought to be able to do it too, and started paying attention. And some of this goes into Joe's work, Joe Dispenza's work, and he's going to go through some of the science behind this.

Dave Asprey: But what I've observed at my neuroscience clinic, when you go really deep into these meditative states, is there's three things that come up for you. And I want you to say, if this makes sense to you and you experience the same thing, or if you have a different version of this, when you decide whether you want to do something, whether it's take a supplement or do a treatment, or just whether you want to hang out with somebody very quickly, your body will give you knowledge, like a yes or a no. And you may be from a line who says, well, that's God talking, or that's the collective consciousness, or whatever. You get almost instantaneous knowing. And then right after that, you get an emotional response, which usually if it's not a positive emotional response, it's a trauma programming response. And then right after that, your brain has a chance to kick in, and then you get an ego response, which is the brain going, ignore the emotion. My emotions always get me in trouble. They're probably stupid. But when we ignore the emotion, we also ignore the intuition. Is that accurate in your view of things? And how do you know it's your intuition, not your emotions and not your ego?

Speaker 2: Well, sometimes it's confusing. Sometimes. I don't know. I think for me, first of all, I also, I do lean on my naturopath, Dr. Allison, a lot in the journey because I trust her. And so sometimes I will run things by her, not sometimes I run things by her all the time. I run my theories by her. I was taking a thiamine, the supplement amine, and at some point I was taking it and it was like there was a real visceral reaction. It would smell like skunk for a second. And I'm like, this can't be good. Something's going wrong. It was before the pancreas tumor. So something was reacting in there with it. And I was like, I'm stopping this because it doesn't feel right. And she was like, yep, a hundred percent.

Stop it. So sometimes I am relying on outside help, but when I'm listening to myself, so with the hyperbaric chamber, for example, there was conflicting information. There were people that said the oxygen proliferates cells, and then there was opposite, saying, this was so good for cancer or blah, blah, blah. And so when it's so conflicting, I take that I feel, and I'm like, no, not till there's more information not right for me yet. I'm not willing to make that gamble.

Dave Asprey: The truth on hyperbaric is exactly what you said. If you do the genetic analysis of your tumor, you can figure out whether it's one that likes hyperbaric or hates hyperbaric. And if you don't know, the odds are it hates hyperbaric, but there is a chance it could make it worse. And if your intuition's like, don't go in there, you might want to listen to your intuition unless you've had a genetic analysis. I have the same time sometimes. Yeah, I just know that. And other times you're going, is that an invisible program that's running that I haven't figured out that I have yet? And it's just a constant process to just say, what happened first? What happened second? And was it positive or negative? Emotion? And then what I think about it, and I've just learned to trust that first one.

Speaker 2: The other thing I do is I'll meditate and I'll ask for a sign. And by the way, it's so insane. I was meditating in the Dominican Republic the other day, and I was like, okay. He says, ask for a sign. And so I asked for the sign. I said, send me a single feather, and it has to come in a way. I would least expect it. And so I leave my meditation in the house. I go outside to the golf cart, I go to sit on the chair and there's a single feather on the seat.

Dave Asprey: Oh my gosh. But

Speaker 2: My signs come just like that. They're always so mind blowing, like, holy shit. It's in a garage and there's a single feather in there. Anyway, when I'm confused or conflicted, I'll ask for signs. I'll pray. I'll wait. And usually there's something that comes together to tell me yay or nay if I'm confused. Other times it's very like, no, not right for me. Nope. I'm too afraid of that. And if I'm afraid I'm listening because there's something emotional, like you said, that's telling me there's a reason for it. And I've learned when I don't listen to myself, I get into trouble. So I really try to listen.

Dave Asprey: Yeah. The learning to listen is something I was truly terrible at when I was at my unhealthiest. In fact, I would do something a little different than, you talked about how when you were feeling anxious, you felt ashamed, that you felt anxious when you just were like, Hey, I'm going in for a procedure where I might die, and you were released from the shame. I was in a situation where I can't be feeling fear or anxiety because there's no reason to feel fear and anxiety, therefore, I'm not feeling it. So when you think you're not feeling something and your body is actually feeling that, that creates a different set of problems. There's some similarities there, but those are really common mistakes that like, well, I shouldn't be feeling this way, or I'm not feeling this way. It doesn't matter. Feelings aren't rational. They just do what they're going to do.

Speaker 2: Yeah. Well, there's a disconnect in the brain and the body at that point.

Dave Asprey: Do you do for that

Speaker 2: Meditate pray. I think there's definitely a lot of different scenarios I could probably play out right now like that in my head where you don't feel like some of them, it sounded like you didn't feel like you deserved to feel that way, right?

