

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

You are listening to the Human Upgrade with Dave Asprey. Today I want to talk about metabolic health, not like I haven't talked about it oh 500 times out of 1200 episodes. But the reason that I keep coming back to this and sharing more with you is that when your metabolism works works, you can live way longer than you're supposed to. You can become a nicer person or more importantly, a kinder person. You can be more conscious, you can be less sick, you can have less pain, and you can handle things in the world that otherwise would feel like they were overwhelming. So you want to be limitless. This is what we do. So I found someone unique and interesting to chat with today because yeah, you might hear me say mitochondria a few times in almost every episode there's a reason. But Dr. Casey means is a Stanford trained physician, a leader in the field of precision health, and she's a co-founder and one of my favorite biohacking companies called Levels and her brother Callins was on the show back in March where we talked about a new blueprint for fixing the American Food and Pharma system.

([00:01:25](#)):

Just a quick summary of that, the food and pharma system should not have any interaction with each other in a healthy country. And if you'd like to learn more about that, listen to episode 1146 because today's episode is a companion to that episode. Or I guess you could say a sister episode. More to speak. Dr. Casey, welcome back to the show.

Dr. Casey Means ([00:01:51](#)):

Dave, thank you so much for having me

Dave Asprey ([00:01:53](#)):

Back in 2021, you came on and you shared the best and worst foods for your metabolism, which I really appreciated. And today because you have a new book called Good Energy, by the way, what a great name for a book that talks about what decisions you make in lifestyle and what it does for your energy. Like that's bio hacking, right? Ground zero, change the environment around you so you have control of your own biology and the lifestyle is a sum of the stuff going on outside and inside of you. So thanks for writing a cool book, focusing on energy first, how the world actually works.

Dr. Casey Means ([00:02:29](#)):

That's right. I mean, we could not be more aligned. Dave being in the healthcare system for almost 15 years. Really the awakening I had was that it all comes down to metabolism. We have an obscene number of specialties in the Western medical system. I think at this point we're over 100 and most of the conditions, I think that most of the doctors and those over a hundred specialties are treating are fundamentally rooted to metabolism. And yet we get the most basic cursory overview of it in medical school, even at the best institutions in the country. And this is an absolute scandal. It needs to be the forefront of how we think about health, how we think about the body, how we think about prevention and treatment. And it's not, it's the biggest blind spot in the western healthcare system, which of course is why the more we invest the sicker we're getting, we're not focusing the right problem. So I'm absolutely with you and that's why I had to write this book and leave being an ear, nose and throat doctor to focus on what's really happening inside all those little cells that create the problems that we play whack-a-mole with in our conventional system.

Dave Asprey ([00:03:33](#)):

Do you ever feel a little bit schizophrenic like I'm a Stanford trained physician, and here you're talking about energy metabolism, how dare you?

Dr. Casey Means ([00:03:40](#)):

Yeah, I do sometimes because it takes a lot to stand up to an industry that's so big and so prestigious and controlling so much of our lives and to say, actually, I think you're wrong. I think you're focusing on the wrong issue. But to me, this all came down to actually doing what everyone's telling us to do right now, which is follow the science. You see this plaster on billboards now, if we follow the science, if we actually go into PubMed and read about the pathophysiology of what's leading to most chronic conditions and symptoms, we go straight to metabolism. That's what the papers actually show. We are just in a funny way, putting on these weird goggles when we go to the science and reading more about the downstream effects of all this problem. But when you put on a different lens, it's just like what are the invisible things happening inside of cells that actually lead to these symptoms that we treat?

([00:04:40](#)):

And if you follow the science, it takes you straight to metabolism. It takes you to what I call in the book, the trifecta of bad energy, which is mitochondrial dysfunction, oxidative stress, and chronic inflammation, which is the tornado of dysfunction that ultimately leads to metabolic dysfunction, which underpins almost everything that we I from today. And I think a real invitation I have for doctors and people, but really everyone is go into PubMed, go into Google and start to actually Google your symptom or your disease, your diagnosis with those words after it, mitochondrial dysfunction, oxidative stress, chronic inflammation. What you will find is a lot, and yet we don't learn about it. Google

Dave Asprey ([00:05:20](#)):

Is not a useful search engine for anything related to health. About three years ago, they stopped listing any of the websites that I use for trustworthy info and they're truly unreliable. So that's a search engine I do not use for any of my health research anymore. Google's, they've lost the plot. It's no longer a way to find the world's knowledge. It's a way to find really a very select lens on knowledge is filtered through both big pharma and through some weird woke stuff that they've done with even their AI stuff. It's truly scary. I don't need a sensor built into my search engine. Thank you very much.

Dr. Casey Means ([00:05:59](#)):

So true. Yeah, so scratch the, but I think in PubMed even there, I think it's like if you search migraine,

Dave Asprey ([00:06:05](#)):

Oh god,

Dr. Casey Means ([00:06:05](#)):

Yeah, and just look at what's out there. You're going to get a lot of papers about pharmaceuticals for migraine. If you search ing and mitochondrial dysfunction, you're going to get a lot more interesting stuff and actually about what's really happening.

Dave Asprey ([00:06:18](#)):

My protocol for fixing migraines as soon as they start happening, which I had to hone quite a lot when I was married for a long time with someone who had a lot of migraines. I've had a few, but it's amazing. You just upregulate mitochondrial function and much of the time they resolve in minutes in minutes, and here they are giving you all these crazy drugs, which sometimes are helpful, but for God's sake, sometimes sugar and three shots of espresso right away will upregulate mitochondria function enough and maybe throw an aspirin in there and what do you know? That's a cocktail that's worked for a long

time for migraines, and then you do the other big mitochondrial and suddenly maybe you don't need a thousand dollars injectable drug. And the fact that we don't do both as available options, it drives me crazy, crazy. And just knowing that means you are free to look at a book like good energy and say, maybe I should have some good energy and maybe I'll do something else. But just knowing it's possible is profoundly important. If I'd have known that when I was 19, when I really was sick, I probably wouldn't have spent \$2 million on getting well and then on reversing my age and all of that, I'm kind of glad that I got to do it, but I would've rather just looked it up online and gotten quick instructions from an AI bot, which is why I'm releasing one like that.

Dr. Casey Means ([00:07:37](#)):

Love that.

Dave Asprey ([00:07:37](#)):

But walk me through your path. Stanford trained, they taught you there's, and anyone who has more than three symptoms is probably crazy, and here's all the drugs and here's all the flow charts and how dare you think and all the things they do. How did you break out of that personally?

