EP\_1251\_RICK\_RUBIN\_(AUDIO)

**Rick:** [00:00:00] Before sleep I use a device to calm the brain wave. It's called a Fischer [00:00:05] Wallis device. I got a sauna space tent with the red lights. So the beauty of that is I [00:00:10] get the sweat of the sauna plus the red light.

**Dave:** The best stuff comes out of Russia. The Fischer Wallis [00:00:15] device you mentioned before, the cerebral electrical stimulation, I've been using something similar for 20 years and it came out of the [00:00:20] Russian space programs.

They're getting peptides from young animals. and making these little capsules you [00:00:25] can take that are targeted at certain organ systems to make them younger. And this oxygen restriction device [00:00:30] came from the Russian military saying, Well, it's expensive to pressurize a jet [00:00:35] fighter. Why don't we just make our pilots pressure agnostic?

So [00:00:40] they're literally hacking the human body. You also do some more advanced biohacking stuff. What are [00:00:45] some of the kind of cool funky things that maybe you think people haven't heard of that you've found value [00:00:50] in? You're listening to The Human Upgrade with Dave Asprey.[00:00:55]

We're going to be talking something about music, [00:01:00] something about, uh, high end music, but not with a [00:01:05] musician per se, but with none other than legendary music producer Rick [00:01:10] Rubin, who is, in probably more ways than he knows, responsible for some of the work that I've done. [00:01:15] The first time I met Rick, several years ago, must have been 2013.[00:01:20]

I mentioned I was working on the Bulletproof Diet, and Rick, just at the first time we were sat down for lunch, he [00:01:25] said, Hold on, let me make a phone call, and he called someone, and that is why you guys read about it on the New York [00:01:30] Times list, because I was going to self publish because I didn't know what I was doing, and all it took was like one [00:01:35] poke from Rick in the right direction to get me to go, maybe I should publish this as a quote, real book.

Uh, so Rick, [00:01:40] I don't know if I've ever formally thanked you for that, but you set the wheels in motion in a really cool way. [00:01:45] But when I look back, I realize that pretty much 80 percent of the music that I've listened [00:01:50] to while I'm writing my books is music that you've directly touched. We're talking about Rage [00:01:55] Against the Machine, I mean Johnny Cash, and you've worked with [00:02:00] Metallica, Kanye, like pretty much all of the, all the people that you know you've worked with.

But for people [00:02:05] listening, if you aren't familiar with Rick's work, it's just kind of ridiculous. Go to Spotify, [00:02:10] look up Rick Rubin Playlist, and you just realize The music that probably makes the [00:02:15] biggest memories of your life was touched by Rick, who has this zen [00:02:20] like manner, these big blue eyes that just look at you and this big beard.

And he's [00:02:25] probably the opposite of what you might think a music producer is. So I'm super honored to be not just interviewing [00:02:30] Rick, but to be doing it at Shangri La Recording Studios. Which is why I sound so [00:02:35] amazingly good because I'm probably on a 50 billion dollar microphone Sitting in a [00:02:40] place full of history right next door to Bob Dylan's tour bus It's one of the most epic things I could [00:02:45] possibly imagine me doing right now.

So Rick with that introduction Thank you for being on Bulletproof Radio. [00:02:50]

**Rick:** Thanks for having me.

**Dave:** This may be a tough question for you. What was [00:02:55] your singular most Favorite experience producing music the one [00:03:00] that just stands out. It's like most memorable. I don't know why

**Rick:** Yeah, I don't I don't think it's [00:03:05] possible to answer the question.

I'll say that the thing that's most exciting about the [00:03:10] process is when something goes from Not very good [00:03:15] to very good in this moment where very little has changed [00:03:20] So, it feels like magic is happening, and when that happens, [00:03:25] that's a really exciting experience. And you can be working on something for a long time, and it's kind of [00:03:30] trudging along in this boring, uninteresting way, and then, for some [00:03:35] reason, it shifts into, into being Remarkable, [00:03:40] and sometimes you can't even tell the difference of what's different between when it's [00:03:45] remarkable and when it was uninteresting five minutes earlier, but it [00:03:50] happens.

Anytime those moments of transformation happen, [00:03:55] and we get very excited, and then there's this feeling of, um, let's say it's a [00:04:00] band performing, and they're performing together, and that starts that feeling of, oh my [00:04:05] god, it's really good. Then it's like scary because oh, are they gonna make it to the end of the [00:04:10] song?

Is it gonna be able to maintain this? Okay, you know, it's like cuz we don't even know why it's [00:04:15] happening It's like all of this work is so out of our control so we're we're [00:04:20] really at the mercy of the forces of the universe to control the [00:04:25] process and We're just we just have to be patient And, uh, be open and [00:04:30] allow it to happen, invite it to happen.

And, uh, sometimes it doesn't, sometimes it [00:04:35] doesn't, but when it does, it's really exciting.

**Dave:** You started Def Jam [00:04:40] when you were a young man in college and you had an ear and [00:04:45] eye and intuition to feel some way of picking out, oh, I don't know, the beastie boys and [00:04:50] run DMC and these very early transformative artists.

So you [00:04:55] didn't rely on. A body of experience. Oh, I've done this for 20 years. I [00:05:00] became, you know, a master at doing this by putting in the hard work. Were you just always naturally? [00:05:05] Did you have a spark? Did you always sense things this way? Or did you get stronger over time? Because it feels like [00:05:10] You've touched so many things consistently for 40 years.