Dave Asprey: It wasn't about deserving, it was just that why would I feel afraid unless there's a threat in the room. Therefore, whatever feelings I have, they can't be fear, therefore I don't have any fear in me.

Speaker 2: Yeah. I mean, I talked to my husband, I guess when that kind of stuff happens where I have someone trusted where I'm like, this doesn't make sense. I'm being crazy right now. And he is like, no, you're not crazy. You have a trauma that's triggered you to feel like this or whatever.

Dave Asprey: It's usually something that's a trauma in my experience. It's something you either learn as a kid and it's just a belief about reality. And that can be just societal programming. And if it's got real big teeth, it's usually societal programming plus a trauma about it. You were shamed as a kid or something and it just feels like it's happened over and over to you, even though it might not be as big of a deal, you feel like it's a bigger deal than it is. We'll put it that way. Yeah. Yeah. I recently did a whole podcast on yoga nidra with this really amazing Buddhist woman who lives in Northern New Mexico now after a lifetime of teaching this. And I first started writing about it and sharing it in 2018 on social media and on my blog. And recently Andrew Huberin has come out and said to you, yoga nidra, big deal. It really is effective.

Speaker 2: You

Dave Asprey: Used yoga nidra as a part of your path as well. When did you start doing it and how has it affected you?

Speaker 2: It might've been around that time. It was years ago because it was before Dr. Joe.

Dave Asprey: Oh, wow. Okay. So going back,

Speaker 2: Yeah, I had started with TM and that was just not really working for me. And then I had some friends on Yogi Cameron and his wife who talked about yoga nidra on the show. And prior to them coming on, I had started using one I found on YouTube. Basically I YouTubed Yoga Nira and it was the first one that popped up. And this woman, I loved it because you can lay down and she just takes your awareness to different places. So she would say, your pinky finger, your fourth finger, your middle finger, focus on your index finger and view full body. And by the time the 20 or so minutes was done, Dave, I felt like I had napped for three hours. I would feel so great and it was way more helpful to me than TM had been at the time. And quieting the mind is really hard. That's why Dr. Joe was the next step because he really teaches you how to change your personality, to change your reality, how to really become cognizant of what thoughts going on in between your ears and how to kind of tame that beast.

Speaker 2: And I really liked his meditations because it wasn't just listen to music and say a mantra in your head and pretend you're not thinking thoughts. I'm swatting thoughts all the time, and that's why I feel like his program is the program to do. I don't think there's anything really better at the moment that I've come across. One of the things when I'm trying to get people into this is I say, start with yoga nidra. There's no place where your brain can really start to think about things. That's why it's brilliant. You can really just, if you're going to follow along and not miss a beat, you've got to focus and then you fall into a lull that's so beautiful. And so from there, you want to change your reality and really work on your life. Dr. Joe takes you to the next level.

Dave Asprey: I am such a fan of the meditation practices with Dr. Joe and when he talks about the science where he says, okay, we looked at the genetic expression, microbiome, blood work, saliva and tears of 2,500 people meditating, doing my work, and here were the effects in each of those areas. And here they are compared to statins, antidepressants and all sorts of things. He's kicking the pharmaceutical industry's ass just full on. And I've spent some time with Dr. Patel, the lead researcher behind his work down at uc, San Diego, and he's going to be coming to the biohacking conference as well. And I'm working where I'm going to get him on stage to talk about mitochondria. And what you realize here is that yoga nidra, the types of breath work and meditation that Joe does. And what I layer on top of that is this reset process, which is of 40 years as in practice, and it's based, I discovered it with neuroscience and neurofeedback, and you can do it without it, but it's this really profound openhearted, compassion, forgiveness process of yourself or of others because it's one of those ways to deprogram that self. So that second voice where the first one is knowingness or intuition, the second one is trauma or programming. This is what I've used to go in and edit out the trauma, at least to the extent that I'm aware of it. And then there's that other, well, I thought about it, how often do you have an option or a choice to make? And your brain is a hell yes. And your intuition is a no and you do it anyway.

Speaker 2: Ooh, good question. I don't know. I can't think of anything at the moment.

Dave Asprey: If you go back 20 years, what would you answer with that?

Speaker 2: Brain says, hell yes. Body says hell no.

Dave Asprey: Yeah, you're going like, this doesn't feel right, but it's a big deal. I want to do it. Yeah.

Speaker 2: Yeah. Probably having a lot.

Dave Asprey: I did it a ton.