Dr. Casey Means ([00:07:52](#)):

For me, I think it culminated in a moment that I remember vividly, which is when I was in the operating room, I was about 29 years old. I was four years out of medical school, and so I'd become a doctor at 26, had gone to surgical residency to become a head and neck surgeon, and I was just about to launch after residency to become sort of the independent faculty surgeon and start making the money and doing well. And I'm standing over this woman, a patient who I'd become quite close with, and we're in the operating room and she's on the table. It's her third revision sinus surgery. She has all the other issues. She has pre-diabetes, she has a little bit of overweight, borderline obesity. She's got arthritis. She's got a little bit of depression because her sinus symptoms are always plaguing her. Just kind of the average typical American patient, a little bit of this, a little bit of that.

([00:08:47](#)):

She's got some sinus issues. We're going to go in there, we're going to bust open a hole in her skull, suck out pus, send her on her way, all feel good about our day. And I'm standing there, this naked unconscious patient in front of me who I really care about, and I'm just thinking like, are we really going to go through this charade again where I am going to do this surgery? We're going to bill tens of thousands, if not hundreds of thousands of dollars, we're going to send her out of the post-op area and really think that we've done anything to make this patient actually healthier. All her other issues, which I am systematically trained to ignore, right? Her prediabetes, her arthritis, her depression, her obesity, not my lane. And we all know she's going to come back, she's going to have the sinuses again.

([00:09:30](#)):

We're giving her some time, we're doing some plumbing, but we are not healing and standing there, I just felt this deep sense of honestly being a little bit of a fraud. I am so deep in this training, nine years, four years of medical school, five years of residency, and a couple things were so clear to me in that moment. I don't really know why she's sick. I don't really know why she's sick. I don't really know how to heal this patient. I know how to diagnose drug cut and bill and that's not what I'm here to do. And I think there is something about being ready to launch and do this very independently and to start really raking in big money for this that I thought, this is not what I came here to do. And I've always been interested in nutrition and food. I lost a lot of weight when I was a teenager, almost 70 pounds just by learning literally about the power of real food and eating real food.

[\(00:10:25\)](#):

And so I always have known that food is powerful. I studied nutrigenomics in college and I realized all these conditions we're treating as an ENT. Everything's inflammatory, sinusitis, laryngitis, thyroiditis, otitis, cellulitis, otitis. It's all itis, it's all inflammation. And yet I have no idea what causes inflammation. There's something wrong with that. I've heard this term anti-inflammatory diet. I know that certain food compounds are anti-inflammatory from back in my neu nutrigenomic days, and yet this is nowhere to be found in my surgical training or the guidelines that I'm practicing under. And I think there was a part of me that said, if there is anything I could possibly be doing to keep this patient out of the operating room, it's so dramatic to drill into someone's skull, to cut into their neck. I got to figure that out. And actually from that moment on, I almost couldn't operate anymore.

[\(00:11:18\)](#):

I literally was like, I felt wrong in some way. I need to figure out if there's anything we could be doing to keep people out of the operating room. That was the start of the Pandora's box. Then of course, you start diving into the true root causes of why people are sick, going down that rabbit hole of inflammation and it leads you to mitochondrial dysfunction and a metabolic health and you just can't go back. And then once you go down that road and realize, wait a minute, it's actually very simple to reduce inflammation. It's actually very simple to improve metabolic health. And yet the whole business model of the industry I'm operating under is that innovation and complexity and specialization is the answer. And the only reason we're not getting well is because we're not spending enough money and there's not enough access to healthcare and we're just not advanced enough.

[\(00:12:08\)](#):

We need more crisper and immunotherapy and all this stuff. The secret that I really feel like I was born to tell is that actually being healthy is so much simpler than we've been led to believe. And the industry profits offer confusion and this buying into the sense of complexity. And so that was sort of from the patient to the bigger picture, how I ended up putting down my scalpel, leaving the surgical world, quitting dramatically from my residency program and devoting my life to the true reasons why people are sick and how to help people actually heal. And that of course led me to be a metabolic warrior to co-found levels and to ultimately write this book and try and get this message out. So really a foot soldier in the work that you've been doing for years, but I don't think we can have enough voices in messenger sharing this information.

Dave Asprey [\(00:12:57\)](#):

You remind me of one of my mentors and teachers and a friend Dr. Tim Guilford many years ago in Palo Alto. He was a Johns Hopkins trained ENT surgeon, and same thing, he said, my patients keep coming back. They weren't getting better. So I quit. And he went on this healing odyssey around the world and learned homeopathy and auto injection and was the first guy to sell liposomal glutathione many years ago. So he's the one who helped me figure out the toxic mold was behind my symptoms before we had any information about what mold really does. And you find a guy who could have had a million dollar a year great career as a surgeon and said, no, I'm going to do stuff that makes people well, and it's not the easy path. So thanks for just standing up and saying let's do it. And showing people, oh wow, can you track the health of your metabolism by looking at your blood sugar and seeing, huh, the body's not using your blood sugar. So it's building up. I wonder why maybe we can fix that. It's a data-driven. It's true science, but it does take a very different way of thinking. So it's funny, you work with your brother, you decided to write a book with him. How's it working with a family member to write a book? I kind of think that would be hell.

Dr. Casey Means ([00:14:16](#)):

We always joke about the fact that our next book is going to be about siblings. We're going to talk, we're going to unpack this sibling relationship because it's a fascinating relationship, right? I don't know about you, but I don't know a single adult who doesn't have some interesting thing to say about their relationship with their siblings. And I actually am fascinated by the whole relationship because you come into this universe as a conscious being through this shared portal. I mean, there's lots of different ways to be siblings, but we share the same mother and you're kind of self-assembled and 3D printed in the same portal and brought into this world, and then you are born into the same family with totally different brains and are having different experiences. And I think in many ways a sibling can be your absolute best teacher because you're here on this journey for some reason together.

([00:15:05](#)):

And I think that it's been so big picture, it's been a fascinating journey to work with my brother. I have so much respect for him and his intellect and the way he sees the world, but fundamentally, the reason we came together on this project is because it was to honor my mother. And we shared an experience that we've throughout the whole book, which is that we lost my mother far too early to the end stages of metabolic disease that really the blind spots of our opportunistic exploitive healthcare system, the intentional blind spots to root cause physiology allowed for everyone within this system to ignore the connecting points between what she had racked up over 30, 40 years of her adult life that ultimately led to her death. And I think through a different structure of our system where we actually are thinking about the connections between diseases, there were dozens of points where she could have had a different outcome.