**Rick:** Yeah, it just seems like a [00:05:15] natural I really love music. And I really love good music. And I'm, I'm [00:05:20] The best way to describe what I do is I'm really just a fan. I'm a [00:05:25] super fan of music. And I'm true to that fandom. So, when I hear [00:05:30] something, if it makes me lean forward and gets me excited, I know that that's good.

**Dave:** [00:05:35] I've seen you do that. I think one time when we were chatting or something, I mentioned [00:05:40] some older song that just did something for me and I, I watched you, your [00:05:45] eyes change. You sort of like zoomed in on it. If there's, if that's the right word for it to sort [00:05:50] of see if it had the thing for you and it did, and it was just a song I liked.

Right. But it was almost like [00:05:55] a, I would describe it as watching a predator look at something, not in a bad [00:06:00] way, but just like, if you see a big cat suddenly gets interested, like the ears come up and like all the senses come out. [00:06:05] And look and go, is that something that I want to eat? And you're like, okay, no, [00:06:10] that's not something.

But it was very tangible. Like I could feel that this intensity that just came on, [00:06:15] and it was probably a three second thing. You were born with that.

**Rick:** Yes. But I [00:06:20] think you were born with it too, because it's a sensitivity. It's something that I know that we share [00:06:25] from discussions we've had before. Those are the same things that make us uncomfortable when we [00:06:30] walk into certain places.

Make, make you start sneezing. [00:06:35] Difficulties with traveling. Right. It's just a oversensitization. [00:06:40] That I just apply to music, but it really, uh, complicates my life.

**Dave:** [00:06:45] Yeah, being a highly sensitive person is a complicating factor, but it comes with a [00:06:50] gift because there's times, and I do not claim any musical skills despite my [00:06:55] April Fool's rap video.

Uh, but, uh, there's times when I look at [00:07:00] something and I go, That's it! Like, that's why Mito Kandri do this! And I don't know how I know it, [00:07:05] but I know it, and then I do the work, and you write about it, and you realize, okay, you can, Put [00:07:10] these ingredients together and have this effect in a way that wasn't done before

**Rick:** it's [00:07:15] interesting to how often the science follows Like in music [00:07:20] we don't set the intention of what we want to make [00:07:25] We just know we want it to be good, and we're open to the process.

But we don't decide [00:07:30] in advance, Oh, we're gonna make a song that's a political song, and we want it to do these [00:07:35] things. It's not like that. Or, I wanna write a love song that's gonna mean this to this person. It's [00:07:40] not like that. It's all more of just an open, [00:07:45] almost, uh, like, automatic writing process, where we're trying to tap [00:07:50] into our subconscious.

and let the ideas come through, where we might not [00:07:55] even know what it means. And then after it appears, and after we realize we like it, [00:08:00] then we might analyze it and try to understand, what is it that we like? How does this work? But we [00:08:05] don't start with the, the science and then build it. It's more like we have this [00:08:10] magical moment that's more rooted in emotion.[00:08:15]

And then, after that happens, we then try to see if we can figure out why it is. [00:08:20] And we don't know, we, we can't always tell, you know, we just know we like it. We don't always know [00:08:25] why sometimes it's like, Oh, it does this. It does this. It does this. We like those things. That makes sense. [00:08:30] And sometimes no idea.

**Dave:** It seems like in music and art, it's okay to not know why something [00:08:35] works, but when we get into the world of biohacking or medicine, if there's no reason [00:08:40] for it to work, therefore it doesn't work. Well, hold on. It did work, but we, we couldn't [00:08:45] explain it. How do you think music and art escaped that? Breaking down into [00:08:50] its constituent elements thing so that that you can say that's a great song couldn't tell you why and [00:08:55] people all know.

It's great. Do you have a theory?

**Rick:** No, but I would say that theory, [00:09:00] I would apply that theory to everything. And in in my life, I don't need to understand the [00:09:05] science of why some why a biohack works or doesn't work. And if there's something going on with [00:09:10] me, and there are 10 different possible ways of dealing with it.

I'll try all 10. [00:09:15] And I won't know which of them worked and which of them didn't. But I don't care. I just want [00:09:20] it to work.

**Dave:** You got the results,

**Rick:** right? Yeah. That's all them. All that I'm interested in [00:09:25] is what works for me.

**Dave:** It's a liberating perspective. And I didn't used to have it because I [00:09:30] was trained as an engineer and I'm going to try this one thing and then this other thing.

And you [00:09:35] realize simply if you're trying to compose a song one instrument at a time without the other ones playing, it probably would [00:09:40] not sound very good. So, the same thing, if your goal is to do something, you might as [00:09:45] well just do it all the way, and you and I have talked about a lot of different biohacks, and I know I want to talk with you about [00:09:50] some of the things that you've done in biohacking that probably most people don't know about, that are [00:09:55] particularly top of mind for you as a person who's in tune with the world around you, so, See what I did there?

[00:10:00] In tune? But the things that you find either are [00:10:05] particularly grounding and really helpful for you or the things that help you have more of that intuitive [00:10:10] spark that you use, you know, the one I described, you sort of perk up and look [00:10:15] around and just suck in whatever information is there to see if it hits your filters right.

What are the [00:10:20] things that are maybe like most grounding and settling and like reduce the over sense or the [00:10:25] overstimulation that happens?

**Rick:** Well, we'll start with a more nature based thing. So, being in [00:10:30] nature, being close to the ocean, being barefoot as often as possible, [00:10:35] being in water really helps me. I find that if I'm looking [00:10:40] for the answer to a problem, instead of sitting and thinking about it, I [00:10:45] may go for a swim.