Speaker 2: Yeah. I think I still might get sucked in once or twice now too, where you're like, oh, alright, I should do this. But I'm really getting good at, I know it's so counterproductive for my health at this point to do anything that does not resonate and feel good because I'm trying to heal from so many things and I'm just like, I just won't do it. I used to be so responsive and if I look at my phone right now, I probably have 500 unanswered texts. I just can only do so much and I am not going to apologize anymore. I'm doing the best

that I can with what I'm dealing with. So yeah, I definitely think, will you give me a good example like that a billion times throughout my life and then even here or there, they might still get me, but I'm pretty good at it now,

Dave Asprey: Maria, this is the first chance we've had in this episode for me to shame you and you only have 500 unanswered text messages. I'm at about 1,478 the last time I checked.

Speaker 2: Okay, wait, lemme check. Hold on. Maybe I'll be more. Okay. No unread. Where does it say, oh, oh, I only have 49 right now.

Dave Asprey: Oh my gosh. Shame. Shame.

Speaker 2: One day in December, I felt so bad and I was in my bathtub doing an Epsom salt bath and I just started responding to people and being like, and by the way, really important people in my life

Dave Asprey: Too. Oh yeah, yeah. Dear friends, I don't see 'em sometimes. Yeah.

Speaker 2: And important contacts and stuff and I'm like, oh my God, I'm so embarrassed. I'm so sorry. There's just only so much time in the day I have a baby and I'm giving her everything I have. There you go. I have my show I have to do obviously to keep the lights on and do what my mission is and all of that, but I also have a baby and my family and I can only do so much and I'm so sorry. I love you. The thing is, people know that I was always responsive, so I think people get it now and they're kind and accommodating I guess. But yeah, I have to just do what's best for my health. I have to be around for this child.

Dave Asprey: You have the right priority, and if everyone listening to the show, put your health as the number one priority ahead of your relationships, ahead of your spouse, ahead of your job and your career and head of your parents, all of that. That's the big lesson. I always put career success ahead in my health twenties and early thirties. And it costs you greatly and you sort of feel like, oh, I'll just do it later. And when I work with my assistant and with my team now, I'm like, no, this is my priority, right? It's first my health and second my kids. And third comes career close relationships, and fourth comes my work. I've built a very large company and I have six other companies now. So my work seems to be doing okay. Maybe it could be better at the cost of my health, which would make my work ruin us because my brain wouldn't work.

Dave Asprey: I'm hoping that people listening, especially if you are in that under 30 crowd or I'm spending so much time, your health does come first and you can have all these other goals, but you're just a prime example of someone who got it and you say, I need to be here for my family, which means I need to be here. And I just love it that you're so public about that on Heel Squad on your show, and you're doing a lot of people service just by being vulnerable. I take a screenshot now of the number of unread messages and I'll send a text to the people I haven't talked to. And again, sometimes there's billionaires and people I'm like, Hey, man, but yeah, I didn't see your message. This is my inbox right now. I love you. I care about you. I'm interested. Sometimes I don't respond.

If I don't respond, you have my permission to text me again and be like, WTF, and maybe I'll see that one.

Speaker 2: I love that. That's great.

Dave Asprey: So if that's spelled full for you or anyone listening, there you go. That's what I got.

Speaker 2: And for the under thirties who are listening, this is what I share with them because I had this real go-getter working for me. I loved her. And she'll still come in and out and I said, listen, I know you're going to really give everything you have to your career. You have a dream that's amazing. Just if you can do one or two things better than let's say I did, you will be in a better position because I don't want the message to be that because right now there's so many health messages. So even all the things I listed, people are like, oh my God, how do you have time to do that in a day and still put food on the table and all of that, right? It's just not feasible for everyone to do all of it. But I said to her, as long as you get your sleep at night, go to bed at nine, please.

Speaker 2: If you can go to bed at nine, and if you can just control what goes in your mouth, eat well, don't abuse your body because you're in your twenties and you can, because in your thirties it's going to be a thyroid issue and then it's going to be the gateway to everything else. And if you can get the morning sun. If you can get that morning sunlight and throughout the day, make sure your eyes, the retinas that take in that UV light can get that light so your body knows what time it is when you're in production, then your body knows at three o'clock or whatever, oh, it's three o'clock, let's start producing melatonin so I can actually sleep tonight and stop using your blue light devices after it becomes dark. Or wear your blue light glasses if you have to.

Speaker 2: Whatever it is you can do. If you can make some small you commitments to those things, you're going to be ahead of everybody else. I was eating fast food, Dave, every meal just to make days meet because I was doing 18 hour days. I was not sleeping because when I was sleeping, when everyone was sleeping, I was working. That's when I would write my books and do things like that. So I wasn't sleeping, I wasn't eating right. I was totally taking advantage of my body because I thought being a workaholic was cool. I thought, well, if everyone else can work like that, so can I. Alright, let's do this. I can do this. And it's not good because ultimately it's going to get you. And the road backwards is so much harder to get your health back is so much harder than to preserve it along the way, in my opinion. And now you don't get rerouted from your dream. You can continue to follow your dream and have them continue to come true. You're not going to be sidelined for a year with surgeries and health issues. So the under thirties, it's like there's just some little things you can really commit to that will make a huge difference in your life. And then you can have almost everything. You always can have it all, but you can almost have it all.