([00:16:10](#)):

And we really don't want that for other people who are going through a similar situation to my mom where they are dependent, loyal, and faithful to the system that they believe in and ultimately let down by it, which is I think how most people feel today. We are both dependent on the system and we are certainly not being truly benefited by it. And we know that because Americans are getting sicker every year. We are literally getting sicker for every marginal dollar spent on healthcare in the United States, people are getting sicker. This is the definition of an unsustainable, ineffective system. And yet we don't really think that we have a better option, which of course we absolutely do. It's outside the system. And the point that Kelly and I really have to make in the book is that sure, trust the system on acute issues. You have a trauma, a broken bone, you need emergency surgery.

([00:17:01](#)):

The system we thrive, American healthcare thrives on that, but right now, 90% of healthcare costs are going towards chronic acquired lifestyle rooted diseases. And unfortunately, the system has abjectly failed on the prevention treatment or management of chronic diseases. And we know this because they're all exploding all at once, the more we spend. And so this book, this coming together, Callie and I came to this experience from different places. He was in policy and business and at one point was a lobbyist for food and pharma. And so he saw things that way. I of course was a doctor and sort of had my awakening about root cause issues. And then we both experienced this just tragic situation with my mother where no one put the pieces together for her throughout 40 years. And then the entire spring into action when she was lethally sick with a stage four pancreatic cancer diagnosis, basically trying to squeeze as much out of my mom in terms of profit as possible in her last two weeks of life and in horror and discuss, we decided we were going to devote the next three years of our life to writing this book.

([00:18:07](#)):

And so just to briefly share what sort of happened with her, essentially she had me when she was 40, I was 12 pounds, I was a huge baby, which is a fetal macrosomic baby, which of course was probably a sign that she was developing insulin resistance that if fetal macrosomic as a sign that both the mother and baby are going to have metabolic issues, which both of us did. I was obese by the time I was in eighth grade, and she had a lot of trouble losing baby weight. She then got the standard diagnosis, high blood pressure, high cholesterol, high blood sugar, statin, ace inhibitor, metformin, everyone just said, you're getting older, you're postmenopausal. This is part of the journey. And then she's 71 years old and she has stomach pain, she got the CT scan, she has stage four pancreatic cancer, and she's dead 13 days later.

[\(00:18:54\)](#):

And at the time she was seeing doctors at Stanford, she was seeing unquote best doctors in the world. And all of them literally stared us in the eye and said, we're so sorry. This was so unlucky. And we knew enough to know this was not unlucky. This was totally predictable because through that root cause goggles, each of these conditions, a large baby, weight loss resistance, high cholesterol, high blood sugar, high blood pressure, and even cancer are all branches of the same tree of fundamental metabolic dysfunction. And if anyone in that entire system had known how to actually focus all the effort she was doing and the cost she was spending on the mitochondria, I think we'd had a different outcome. So that's really the message that we're spreading and also trying to spread some awareness about the healthcare system. Sure, it has produced miracles, but when it comes to these chronic illnesses that are torturing our lives, it's not doing well.

[\(00:19:57\)](#):

And we really need to learn to trust ourselves and to learn how to manage and track our own metabolic health and the system's not catching up fast enough. So we got to really understand that this is a system that unfortunately profits off our dependency and sickness, and it's a system that makes more money when we're sick and not when we're healthy and as that to scare anyone. But it's the simple economic reality that we all be aware of if we're going to live our healthiest lives. So that's what brought us together to write this book together, and it's been the journey of a lifetime.

Dave Asprey [\(00:20:27\)](#):

Well, you're doing some good in the world. That's what I think. And I guess I should disclose this to you guys. I am an investor in Lowell's and Advisor since the early days, the CGM stuff, just so maybe I have a financial interest for saying that I don't. I just like to put my money where my mouth is because I think having straight information unfiltered about how my body's working gives me more power. So I love it that I can do that without having to go beg for a monitor from a doctor because it doesn't make sense.

Dr. Casey Means [\(00:20:55\)](#):

No. And right now, that's a situation a lot of people are in. The way the system works right now is we're actually kind of begging for breadcrumbs about our own health information. And in 22 American states, patients don't even own their own healthcare records. The doctor of the hospital does. This is a system that often is justified to patient data security or the fact that patients are going to make bad decisions that they have their data, but actually the real data shows that the opposite is true. The more information people have about their own biomarkers, they do far, far, far better. So what's created is this systemic information gap and mismatch between the doctor and the patient that unfortunately can be exploited because if you have a patient who doesn't understand their own body and doesn't understand the feedback between the choices they're making every day and what's actually happening in their biology, then they're kind of spinning.

[\(00:21:45\)](#):

They're investing, but they're not making progress. They become dependent on the system. And that's just really what we need to subvert obviously, because people who are empowered with their own data and can close the loop between what they're doing and how it's impacting them can cut through so much of the noise out there and just focus on what really matters. And you get the fun, I'm not going to say funniest. You get a lot of pushback against this concept. I'm sure you've received a lot of this too because you've been such a vocal advocate for personal data. But people will say, oh, this will cause obsession. This will cause people to be obsessed with their data and they're going to become orthorexic and they're become stressed out about it. But I would say we've actually seen a very different picture, which is that there is so much noise right now in the health space.

[\(00:22:32\)](#):

There are doctors saying one thing, the a DA saying another thing, you've got health influencers, you've got books, you've got podcasts, there's wars going on, and people get very confused and it makes them doubt their choices, which is a huge cognitive overload. People are afraid to eat a lot of different things. And a real message is like you don't actually need to trust anyone but yourself, but you do need to understand how interpret what your body is telling you. And you can do that actually very simply in this modern age with two things. One is analog, one is technological. Analog is like learn to interpret your symptoms. How do

Dave Asprey [\(00:23:13\)](#):

I feel?

Dr. Casey Means [\(00:23:14\)](#):

How do I feel? And in this crazy distraction industrial complex of our modern world where we've just put productivity and consumerism at the top, we are all so damn busy that people just don't even have a second to sit and just hear their bodies talking to them all the time through their symptoms. So step one, a point of the book is just slow down, understand this multidimensional matrix that we're all living in and buying into and realize that a big part of your health journey is actually just doing things in the world and then listening to how your body is feeling, looking, what is the experience? Step two is obviously technological, which is in the past five years, we have these trends converging that are incredibly wonderful. We have direct to consumer lab testing, things like function health and inside tracker and others, we've got bio wearables like continuous glucose monitors and more coming down the pipeline.

[\(00:24:08\)](#):

And then we've got, of course, the other wearables, the auras, the whoops, the Fitbits, all these things that can give us these real time feedback. And so if we can learn to understand the numbers and then the subjective experience and then try things on and just be able to prove to ourself is it working or not, we can cut through all the confusing noise that keeps us spinning and feeling paralyzed. And so I actually think for so many of our levels members, it has cut through the stress to actually get them to a place of feeling a lot of ease with, Hey, yeah, I can eat this and I can take a walk afterwards, or I know that if I put some more fiber on this, it'll help. And so that's, I think reducing the cognitive overhead is actually the end result.