And, um, [00:10:50] something happens when we distract ourselves with a task. [00:10:55] That allows, I, I think, again, I'm, I'm, I don't know how it really works, but the way I would describe [00:11:00] it is it seems like we can access a part of our brain that otherwise hard to [00:11:05] access through some simple task. Can't be so difficult [00:11:10] that it takes all of our attention, but it could be as simple as driving.

Sometimes [00:11:15] when you're driving, like I know for many musicians, if they're working on melodies, [00:11:20] they have more success if they listen to the music and drive. And sing as they're driving and [00:11:25] just keeping themselves from driving off the road is enough of a task to keep them [00:11:30] to have a focus and split their [00:11:35] attention between the driving and this creative [00:11:40] process.

Sort

**Dave:** of get the monkey mind a task. I, I [00:11:45] first came across something like that in my undergrad. I was the first person in my school to have a [00:11:50] laptop, because I am a geek. And it had this game called FreeCell on it. You know, an [00:11:55] early solitaire sort of thing. And I found out that if I played FreeCell during class, which pissed off the entire [00:12:00] class, but then I would switch over and take notes, that I could listen to what the teacher was saying so [00:12:05] effectively.

My notes were like the canonical notes for everyone in the class. And I was acing all my [00:12:10] classes because I finally had that equivalent of driving, keeping that part of my brain busy [00:12:15] so I could visualize what the teacher was saying. And it made no sense at the time, and it broke all the [00:12:20] rules of multitasking.

But for me, it was strangely effective, even though. [00:12:25] I finally had to explain to everyone that they thought it was rude that I was playing the game and I thought it was rude that they were looking [00:12:30] at my private screen, so we'd have to agree that we were each rude. But it feels like that [00:12:35] same sort of an idea.

Absolutely. So maybe distracting yourself with a menial task [00:12:40] is one of the things. I've

**Rick:** noticed that um, many artists I work with tend [00:12:45] to draw or scribble. Ah. And while they're scribbling, they'll, [00:12:50] ideas will come and words will come or um, Melodies will come, [00:12:55] ideas will come, and if you watch them, it just looks like they're, it's a very [00:13:00] childlike act, and they look like little kids playing, and [00:13:05] while that happens, this other thing arrives that's really beautiful.

**Dave:** [00:13:10] Wow, so it's the distraction. So for you, you're barefoot. Uh, you're, you're [00:13:15] electrically grounded. Uh, you're swimming. Uh, I'm guessing swimming, given that we're in Malibu, [00:13:20] you're swimming in the ocean as much as you can versus the

**Rick:** ocean or a pool, but the one would be either a [00:13:25] saltwater pool or a non chlorinated.

Okay, cool. You just don't want that on your skin

**Dave:** and all. Okay.

**Rick:** Got [00:13:30] it. I don't like the smell.

**Dave:** Yeah, I don't either. In fact, a lot of the commercial pools that are indoors are [00:13:35] super moldy too, because it's always humid. Yeah. Between the smell and the echoey stuff. I, I don't [00:13:40] find that pleasant. Okay.[00:13:45]

What are the things, I know that you're a meditator. What's the role of [00:13:50] meditation in your craft of this ability to, to not just be [00:13:55] sensitive, but to have a focus sensitivity.

**Rick:** Yeah. I think that that's what meditation is, is, [00:14:00] uh, it develops your ability to, to focus in [00:14:05] a deep way, in a deep and patient way.

Um, and I think patience is a big, a [00:14:10] big part of it, but I, the first style of meditation I learned was Transcendental [00:14:15] Meditation, and I've done that since I was 14 years old. And since then I've done, [00:14:20] I've learned Vipassana, and I've learned, uh, I use different guided meditations and [00:14:25] apps, and um, Metta, which is a, a Buddhist [00:14:30] meditation.

But I find myself coming back to TM, and it may [00:14:35] just be because it was the first one I learned. I don't know. But, but I really enjoy learning a new one [00:14:40] and practicing it for a while and seeing what it does.

**Dave:** Yeah, being a, a dabbler in [00:14:45] different types of meditation, I found to be valuable as well because you never know what it's going to do.

And [00:14:50] I mean, I've, I have a couple of them I do and, and you know, my arms will start shaking and there's electricity moving [00:14:55] up my spine. I'm like, that's not my normal meditation. That's more kundalini, but it's not a kundalini meditation. It's an [00:15:00] audio thing. And I don't know that I'd want to do that before Bulletproof Radio.[00:15:05]

Like that might be too much, but. Having kind of a Swiss army knife set of meditation [00:15:10] tools is cool, but I find I still don't know exactly which one to do when. Do you sort of have a [00:15:15] ritual that says, I'm going to do TM in the morning, or before I, you know, go into extra [00:15:20] creative mode, I would do a different style?

Do you have a kind of a thought process around that?

**Rick:** I have [00:15:25] a loose one, so TM is typically first thing in the morning. If [00:15:30] I'm, there are certain times where I've been, I've had, uh, dealt with some depression in [00:15:35] my life. And when I've been in depressed episodes, it's hard for me to [00:15:40] stay with, uh, a meditation That's a [00:15:45] self-imposed meditation.

And in those times, I find that a guided meditation helps more. [00:15:50] I can focus on a voice directing me easier than I can direct myself [00:15:55] when that happens. So I use those in those occasions. Also, I, [00:16:00] I do meta when I'm exercising, either when I'm, if I'm [00:16:05] walking on the beach, or if I'm swimming, I repeat the four [00:16:10] meta phrases.