Dave Asprey: And you can probably have more energy than a lot of people in your life

Speaker 2: Without energy drinks. And the 50,000 coffees with 40 grams of sugar in each,

Dave Asprey: I remember back I was much, much younger. I think around 2008 I've been wearing blue blocking glasses since before They were cool. Since before I'd started the biohacking movement.

Speaker 2: Is that what Bono wears?

Dave Asprey: No. But one time at a celebrity poker tournament where I was not a celebrity, I was with real celebrities, someone thought I was Bono. And it was one of the funniest things ever. It was at Ben Affleck's charity thing with Matt Damon and it was laughing. I'm like, I think I'm a foot taller. And he's a much better singer. Dead. There's no similarities between us except

Speaker 2: I've always wondered if that's what he was wearing. I forgot mine and I was racing in here. I normally mine. But yeah,

Dave Asprey: I think he's light sensitive. He almost has to be. And there's a number of people with Erlin syndrome, but I wore mine on stage for the first time at a computer security conference and I was really self-conscious. I know these LED, these bright lights, they just make me dumb. I could feel them melting. My mitochondria probably not really melting, but I still don't like 'em. And so I just decided I was going to wear them and no one said anything. I was like, I dunno what's going on now? They're only halfway fat computer hacker hair. And afterwards, 20 times more people came up to me, they could recognize me. Everyone else looks like a guy in a sport coat and a guy in a sport coat with weird glasses. And it didn't harm my reputation the way I thought it would. And it was why I started True Dark, which is the first company to make.

Dave Asprey: In fact, we had a patent pending for a while to make the glasses that control of the color of the light. So it's not just blue light, it's a bunch of other colors and the angle and the brightness of it. So they actually mimic Sunset. And it's a unique thing. It's not just blue bloggers, it's not just red lenses. Cool. But True Dark has been one of my favorite little companies that I've started. I don't talk about it as much as I should, but you just reminded me of that because the path to get there was, oh wait, all these studies are showing UVB and Angle of Incidents and those are early 2000 kind of studies. And that was why we had the patents filed and why we did all that work. But circadian biology is so hard to explain to people. Even with Satin Penta from UCC, San Diego wrote a big book about it. It was like one month, and then people forget. So the fact that you just told everyone under 30, Hey, go to bed a little earlier and see the sunrise. It's actually way more important than people think it is. Ultraviolet light in your eyes makes you need glasses less. And you could go outside, this is going to be sacrilege, take off the sunglasses and you could look at your phone while the sun's outside. It'll still work. It's just not a good idea. But you could do it and it's still better.

Speaker 2: Yeah, if I'm going to use my blue light devices, I'm outside.

Dave Asprey: Yeah, very cool.

Speaker 2: Because we live in a modern world. It's not like I'm never going to use my iPhone again, but I will use it outside so that I have full spectrum light to help. But circadian biology is so important.

Dave Asprey: The researchers now something that's neat for Heal Squad and or coming up at the end of the show. But this is interesting for listeners too. When I started this stuff 10, 12 years ago, if you were in academia and you went on a podcast, all of your colleagues would shun you say, how dare you talk to the lay people about our scientific, it was almost like I only write research papers, but I'm not a public person. And over the last decade, more than a few of them have started saying, you know what? I'm just going to share my work with the world. And then all of a sudden they're willing to go on podcasts. And the most recent iteration of that is like Andrew Huberman. I had him on I think episode 400 of my show, and he was just a researcher at Stanford. And then a few years later, he decides to do a podcast and now he's a well-known researcher at Stanford.

Dave Asprey: And that just means that your work reaches more people. And so I like seeing academics who are willing to come out and learn how to talk to non-academics. And that's a specific skill of teaching versus knowing. And then it's your job and my job to curate the awesome ones and then to share their information with people and to use on ourselves. And it's a beautiful process to see the hidden secrets of Brain neuroscience just chat with you. Right? Yeah, absolutely. Well, I've really enjoyed catching up with you. It's been too long and you've been through quite the health adventure and you look healthier than you did before, and your energy is completely different. You're remarkably calm and more playful, and you drop two F-bombs if I'm counting right. What a shift. So congratulations on the work you've done on yourself. I'm truly impressed. Thank you. I appreciate it. Awesome. If you guys like this episode, let me know. Let Maria know. Check out her work on Heal Squad, and I will see you guys in the next episode. You are listening to The Human Upgrade with Dave Asprey.