Dave Asprey [\(00:24:55\)](#):

I mean, think about it. Every time I eat oatmeal, I get a bigger blood sugar spike than ice cream. Maybe oatmeal isn't health food. And I get a little, actually, it makes me laugh. You get these people who are saying, well, if you have access to information about your health, it might make you obsess on it, therefore I won't let you have it. Let's see. I didn't hire my doctor or my government to be my daddy a grownass adult. And if I'm going to choose to obsess over something, I would rather obsess over my health information than your stupid social media algorithms or your big pharma ads that are designed to create obsession. So anyone who says they're doing it for your own safety is pretty much telling you that they think you're stupid.

Dr. Casey Means ([00:25:42](#)):

That's

Dave Asprey ([00:25:42](#)):

Right. And no, I am in charge of my own safety. And that's why I would like to have access to my metabolic data. And if someone tries to stop me, I ignore them. My metabolism is mine and I didn't sell it to anyone and I'm not going to. And I think levels has done a great job because maybe it's heavy metals, maybe it's a toxin. Maybe it's just because you eat vegan stuff that you think is health food but is highly processed industrial food, whatever it is, it doesn't matter. Or maybe it's just trauma, whatever it is, does it show in your blood sugar? It's a measured, does it show on your aura ring on your heart rate variability and that's the game you're playing? How do I make those numbers better via any means necessary? And if you just do that magically your risk of Alzheimer's, diabetes, cancer, cardiovascular disease, those all go down, but you feel better. And you have this weird thing called good energy, which is a great name for your book. Talk to me about the things that are stopping good energy, what you call bad energy in the book.

Dr. Casey Means ([00:26:40](#)):

Unfortunately the bad news, a lot of good news, but it's essentially every single aspect of our modern environment. And we unpack really all of them in the book. And there's really seven areas that I focus on, not just scare people, but because just like you, I believe that share the information and people can do with it what they would like to do. But when we're talking about the seven pillars, it's our food system. It's the way we're relating to sleep. It's our emotional health and stress and sense of fear. It's our movement patterns, it's our relationship with light, it's our relationship with temperature and that it's our relationship with toxins. You

Dave Asprey ([00:27:22](#)):

Sound like a biohacker a lot like a bio. Oh my gosh, I know

Dr. Casey Means ([00:27:26](#)):

Totally.

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

That's a list of environmental inputs, right?

Dr. Casey Means ([00:27:30](#)):

And so I think about everything I do is from, I think really the perspective of compassion for our cells and our mitochondria. I believe my framing for the body is that we are miracles. Each of us and literally just the self-assembly of matter and energy, it's freaking incredible. That's constantly evolving and changing throughout our lifetime. And it's, our body's not a thing. Our body is a process where billions of cells are dying every day and being reborn. We're constantly re 3D printing ourselves out of food. And at its base, our cells want to give us the happiest, healthiest, most thriving life ever and want us to reach our highest purpose and be joyful. And they will do that for you by and large, if they get their needs met. And if they do not get their needs met or they are overburdened by things that they do not need or can process properly, then we will have symptoms and we will have disease, and we'll have a less incredible time in this one precious conscious experience of life that we have.

[\(00:28:35\)](#):

So how do we look at every sort of input around our bodies are this group of cells, this 40 plus trillion cells that we are essentially our consciousness are our agency in the world. The purpose of that is to create the conditions around that group of cells to meet their needs and not overburden them. And they will generate a beautiful life for us. And somehow we have forgotten all of that in our healthcare conversation. And so we think we can just toxify and poison the environment around ourselves and everything will be fine, and we can then drug our way out of it. That obviously doesn't make any sense. And so really the ask for people is to examine each of those pillars and within each of those pillars, examine different aspects of it. So within sleep, for instance, we're talking not just about quantity, we're talking about consistency, and we're talking about quality because consistency, quality, and quantity, all in the literature independently impact mitochondrial health and cellular health.

[\(00:29:35\)](#):

So we've got to actually think through each of them and then think through all the different elements, psychological, physical, environmental, that are impacting those three things and then take stock and improve. And then with food, of course, we're not just talking about a dietary pattern, we're talking about food quality and nutrient density, micronutrients, antioxidants, how we're supporting our microbiome, are there pesticides on the food? How processed or not processed? Is it a lot of different elements about food and really, again, taking stock. And so that's how I kind of think about it is let's go through each of these and understand where we stand, where we can improve. Let's make some changes and let's track it. And if you do that, you will move very quickly into the right direction and you will know if you're meeting the needs of your cells, if you start feeling better and if your biomarkers improve. And it's actually that simple. So one of those things that it's simple, but not necessarily easy, but if we at least know where to point the arrow of our effort, I think it can actually be a lot easier than it's for the average person today who's spinning and paralyzed,

Dave Asprey [\(00:30:44\)](#):

What's the first step as someone reads good energy or they start doing or doing, where do you go where the overwhelm happens? It's the Just tell me what to do problem.

Dr. Casey Means [\(00:30:54\)](#):

Yeah, yeah. So there's two answers to that. I think for me, the practical answer where to start, I always go back to food because food to me, it's just sort of unavoidable that we've got to get it right. And the reason for that is because we are 100% entirely 3D printed from food. We are 100% molecularly food. That's not true. We have, what's that, 30

Dave Asprey [\(00:31:25\)](#):

Pounds of air and a couple piles of food every day come together. We're not 3D printed out of food. We're 3D printed out of mostly water and air and a little bit of food.