**Dave:** What, what are they?

**Rick:** I repeat them twice, just [00:16:15] because it's, it makes it easier for me to remember them for some reason. May I be filled with loving [00:16:20] kindness, filled with loving kindness, may I be well, may I be well. May I be peaceful and at ease, may I be [00:16:25] peaceful and at ease, may I be happy, may I be happy.

So, I'll do that while [00:16:30] I'm walking, while I'm swimming in rhythm, and after a year of doing that [00:16:35] practice, then you change it from may I to may we. And may we, the [00:16:40] we, it would be your immediate family for the next year. And so for the first [00:16:45] year, you have to build it in yourself before you can share it.

Year [00:16:50] two, you would do it For your immediate family, and as you [00:16:55] progress over time, the we gets bigger and bigger until eventually you're doing it for all [00:17:00] living beings, or for the universe, as you choose. But you have to build that charge. [00:17:05] And it's really nice because, again, as I said in this one, it's while I'm already walking, [00:17:10] it's while I'm already swimming, and it, um, it, it turns any activity [00:17:15] into a meditation.

**Dave:** Wow, that is, uh, that is really powerful. It [00:17:20] reminds me of some of the shamanic fire ceremonies, uh, that I've learned, uh, from Alberto Viotto. And for the [00:17:25] first year, you have to do it by yourself and only under a full moon. And then you can do it for someone [00:17:30] else or with a trainer. And eventually you can do it for your community and, and things like that.[00:17:35]

And it, it feels though, like a lot of that multi year [00:17:40] progression is missing from modern conversations about meditation at large. [00:17:45] Do you think that Do you think that this sort of quick fire [00:17:50] meditation that a lot of us are doing, for lack of a better word, I have 15 minutes, I'm going to use an app, do you [00:17:55] think it's enough or do you think that really we need to do some more of these?

I think any

**Rick:** opportunity to meditate is good. There's [00:18:00] no, there's no bad version and there are no, you know, it's never too short and it's never [00:18:05] too easy. It's fine. If you, if you do, if you decide to do a three breath [00:18:10] meditation. Yes. It's great.

**Dave:** The only meditation that hasn't worked for me was meditating on the blood of my [00:18:15] enemies.

That one didn't work. I've never heard that one. I'm kidding. I just made it [00:18:20] up. But I was like, yeah, there really isn't a bad one. And I was like, I could probably break that because I'm a hacker. [00:18:25] And it's, uh, it's one of those things where stoplights for me are, [00:18:30] okay, I'll do a box breath or two. And that's really straightforward.

**Rick:** Beautiful. I also, I also really [00:18:35] love, um, Ice baths. And an ice bath [00:18:40] is very much a form of a forced meditation. There's, there's, [00:18:45] I don't know anyone who gets in the ice and is thinking about [00:18:50] anything else. It's a, it's a single pointed. Yeah. You're, [00:18:55] you're, it's, uh, it feels like it's life and death. Uh, which may be [00:19:00] part of its power.

I don't know. Yeah.

**Dave:** It is very focusing. That's a fair point. I can't imagine being on the [00:19:05] phone in an ice bath. It wouldn't work.

**Rick:** No.

**Dave:** How often do you do ice baths now?

**Rick:** [00:19:10] Typically we'll do I would say it works out to about five days a week. Sona and [00:19:15] ice. And you're still doing the Wim Hof breathing with it?

Sometimes. Sometimes. Depends. I love Wim Hof [00:19:20] breathing. Yeah. just depends on where I am in my It's like, uh, [00:19:25] the routines change all the time. Yeah. Um, but that's one that I love and, and any [00:19:30] opportunity to do it, it's, it's, it helps. It

**Dave:** helps. Beautiful. Five days a week. Oh, that [00:19:35] is, that is intense. You've also, um, you've lost [00:19:40] 130 pounds.

I, I only lost 100. And, I know you've talked about this before, [00:19:45] but I think a lot of people listening probably haven't heard that. Um, what happened [00:19:50] to cause you to lose 130 pounds?

**Rick:** Well, it, it started, I, I've, [00:19:55] I've tried to eat diligently my whole life, [00:20:00] so it wasn't out of not doing the work. It was really out of more bad [00:20:05] information.

And, uh, and I was a vegan for 23 years, thinking that that was [00:20:10] the healthiest diet I could have. Yeah. And it was, uh, it was killing me. [00:20:15] Wow. Yeah. It was really bad. And I remember I went to a Tibetan doctor who is one [00:20:20] of the Dalai Lama's doctors and he did, uh, he does these, uh,

**Dave:** the pulse wave analysis. [00:20:25] Yes.

Six,

**Rick:** six pulse analysis. And he did the six pulse analysis on [00:20:30] me and he said, I want you to leave here and go get some bone broth. This is before I'd ever heard of bone broth [00:20:35] and drink that and you're going to feel better. And I said, I can't do that. I'm a vegan. And he [00:20:40] said, you're dying. You need bone broth.

And I wouldn't [00:20:45] do it because I was a, I was a brainwashed vegan. Those are some

**Dave:** big words, Rick.

**Rick:** I'm telling you, it's the [00:20:50] truth. It's the truth.

**Dave:** I was a devout raw vegan for not anywhere near 23 years, but it did [00:20:55] make me sick as well. And I'm like, the enzymes are going to save me. I'm just going to eat more raw food.

And [00:21:00] yeah, I hit a wall maybe faster than you did. Maybe I started off with less vitality or something, [00:21:05] but I appreciate you being willing to just say that because if a vegan diet really works for someone, just get [00:21:10] your lab test and see if it's really working because it's pretty hard to do that.

**Rick:** Yeah.

Okay. I feel [00:21:15] bad because as a vegan I was preaching veganism, you know, it comes with the territory. And [00:21:20] then when I started eating meat again it was really difficult, after not eating meat for a long [00:21:25] time it's like, it'd be like eating human flesh. So that was a real hump to get over. [00:21:30] And it started with um, it's a long story, how much of the story do you want to go into?

I think it'd be really

**Dave:** [00:21:35] valuable for people to hear this.

**Rick:** Okay, we'll talk in order then. So I tried many things, veganism [00:21:40] clearly didn't work. I met a person named Phil Maffetone, who is a [00:21:45] human performance expert. Yeah, I've met Phil. Yeah. Yeah, and he worked with, uh, Olympic [00:21:50] athletes. And I read a book by a guy who ran a thousand miles in eleven days.

[00:21:55] And I was thinking, well, I have trouble walking to the end of the block. How can [00:22:00] someone do this? Like, how is this humanly possible? And I read his book. It was really inspiring. And he talks [00:22:05] about how his life was changed when he met this Dr. Phil Maffetone. And then, it's like, I [00:22:10] went online. And, uh, this was maybe in web TV days before I even had a computer.[00:22:15]

And, uh, wrote a note to Phil. He said, [00:22:20] uh, asked him if he would become my doctor. And he said that he had quit his medical practice [00:22:25] because, uh, he was retiring. And, um, and he didn't know who I was, and [00:22:30] we didn't really know each other at all. And it turned out he was retiring to become a [00:22:35] songwriter.

**Dave:** Oh!

**Rick:** And, uh, and I said, well, just so happens [00:22:40] that, um, maybe I can help you on the song side and you can help me on the health side and [00:22:45] you can still do it even though you're retiring.

And then we met several [00:22:50] times for maybe a year and then eventually he came and he moved into my house. Wow. Wow. And [00:22:55] lived with me for two years. And I did everything he said, and I got very, very [00:23:00] healthy, but I still didn't lose weight. I lost maybe five [00:23:05] pounds.

**Dave:** So frustrating to go through that. Yeah,

**Rick:** and I did everything.

And he said, he [00:23:10] said, Ninety nine out of a hundred people who have done what you do, and he [00:23:15] said, I live with you, I see what you eat, I see the exercise that you do every day. [00:23:20] Ninety nine people would lose, would have lost all the weight [00:23:25] immediately. Mm hmm. For some reason, it's not coming off.

**Dave:** And you weren't sneaking the Snickers [00:23:30] bars.

This is what most doctors tell people who don't lose weight. Not at all. No, it's so just [00:23:35] irritating and frustrating to be there. Okay, so but you had a witness that you were doing everything right. No,

**Rick:** but [00:23:40] at least I felt better. I had more vitality. He changed my [00:23:45] circadian rhythm because I used to be up all night and sleep all day.

He got me to wake up early in the morning. [00:23:50] Uh, he got me to sleep longer and better at night. He [00:23:55] had me start by adding fish and eggs to my diet, which were two things that I never really [00:24:00] liked, but he had me add those more as medicine. And he was just trying to get me to have some [00:24:05] animal protein in my body.

So now I'm a healthier version of my [00:24:10] 318 pound self. And, um, I went out to lunch with one of my [00:24:15] mentors. His name is Mo Austin, who's a, um, He worked for [00:24:20] Frank Sinatra and he ran Warner Brothers Records for 30 plus years, [00:24:25] signed Jimi Hendrix. A real, a real, uh, beautiful person and, [00:24:30] um, friend of the artists.

And I had lunch with him one day [00:24:35] and he said, you know, Rick, I'm really getting worried about you. You're getting really big. I'm going to find a [00:24:40] nutritionist. I want you to go to my guy and I want you to do whatever he said, whatever [00:24:45] he says. And I said, I'll do that knowing it wasn't going to work because I've done everything and [00:24:50] nothing works.

Uh, but I'm open to, you know, I'll follow at his request. But it, but it [00:24:55] was, there was no belief involved for sure. Yeah. Uh, and I went to see this [00:25:00] doctor at UCLA. And he put me on a diet of [00:25:05] seven protein shakes a day. And [00:25:10] like every two hours. And I could have fish, soup, and [00:25:15] salad for dinner. So what it was, was a high protein, [00:25:20] low carb, and low calorie diet.[00:25:25]

It was definitely a calorie restricted diet, which I had never done before. [00:25:30] I'd done healthy diets, but never calorie restricted. [00:25:35] Um, and I did what he said, and the first three days felt [00:25:40] strange. And then after that it felt perfectly normal. I went to see him two weeks later and I [00:25:45] lost like 13 pounds. Wow.

A lot. And that gave [00:25:50] me inspiration to continue. And it took something like 14 months [00:25:55] to lose 130 pounds. And it was a great experience. And then from [00:26:00] there I morphed into eating more real food. [00:26:05] In the experimenting I've done with keto Um, I see, [00:26:10] again, I believe that the keto diet is healthy for most people.

For some reason, for [00:26:15] me, I do better with more protein

**Dave:** than

**Rick:** fat.

**Dave:** You're pretty unusual that way. [00:26:20] Um, and I know we've, we've talked about it and I'm, I'm concerned that I'm seeing some of [00:26:25] the aspects of veganism and keto today where it's like, if you eat a carb again, you're a bad [00:26:30] person, but don't your gut bacteria sort of need some of those carbs to function?[00:26:35]

Uh, and so the, the idea of going in and out of it and making sure you're actually eating more vegetables [00:26:40] than steaks is pretty important. And it feels like, uh, sort [00:26:45] of as it becomes popular that there's a, both a militancy and, uh, [00:26:50] you know, lack of paying attention to those little details that are going to make it work long term.