Dr. Casey Means ([00:31:34](#)):

But we take in water, we ingest water,

Dave Asprey ([00:31:38](#)):

Right? Exactly. But the food is a very tiny amount of, it isn't air and water, the primary ingredients,

Dr. Casey Means ([00:31:43](#)):

But every single cell that you have, every fatty acid in your cell membranes, every protein that makes up the structural components of your body, every A CTG in our genetic code that gets reprinted every day, we are taking molecules. We ingest 50 to 70 metric tons of food in our lifetime. And those are molecules that go in and change over the molecules that are there now. Oh

Dave Asprey ([00:32:10](#)):

Yeah. We're like the whirlpool through food when you think about it that

Dr. Casey Means ([00:32:13](#)):

Way, precisely. And so if we're taking in 50 to 70 metric tons of food in the lifetime, which is essentially that is the ink along with of course water and some air, but structurally that is the ink to reprint, then you can't totally neglect that. And truly in the conventional healthcare system, doctors are telling patients with chronic diseases that food doesn't matter. And I think that the thing that just makes my mind explode is that this body, even the body that's receiving a medication they want to give, it's still in many ways made from food. So that's what I mean when I say this is the version of you of next week will be molecularly different than the version of you today. And that difference that delta is much of that is molecules from food that we have. So would you disagree with that or

Dave Asprey ([00:33:13](#)):

Much of it? It is. I think a lot of the carbon in there does come from breathing as well, and it work carbon-based life forms. It's just that if you're food-centric and you're breathing polluted air in a bad building and you're drinking tap water, even if you eat the right food, it doesn't work. So I look at us as a mixture every day of energy and materials made from mixing air, food, and water. And you could say water is part of food maybe, but either way, it's like they need to be clean and need to have the right components in them and not have the wrong components

Dr. Casey Means ([00:33:48](#)):

In them. That's exactly right. I think about, and I talk about in the book about how health and eating, it's a matching problem. There is a right answer for our bodies because the good thing is we know enough about biochemistry and cellular biology to have a really good sense of what our cells actually need from a molecule perspective to function

Dave Asprey ([00:34:14](#)):

Like statins, right? They need statins to function,

Dr. Casey Means ([00:34:17](#)):

Right? That's going to just incorporate, yeah. It's like they have a structure, they have a functional milieu, and we actually do have a good understanding of that. And so when we think about food, we need to get off all the crazy conversations about dogma, about food and think like, are we matching the input that is the two to three pounds of molecular information we put into the body each day with what the cells actually need to function properly? I think that, and when those things match, and it's a dynamic process obviously because we're changing every day, we have different needs each day, but when we generally match those two things and support maybe with extra nutrients when there are times of stress or whatever it is, what we will find is that the function gets better. And so how do we actually make that simple for people?

([00:35:08](#)):

I think there's broad brush strokes that we can tell people, which is eat real food from high quality soil that is unprocessed, that is not covered in synthetic toxins. And if you just simply start with that, you're going to get a lot farther than the average American who's eating ultra processed food covered in toxins that comes from poor soil. And therefore the percentage of that 50 to 70 metric tons that's going in is just like devoid of molecules will meet the needs of the cells. So that's kind of big picture. It's like if you're not going to track anything, at least start with real food unprocessed from good soil not covered in toxins, and you'll get at least some of the way there, I think. And so really that matching problem, and then tracking it over time is where I think about, at least for me, being someone who's really in awe of food, I think that's where I start.

([00:36:00](#)):

But the flip side of the other place to start, which I go back and forth, whether it's which one should come first, is in chapter nine of the book, my favorite chapter, which is called fearlessness, the highest Level of good Energy because love it to me. It has to start also with the way we think about the body and the way we think about our potential in this lifetime and the way we conceptualize our true nature. Because if that's not there, if we're sort of building the whole journey of health on false contracts that were limited or that were just these material things that are going to live and die, and that's all we have, if we kind of keep it really in that limited framework, it makes it a lot harder to make these decisions every day. So an ask I have for people in this journey is to actually build this on a solid foundation, which I think starts with a sense of awe and a sense of awe for this preciousness of this experience, the absolute statistical near impossibility of being alive as a Casey or a Dave, and to examine our relationship with fear in our lives because the world really wants us to be afraid right now.

([00:37:17](#)):

Basically the whole media is there to try and keep us afraid so that they can then profit off our seeking solutions to our existential angst. And I think that for me, there's a few main buckets of what are causing us modern westerners to be afraid. I think there's obviously the childhood stuff and the wounds and the things that create sort of deeply embedded hypervigilance and limiting beliefs in our lifetime. There is our media, there is the device in our hand that's streaming essentially terrorism into our eyeballs 24 hours a day and constantly making us feel like the world is unsafe, even though it's one of the safest times in human history that we know of to be alive. And the third, which I think is actually a big one that I would love to write a whole nother book about is our fear of mortality.

([00:37:59](#)):

I think in the western world, we have this fascinatingly sort of limited view of our relationship with cycles and nature and death, and we don't even talk about it. We're not curious. You think about so many other cultures, stoics, indigenous, eastern, they all think about death. They all meditated

obsessively. They write poetry about it. We don't do not. We put people in boxes and bury them, and we don't talk about it. And so to me, if we're truly, truly, truly going to be healthy and actually make the sustainable lifestyle choices, we need to go deep down that road of actually knowing that we are limitless first and then building the health journey on top of that to basically create this biochemical structure and form that can let us thrive in this human experience. And that's what drives me. And so an honoring and a respect of this opportunity. And so I would say between food and then more esoteric fearlessness, I think those two are good places to start. But I'm curious about you. Do you have a place that you think is step one?

Dave Asprey ([00:39:07](#)):

I kind of look at sleep as being the most important thing. If you were to just fix that, you're going to get more metabolic advantage, and it's relatively affordable. But what you said about awe is the most important thing. And that's something that for me, neurofeedback is a big part of it. And things like Burning Man and going into nature and stuff like that is important. But for triggering awe, awe brings gratitude. And when you have a state of awe plus gratitude, you can really get into those states where you're really hard to program, where your triggers are not available to be used against you. And that's kind of where freedom happens. And one of my companies is 40 years of Zen, which is five days to get the brain state of someone who spent decades meditating. And at the bio conference, I'm actually announcing that we're adding a ketamine option on top of neurofeedback for the world's first ketamine assisted neurofeedback program because ketamine induces awe and gratitude and neuroplasticity in a new way so that then you can take this whoa state, and then you can use that to do that profound inner work.

([00:40:21](#)):

Honestly, even if you're eating junk food, if you can just have constant gratitude and a state of awe, you're still going to be metabolically better off. I'd rather see you eat amazingly, and there's an executive chef there for a reason, because you can do more hard personal development work or more good energy work in the world when you make more energy. But if you make good energy and you're traumatized, angry and scared all the time, it doesn't go anywhere good. So to your point in your book, you have to have the mindset work, but to have the mindset work, you might want to have the metabolism work first because it's easier that way, right?

Dr. Casey Means ([00:40:56](#)):

It's a lot easier to have all for the world when you're well rested. There's no question about that, or when you've had nutritious food. And so it's like each of these pillars feels like an individual little baby in my mind of like, oh my God, I don't know which one's my favorite. But yeah, I think it's a lot of people talk about, oh, we got to start with policy and we got to start with societal level things to make people healthy. And I always think society's made of humans. Humans are made of cells, cells are filled with mitochondria, and our mitochondria are broken. And so there is a bottom up element of, like you said, when we are making more energy in ourselves, we can make more good energy in the world. And so I think if people want to be a force for change in the world, they want to bring in a better future.