[00:26:55] Cause I know I certainly eat carbs. I just don't eat huge amounts of them and I don't eat them every day. [00:27:00] So, you're not in ketosis now, you're pretty much on a high [00:27:05] protein, moderate vegetable kind of diet? No, no, I would

**Rick:** still say I'm, I'm like On the edge. Paleo [00:27:10] slash keto. Okay. And I, and for the last, uh, [00:27:15] maybe last six months or so, I've been, um, doing, [00:27:20] uh, intermittent fasting, which I'm, I'm really liking.

**Dave:** Yeah. It

**Rick:** was hard to start it, [00:27:25] but once I'm in it, I really enjoy it.

**Dave:** It's made a big difference for me, too. How about the [00:27:30] longer fasts? Like 48 hours? Never done it.

**Rick:** I did it a long time ago, back when I was [00:27:35] heavy, with maybe, uh, there was one called Arise and Shine. There was several of [00:27:40] these cleanse type fasts.

But I think back then my [00:27:45] blood sugar was so unstable that it really didn't, I felt sick all the time. [00:27:50] It's

**Dave:** torture when you don't have control of your blood sugar. Yeah, that might be something to [00:27:55] play around with. I've noticed if I go past 48 hours on a fast, and usually if Lana takes [00:28:00] the kids skiing or something for the weekend, I don't really want to do dishes, I love to cook, but I'd really just I want to [00:28:05] focus.

So I choose to do it then. And it's not during the fast [00:28:10] really, but it's the day after. And then the day after that, where you just, you feel all the [00:28:15] inflammation in your body, just kind of slurp away. It's a, it's a pretty cool thing. Uh, but [00:28:20] the first time you do it, you, you want to just see what your brain's going to do.

But I found for me, [00:28:25] you, I think about food, but I don't crave food because I have control of my blood sugar. [00:28:30] And I would like to see that become a little bit more of a cultural norm. Yeah. [00:28:35] So I'm putting some stuff together. I'm at Bulletproof where like, I'll say, all right, once a month, like, Hey [00:28:40] guys, anyone who wants to join me on this, like this Monday and Tuesday, like I'm not going to do it when we get on, you know, get [00:28:45] on our group chat thing and talk about it because Uh, it's hard to put words to it, but there's a [00:28:50] clarity that comes to me from that, that goes beyond what intermittent fasting does.

But even that, you, for [00:28:55] six months, did it change your weight or did it change your mind? Like, what did you feel from the intermittent fasting?

**Rick:** [00:29:00] Definitely got a little leaner. Okay. Like the way, I just like the way it feels. And I, and I [00:29:05] definitely eat less overall. Yeah. Um, based on the restricted window, [00:29:10] both the timing of it and the desire, like I'm satiated sooner.[00:29:15]

**Dave:** Are you avoiding the, uh, the eat after dark sort of thing as you're eating [00:29:20] window only during the day?

**Rick:** No. Okay. I, I start, I usually do, typically it's [00:29:25] noon to 8 p. m.

**Dave:** Noon to 8, yeah, that's a very typical one for, uh, for me as well. And I've [00:29:30] found that if I, I front load it, where I live, it gets dark at like 5, because I'm up in Canada, [00:29:35] so it doesn't always work.

But at least during summer, I, I work on making sure that I'm not [00:29:40] eating after dark because there's a circadian timing thing to that. But you don't have to be perfect, right? No, and [00:29:45] I

**Rick:** like, if I can have dinner when it's light out, it's a good day. I [00:29:50] prefer that.

**Dave:** Yeah. Yeah, so there you go. Preferring it is a great way to put it, where you don't have to have it.[00:29:55]

You also do some more advanced biohacking stuff. What are some of the kind of cool [00:30:00] funky things that maybe you think people haven't heard of that you've found value in?

**Rick:** Well, I, [00:30:05] uh, before sleep I use a, uh, I think it's called, I [00:30:10] think it's called Cicada. It's a device with two electrodes that go on the [00:30:15] forehead.

**Dave:** Oh, interesting.

**Rick:** Um, that, that, like, calm the brain, brain waves. Oh, it's a

**Dave:** cerebral [00:30:20] electrical stimulation

**Rick:** device.

**Dave:** Okay, like a Russian sleep

**Rick:** machine. It's called a Fisher Wallace

**Dave:** device. Oh, a Fisher Wallace! Yeah, I [00:30:25] recommended it on the blog years ago. Yeah. Okay. Yeah. It's a prescription device that runs the electrical [00:30:30] current like the David one, okay.

**Rick:** So I use that. I use a, um, [00:30:35] intranasal red light. Ah, the VyLight. Yeah, VyLight every night. [00:30:40] I typically use a traditional sauna, but lately because we've been moving around a lot. I got a, [00:30:45] um, a sauna space, tent, with the red lights. So the beauty [00:30:50] of that is I get the s the sweat of the sauna, plus the red light.

Right. [00:30:55] Uh, so it's the bio photomodulation, along with the sauna at once. [00:31:00] Which is nice. I used to use the juve, which I still like. Um, [00:31:05] but there's something about the s Sweating at the same time is just time [00:31:10] wise it's very efficient.

**Dave:** You and I could both spend 10 hours a day biohacking and [00:31:15] not get anything done.

And that's, that's the risk. So like, I love the way you're stacking. And just like you stack [00:31:20] meditation with swimming or walking, right? You might as well get the benefits. What about [00:31:25] Carbogen?

**Rick:** Yeah. Carbogen was a good one. That was something that Dr. Phil Maffetone [00:31:30] recommended. It was something that they worked with brain injured [00:31:35] kids.

And it's a specific, uh, amount, uh, a [00:31:40] specific mix

**Dave:** of Oxygen and CO2 without nitrogen.

**Rick:** Yes. [00:31:45] Oxygen and CO2, but I can't remember what the balance is. Okay, I don't know. You told me once, but I forgot. [00:31:50] And you, uh, just inhale it with a mask for maybe 10 or 15 minutes while [00:31:55] doing deep belly breathing. And, um, it allows the [00:32:00] oxygen to cross the blood brain barrier in a way that oxygen Pure [00:32:05] oxygen can't.

Uh, so like it, it tricks the system into allowing more [00:32:10] oxygen in. And, um, I did that for quite some time. [00:32:15] Hyperbaric oxygen I've done quite a bit. More, more hyperbaric air more than hyperbaric oxygen. Yeah, [00:32:20] just the pressure without breathing the oxygen. Yes. Yeah. All the stuff with Laird, like the pool [00:32:25] workouts and the, uh, you know, heavyweights underwater.[00:32:30]

Those are the ones that come to mind. I mean, it's endless, though.

**Dave:** Yeah, it's [00:32:35] playing at a certain point. But it's playing that sometimes has a really unusual benefit.

**Rick:** Oh, I wear [00:32:40] blue blockers every night, really religiously. Me too. I have only red lights in my house. [00:32:45] Yeah. Yeah, those are the ones that come to mind.

But I'm sure as we talk more, we'll

**Dave:** Yeah. [00:32:50] That's a pretty comprehensive list. I have never talked about carbogen. I think most people in biohacking have [00:32:55] never heard of that. So there you go, guys. Go do some googling and figure this out. There'll probably be carbogen clinics in [00:33:00] another six weeks after this episode, but, uh, I did try it that one time [00:33:05] and, uh, it, it did something good oxygen wise.

It felt a little [00:33:10] bit like the thing that we do, I would call it, uh, intermittent hypoxic training [00:33:15] at Upgrade Labs, where you work out. And you're breathing air that has no [00:33:20] oxygen, the oxygen is removed. So the brain just goes into panic, like, open the [00:33:25] floodgates for oxygen, and then you switch over, after you've tricked the brain, to breathing pure oxygen.

[00:33:30] So, it can raise the levels of oxygen in the brain by 26 times more than [00:33:35] normal. Wow. And there's a sort of a feeling That was similar between Carbogen and that, [00:33:40] except you're riding on an exercise bike when you're doing this in the lab, so you have, like, the heart pounding and all that, [00:33:45] versus just sort of the peaceful, relaxed, oxygenated brain, which might be better for creativity, to [00:33:50] be honest.

**Rick:** Not sure, but I've also done, you know, uh, the assault bike wearing a, [00:33:55] um, wearing a A flow restrictor mask. Yeah, a flow restrictor mask. And then we've [00:34:00] done the Altitude, uh, the, the blowing into the tube to create the [00:34:05] altitude. Yes. What's

**Dave:** that called? I have one of those, uh, Alto lab.

**Rick:** Yeah. [00:34:10]

**Dave:** Yeah. And by the way, that is one of the coolest things.

I was talking with [00:34:15] Ryan and the guy who's an astrophysicist guy who almost got the Nobel prize. For [00:34:20] discovering gravity waves and he's saying, I have this telescope in Chile at 19, 200 feet. [00:34:25] How do I get people acclimated? I said, Altolab, and it's a cool thing. And I [00:34:30] actually may start doing it again because I'm now flying on a plane that only pressurizes to almost 10, 000 feet.[00:34:35]

And I want my brain to work. And the idea here is you breathe this little tube for an hour a [00:34:40] day for 15 days and suddenly you're acclimated to, or maybe it's for 20 days, but you're suddenly [00:34:45] acclimated to 15, 000 feet. And it came out of the Russian space program, so astronauts could sleep less, so they could do more [00:34:50] work, and they could use less fuel to get them into space.

And this oxygen restriction [00:34:55] device came from the Russian military, saying, Well, it's expensive to pressurize a [00:35:00] jet fighter. Why don't we just make our pilots pressure agnostic? [00:35:05] And so, they're literally hacking the human body. They're doing crazy [00:35:10] peptides, and some of the very best work that's been most impactful on anti aging is straight out of, you know, Russian [00:35:15] 1980s research.

Tell me a little bit about peptides.

**Rick:** I know very little other than it's, uh, [00:35:20] I understand it's the new age.

**Dave:** Well, there's a bunch of different, uh, uh, peptides and [00:35:25] they're essentially short chains of amino acids. You look at amino acids as [00:35:30] individual letters. And when you string them together, you can get, uh, a [00:35:35] word is like one little, uh, little peptide.

And when you string a bunch of sentences together into a [00:35:40] book and you've got a steak. So peptides are sometimes just [00:35:45] two or three amino acids stuck together in a certain way, and they're very potent signaling molecules in the body. And [00:35:50] what the Russians did, and actually this is in the book I was editing on the way down here, my next anti aging book.[00:35:55]

They're getting peptides from young animals, extracting them in, in ways, you know, from agriculture [00:36:00] and making these little capsules you can take that are targeted at certain organ [00:36:05] systems to make them younger. And that sort of works. It's pretty crazy.