([00:41:44](#)):

One of the best ways we can do that is to individually actually create more energy flowing through us in an unbridled way, which is metabolic health, our bodies, our birthright. It's to be hors of energy from outside of us in sorting carbon bonds to a form of energy that can help us be agents of change in the world. And so nothing could be more of a, I think a positive impact on our communities and families and a world than just actually investing in our metabolic health because that is the base unit of a society,

which right now is seemingly chaotic. And so I really hope people feel empowered in knowing that every time they're actually eating that food from the farmer's market or getting a good night's sleep or choosing to tune out some of the programming media, it's like that is actually a really positive act for bringing in a higher frequency vibration, whatever in the world by literally just making more a TP, which is actually contributing to a better world.

[\(00:42:44\)](#):

And it also, circling back to the ENT stuff, a big journey I had, which psychedelics were in some ways involved in this as well, just thinking about, wow, I spent nine years treating inflammatory conditions. And fundamentally, fundamentally, inflammation is biochemical fear. It is the body being afraid of something. And that's really sad. It's sad that most Americans, not only in their psychology, but in their bodies are just expressing a war against something that we're not talking about. And so when we actually focus on improving metabolic health, which is the root cause of chronic inflammation, the body is fundamentally afraid of cells that are underpowered and can't do their work. And so if we're going to try and create a more thriving world, more thriving lives with compassion, I think need to help ourselves feel safe. And that can be done both through what we're putting in them, what's around them, and also how we're thinking. And so there's all this plausible deniability in healthcare because we're all working our butts off and all the surgeons are stressed and they're in debt, and everyone's spinning and working and working, and it's like, I wish everyone could just back up and say, fundamentally, we're dealing with people whose bodies are expressing biochemical fear. And so how do we actually get at that? And the healthcare system is 100% blind to that conversation.

Dave Asprey [\(00:44:20\)](#):

You're into something really important, this idea of biochemical fear. I believe after looking at a lot of EEG brainwaves and doing a lot of trauma work and breath work and psychedelics and all the technologies that a huge number of people who walk around saying, I'm anxious and depressed, it's not your thoughts. Your thoughts happen way too late. It was that your body was terrified because it's poisoned, because it's starving, because it doesn't have nutrients. And if it feels starving, it's going to pass that feeling onto you and you're going to think it's real and you're going to see an ad and the ad's going to give you a reason, and you think, oh, it's because I don't have the right makeup. It's like, no, it's because your mitochondria aren't working. That's right. They're in the driver's seat of human consciousness and you fix mitochondria and people wake up, and it's crazy how that happens.

[\(00:45:09\)](#):

And it happens over and over. So most of your anxiety and depression or things like that, it sure feels like it's your mother-in-law or the mean boyfriend or girlfriend or whatever. And yes, those things are all real. It's just if your mitochondria worked well, they wouldn't feel so big because the anxiety is coming from within. And then you're getting a little bit of additional anxiety for something that feels like it's all external, and the awareness that comes from doing deep personal work to take mitochondrial enhancing supplements, learn how to eat so your blood sugar doesn't crash, and you can be more conscious and then you can have less pain and you can evolve and you can not age and you can do all the good stuff. So you understand that in a way that not a lot of people do, but biochemical fear is a great explanation for it. I call it physiological anxiety. It's like, no, your body's stressed because you're treating it like shit. You could fix that.

Dr. Casey Means [\(00:45:57\)](#):

Oh, I love the way you just said that. Yeah, I think what you're saying, I think it's the most visceral fundamental level that we have to talk about. Yeah, I love that about the thoughts being later because

things we know, things we know in science right now is that depression, anxiety. I mean, Chris Palmer's book Brain Energy, this espouse the so beautifully of, he's a psychiatrist at Harvard and truly believes based on his research that every neurodegenerative, neurodevelopmental and mental health issue are fundamentally rooted in mitochondrial dysfunction.

Dave Asprey ([00:46:35](#)):

We're aligned on that. We're

Dr. Casey Means ([00:46:36](#)):

Aligned. And I'm surprised he's not being thrown out. Fortunately, he is able to communicate this in a way that doesn't totally polarize him from mainstream academia, which I think is really wonderful. But I think that this idea of a trickle up of individual parts of us being afraid from this environment that no longer can no longer is in many ways conducive to human, I don't want to say life, but in some way, I mean, life expressing is going down and infertility is going up. These things are not great signs, and somehow we're not seeing you talk about the IVF conversation, or sorry, the infertility conversation. It's like it immediately goes to how incredible advancements in IVF are happening, and I think I want to just rip everyone out of their slumber and say, people, the body is telling us that it is so afraid of the environment that it will not create a new life.

([00:47:41](#)):

Why are we not seeing this? And then you look at the other end of the spectrum like Alzheimer's dementia, and the body is saying, this environment is so inconducive to neurologic cell functioning that we're going to essentially stop making thought we're going to set a sort of self-destruct on this consciousness level. It's all the same thing. It's all the cells expressing to us that this is not a safe world for them, and therefore we are going to retreat. And I think we have a moment right now in human history where we know enough to know what's happening on this invisible intracellular level. And we still do have agency, we still have enough brains working to be able to get our way out of this, but we have to see it for what it really, we're not going to out innovate, I think, our way out of this problem because fundamentally, I believe, this is my belief that a lot of it's going to be solved by actually figuring out ways to bring what are more natural signals into our modern life.

([00:48:49](#)):

It's not about going back to all being agrarian farmers and living on farms, but it's like we do at some point need to figure out how to bring the signals that ourselves need back into modernity, which means going outdoors most of the time and being on our feet most of the time and eating real food from vibing soil most of the time. So the innovation is going to be actually, I think, how to bring the signals that are more traditional, which is essentially more natural signals into our modern life in a way that's sustainable and affordable, not how do we out technology, the problem that we have. So I see investors and a lot of very smart people missing the mark on this thinking that progress is actually technological innovation and more specialization when in fact, I think we need to focus the arrow on actually how do we bring, we know what energetic and molecular signals our cells need to thrive. So how do we actually, which are things like light and clean air and things like that, and how do we actually bring those into modernity without totally going backwards. And so that's anyone listening, I'm like, that's the challenge. That's what we need to focus on. How do we create office spaces that are, if we're going to work on computers, great, but we got to do it outdoors. Things like that.

Dave Asprey ([00:50:04](#)):

It's a tough one. I mean, going back to everyone living in distributed agriculture, I built a regenerative farm over the last 10 years in Canada with sheeps and pigs and cows and chickens, and it is more than a full-time job to do that. Yeah, that's probably not the life that most people want. So I don't have an issue with technology solutions. I mean, if you're going to set yourself up with an environment around you that supports your highest performance, it's either going to be nature or it's going to have all the signals and elements of nature that are healthy. So you want to go to Mars. I know of some people in Elon's camp, but I've actually talked with the president or CEO of SpaceX about this. How do you harden astronauts? Well, if you don't recognize that the environment is a part of being human, how are you going to build a spaceship that works?

[\(00:51:01\):](#)

So we're in a place where we don't, as a society recognize all the inputs that our bodies are taking in, so we don't fix them. Once you recognize those, there's no reason you can't be indoors for your entire life and be super healthy and happy and satisfied. But it would require conscious design. And right now we don't even acknowledge what the inputs are. And frankly, I don't really like that future, but I'd rather have that future and I'd rather have that when I choose to be indoors than a future of prison-like cubicles in sealed buildings with recycled endocrine disrupting air and toxic lighting. Because frankly, I'm the guy who's going to bring glass cutter in at night and make a window in the skyscraper because I'm just not breathing that shit. Totally. And there are more than a few people like me out there. So for people in building design or trying to look at the future, one thing is maybe you can lower my mitochondrial function so much that I'll stop thinking and just be a good little zombie. I just wouldn't try it.

Dr. Casey Means [\(00:52:00\):](#)

Yeah, I hear what you're saying, and I really do appreciate that there is a theoretical way to replicate everything from outdoors and bring it in. And I imagine if all the energetic and molecular signals are the same, we could thrive. I think that, don't talk about it in this book, but I'm like, it's really interesting. We basically exist in a world where there's different types of energy. There's molecular energy, thermal energy, light energy, mechanical energy. There's all these different things that our bodies are experiencing, and those are all changed now. And so we either create a world in which we get the right ones through innovation and technology, or we try and find them out more naturally. But I think what you're talking about is what doesn't work is being indoors without the signals and thinking that we're going to be healthy. We need to replicate or just give the body those signals.

[\(00:52:53\):](#)

And I think one of the stats in the meantime, when that's not necessarily at scale for people, that we have the right lighting and doors and things like that, a big point I have, you write these 300 page books and you're like, what are the simple takeaways? And it's like, I think one of the biggest takeaways I have from the entire past 15 years of my life is like, people just need to go the heck outdoors. What's so wild to me is that 93.5% of the 24 hour period for the average American is spent indoors now 93 point. So that's either in a car or a building. So we are these miraculous bipedal animals on the most spectacular planet in our solar system and the most spectacular planet that we know of anywhere, actually. And we are choosing, like you said, to lock ourselves in cubicles in prisons and in our cubicle prisons in a chair that is even more of a, and then throw our hands up in confusion when everyone's getting sick and depressed.

[\(00:53:54\):](#)

And I'm, a big answer that I think could cause just help a lot of people is literally take that 93.5% and move it down to 50% or 60%, because a lot of good is going to happen, less air pollution, outdoors.

Obviously, you're going to have better circadian rhythms with the light. You're going to be breathing fresh air, you're going to be moving more. And I think a lot of people push back and say, well, it's impossible. I work indoors, and I'm like, Rome is burning. Let's get creative. Put a box on a picnic table outside and put your computer out there. I spend most of my time outdoors except when I'm doing podcasts, but it's like we got to get creative. That is such, and I think getting back to our conversation about awe, nothing, I think helps us feel more just inherent awe than just being outdoors because something subconscious happens where we realize there's something bigger than us and our problems are not the only problems. And there is a fundamental harmony to the world that we have no control of, which is fundamentally beautiful and good. And there are seasons and there are tides, and there are moon cycles, and there are clouds. And it's like when you are only outdoors for 6% of the time, that all is forgotten. And in that forgetting, we become controllable, dependent, and fearful. And so I think that there's just, it's like, go outside, lift something, walk.

[\(00:55:22\)](#):

It's complicated, but it's not. And so I think that's kind of one of the TLDR I have from the book that sort of too long didn't read, is go outside, move more, sleep, some of the basics. But fortunately we can track the impact of those things now and feel more motivated to commit them. I think with some of the amazing technology that we have today that helps us feel confident in investing in some of the simple things.

Dave Asprey [\(00:55:51\)](#):

Well, speaking of simple things, I want to congratulate you. Your book just hit number one on the New York Times list, which is a really, really big honor. See, your message is getting out there and that's hard to do and I've been on the list multiple times. I don't think I've ever been number one. I've been like number two or something. So well done. And I'm really hoping that your book sustains there because the more people who just understand, oh my God, you mean I can change my food and my environment and then I feel better and I perform better. You're converting everyone into being biohackers, which means they have control over their own biology instead of being helpless or even worse, giving someone else control without even thinking about it. So good for you. I'm really impressed with the way you've learned how to think about this and the combination of your I'm your experience with your mom and your deep medical background I think gives you a unique perspective on this. So very, very well done.

Dr. Casey Means [\(00:56:47\)](#):

Thank you. You've been a long time inspiration to me, and so this is not something I've done alone. I feel so much one more torch carrier of a message that people like you and others in our amazing space have brought to the forefront and I feel proud to be a part of that community. Just we need to just keep pushing it still not the full mainstream, and yet I think there are forces of light and I think we we're making progress.

Dave Asprey [\(00:57:18\)](#):

It'll get there. And there are a lot of us working on this. And for every one of the influencers you see, there's usually some really good true believers. You're one of 'em. There's usually a few people who will copy anything so that they can make a buck. And they're usually the ones who sneak bad ingredients in and you are like, wait a minute, why is that person always doing the same thing as everyone else for cheaper? And I see some of that out there, but for every one of the public influencer people like that, there are probably 10,000 people who are on board and are doing this. They're not influencers by design

probably because they want more peace in their life. So true. That's good. So we have the upgrade collective as the live studio audience. This is my mentorship group, right? Yes. And some of those people are in that group and they're not out there posting very often, but they're curious and they're talking to their family and their friends, and that's how grassroots movements happen.

[\(00:58:15\)](#):

And end of the day when we do not buy fake industrial foods that taste just like real food and we don't eat the cricut proteins and we just stop doing the bad things, then the big companies, they can spend more money on marketing. Maybe it'll work, probably not our mitochondria work. They could try to use the force of government to restrict your access to foods that won't work because that would be the end of the government because starving people tend to not be good citizens. So the only thing that's going to happen is they'll have to change the products they make so that they're the ones will buy. That's right. And all we need is some more awareness on that. And so I think you're doing more good than you think when you hit the number one on the New York Times list. So I hope you're really feeling a good sense of accomplishment there. Earned it.

Dr. Casey Means [\(00:59:05\)](#):

Thank you. I feel good. I also feel like there's a lot of work to do. I feel like there's more to do. And I think one thing on that note, I do believe that each person can have a monumental impact on their communities and their families. Although I do also just maybe lead people with something I hear a lot is that people are, I think sometimes afraid to share these thoughts with their families or their communities or their kids' schools or to tell the Uber driver, Hey, those artificial fragrances actually aren't good for our health or to leave a review or whatever it is. Or to tell at their office building, Hey, can we get these artificial scents out of the bathrooms? I actually put a poll on Instagram. I always post about the poison air fresheners whenever I see them, which is every day now. And I ask people, how many of you hate these? And it was like 90%. How many of you would tell people the business or whatever you're patron who has that air freshener that you would like it to be gone? And it was like 2% of people. So there's some delta between not liking what's out there and speaking up about it.

Dave Asprey [\(01:00:16\)](#):

There's also direct action on that. So what I do is I tell the Uber driver, Hey man, did you know that those things shrink your balls? And okay, you go where the level of vibration is. They're like, what? And you go, no, really, this is called endocrine disruption. And they're throwing the little thing out. I'm like, don't throw it out the window. Put it in your glove box. And then in environments where there's one of those automatic sprayers in the bathroom, they're only attached to the wall with sticky tape or a tiny little screw. So I don't know, I've probably thrown away two or 300 of those. I'm tall enough to read to. I'm like, why are they allowed to put that there? They're not.

Dr. Casey Means [\(01:00:50\)](#):

It's literally biochemical warfare. It is. And I always say something because I think what we need to realize is that there is nothing bad's going to happen. Literally the worst that's going to happen is that someone's not going to like you, which literally is to your benefit. You don't need people in your life who are, and so this gets back again, chapter nine of the book Fearlessness. We need to realize that the more with good energy, so you want to help make the world a higher vibration place, come at it with that energy, speak with love, but be clear with everyone around you, your kids', schools, the restaurants you patron, the buildings that you go to, you're the customer. Bring good energy to it. People might not like

it, but we need to be more bold about speaking about these things. And a little bit of that, actually, a lot of that comes down to not being afraid, right?

[\(01:01:42\)](#):

Because everyone's worried something bad's going to happen. And as someone, I don't know if you agree with this, but who's out there talking a lot about this stuff? It's like the more you actually live authentically with what you want and what you believe, it attracts people you want in your life and it actually attracts authenticity. And so just the call to action there is we all need to be speaking vocally about this stuff and not being afraid to call it out because it makes a difference and bad things are not going to happen. So I just think that's something I'm always trying to do. We need to be courageous. This is a time in history when we all need to be courageous.

Dave Asprey [\(01:02:20\)](#):

Well, a final question for you. This one actually comes from the upgrade collective and by the other guys our upgrade collective.com. If you'd like to be part of the conversation as I'm recording these, it comes from Todd and he says, does biological fear drive failure to speak up? So are people not speaking up because they just don't have enough energy?

Dr. Casey Means [\(01:02:40\)](#):

Wow, beautiful question. I think I, there's two things happening. I think that our bodies being underpowered at scale, our life force being dimmed by our environment is impairing our boldness and making us weaker and more controllable. We feel fearful and small and we need daddy system to help us. So yes, that's one direction. But even in a place of being a little dimmed, which I think many of us are, have been, I certainly have been in my life, there is the opportunity for us to push through and let our thoughts be strong and that can have a really positive downstream effect on the cells. So every moment, and I dealt with serious depression when I was metabolically ill in the past at least knowing that if you can start with positive thoughts, cultivate awe, cultivate gratitude, cultivate a sense of possibility, it will be a virtuous cycle to ourselves that will then continue that just like boomer brain cycle of cells to thoughts, thoughts to cells. That is an upward spiral. And so yeah, I think we can control both a little bit and then together they can be the strongest possible. So yes, and even if we're struggling, start with some really strong positive thoughts and just force yourself to not have the limiting beliefs and kind of fake it until you make it. And that will have a really positive impact on your biology.

Dave Asprey [\(01:04:24\)](#):

It sure does. And just that idea that you're not helpless, you just dunno what to do. That's an important thing. And I'm working on right now, taking all of the work, 1200 podcasts and all the books and all the labs and all that and putting it into an AI so that instead of having to study for two years worth of college just for all the stuff I've published plus all of your books, everyone else, I just tell us where you are. Tell us where you want to go, and then I'll just tell you what to do. This is the thing that's easiest, that costs the least money, that will give you the most energy back. And then let's start there. And that's going to be something I talk about at the conference, but it's a big initiative, but it's something that seems important because most people don't want to study to become doctors or biohackers or anything else. And if you did have enough time to do that and you can have an AI do it for you, then you could take that extra time and become a spiritual master and learn to make the spaceship rise using the force or something. I mean, do something fun with all your spare time, right?

Dr. Casey Means [\(01:05:25\)](#):

Love, love, love, love. I can't wait to help you share about that in whatever way I can. That's amazing.

Dave Asprey ([01:05:31](#)):

Well, Casey, thank you for your work Guys. Go to Levels. Okay, was it Levels Health You guys

Dr. Casey Means ([01:05:37](#)):

Levels health.com,

Dave Asprey ([01:05:38](#)):

You changed it. See, it used to be Levels Link because I've been working with you guys for so long. All right, so go to Levels

Dr. Casey Means ([01:05:44](#)):

Health Do that is probably still Levels link for yours, but the main website is levels health.com. But if you have a special one, it would be levels.link/dave/dave.

Dave Asprey ([01:05:54](#)):

Yeah, levels link slash Dave to go to the front of the line. God, who said that a lot as an investor,

Dr. Casey Means ([01:05:58](#)):

A

Dave Asprey ([01:05:59](#)):

True believer, I got more levels for two years straight and I do it on and off now, and it's one of those things that really matters. So guys, if you want to know what your metabolism is doing, go to levels health.com. And if you want to sign up for that stuff, levels Link slash Dave, but more importantly, go wherever you like to buy books and pick up the book Good energy, because here's the deal, she's right. Making your mitochondria and your metabolism work right by any means necessary is the path to not suffering, not being sick, not being afraid, and having a sucky life. So do that by any means necessary. Even if it means ignoring big daddy government or big daddy pharma or whatever else, and you do, you'll probably like what happens. And if you don't do it, you probably won't. Like what happens. It's your choice.

Dr. Casey Means ([01:06:51](#)):

Thank you so much, Dave.