**Rick:** And they're

**Dave:** oral? [00:36:10] Those are oral. Wow. Yeah. And, you know, they're not particularly cheap.

It's about 60 bucks for a month's supply of one. [00:36:15] But there's one for, um, male performance. Essentially, it's, you know, [00:36:20] or, uh, gonads of, of You can tell if you take that the next [00:36:25] morning, like, okay, I noticed that and I don't think that's placebo. And there's a bunch of actually [00:36:30] good research, but half of it's not even translated.

And this has been going on for 30, 40 years and they're carefully working on [00:36:35] it. But the idea here is if we can do that, we can make peptides in laboratories now that are identical [00:36:40] to those. and manufacture them. And once we acknowledge that they work or we do more research on [00:36:45] them, then it becomes something, well, wait, maybe we could all get young animal growth signals.[00:36:50]

Another [00:36:55] one that's really powerful, your thymus gland, it gets old very [00:37:00] quickly. In fact, by the time you're a young adult, it's mostly gone, yet it's tied to your immunity. So [00:37:05] there's a peptide. called, uh, TB 500, um, that I've been [00:37:10] using, uh, for quite a while. And you can, uh, you can get this stuff. It's not [00:37:15] considered a drug or a medicine.

It's not for human use. It's in a gray zone. And what TB [00:37:20] 500 does is it replicates the immune stuff that happens from a healthy [00:37:25] thymus. And there's another one for the pineal gland. So instead of taking a gland [00:37:30] from an animal, which might have viruses or whatever, other weird stuff, you're getting a [00:37:35] laboratory made.

Protein fragment that's exactly like what would come off of there [00:37:40] and epitalon, the pineal one is tied with the lengthening of [00:37:45] the telomeres.

**Rick:** A

**Dave:** very substantial one. I have several friends who have used it and [00:37:50] seen their scores changed dramatically on a telomere test. My only little [00:37:55] asterisk on that one would be blood telomeres flop all over the place on a regular [00:38:00] basis.

So it's not a very reliable indicator that it worked, but [00:38:05] Certainly, going back for at least 20 years, there's solid research on this compound, and I would [00:38:10] consider it a part of an advanced anti aging stack. And there are other ones for wound healing, [00:38:15] like BPC 157, which is another one [00:38:20] where if you have something that just isn't getting better, you know, a knee or whatever, it's a healing gastric [00:38:25] peptide, and for people who have GI issues in particular, you can take it orally, and it'll [00:38:30] Reverse Crohn's disease in some studies.

Wow. So, if your gut's all inflamed, you take some of that. [00:38:35] And, uh, in fact, I did it last week. I, uh, I am cautious around fermented [00:38:40] foods. Some fermented foods are good for you. But it's okay if they're not. They don't work for everyone. [00:38:45] Especially if you have just whatever's going on with your genetics. So, I made a, a fermented rice, [00:38:50] uh, uh, it's something called mochi.

Uh, it comes from Japan and I actually have a Japanese mochi [00:38:55] maker. And so if I want to eat some carbs, it's cooked and cooled rice, resistant starch. Uh, and you can, it's [00:39:00] culinary wise. It's awesome. It's the stuff they wrap around ice cream, right? But I fermented it with some, some [00:39:05] special yeast. That's good for you.

And I reuse the water [00:39:10] and something bad grew in there. I don't know what it was, but I ate this stuff and it tasted amazing. [00:39:15] Uh, and then my gut is wrecked in a way it has not been wrecked in a long [00:39:20] time. Uh, and. I said, all right, what am I going to do on this stuff? So I cracked open a [00:39:25] vial of, um, of VPC one, five, seven.

And I took some, cause it's a gastric [00:39:30] healing peptide and I got better really fast. Amazing. So I'll, uh, in fact, there's a [00:39:35] blog post on these, I believe if I'll get you the info on them, please. And for, if you're, if you're [00:39:40] listening to this, I will put up another post or I'll highlight this post in the show notes for you.

Cause these are [00:39:45] things where like your doctor is probably not going to tell you about them. I do know doctors who will use. [00:39:50] Um, either one of those compounds, uh, intravenously, but they won't [00:39:55] ever advertise that or tell you that they do that, but they'll either use it on themselves or on their special patients [00:40:00] because it works and because the science is solid, even if it's not approved.

And [00:40:05] part of my goal in, in doing this show is I want to talk about that stuff [00:40:10] because it'll increase demand, which will increase research. And someone out there will, will fund [00:40:15] research in order to. Uh, to make it happen in there's times when you just [00:40:20] fund research because it needs to be done, not because there's a patent, like I helped to fund [00:40:25] research at University of Washington around basic water chemistry.

Uh, with Gerald Pollack [00:40:30] around the fourth phase of water. Great. And there's no money to be made in that. I [00:40:35] just wanted to understand it. And what he found was magic. If there's tiny [00:40:40] droplets of butter fat suspended in water, it makes exclusions on water. Like there, this [00:40:45] is what the Tibetans were doing with their yak butter tea.

They didn't have enough energy to use their [00:40:50] mitochondrial heat to transform water, which is how we do it normally. So they did it with a butter [00:40:55] churn ahead of time. They didn't know why it worked. Just like your conversation about music. [00:41:00] They just knew they felt good. Yes. I know I felt good when I tried it there and I came back and I didn't know that [00:41:05] was a mechanism in Bulletproof Coffee, but it turns out I funded the research because I wanted to know.[00:41:10]

Yes.

**Rick:** Speaking of water, I also did maybe six months of [00:41:15] only deuterium depleted water.

**Dave:** Did you notice anything from that? I don't know. I don't [00:41:20] know, but I, that said, I'll do it again. You know, deuterium is one of those things, I [00:41:25] almost put it in, in Headstrong and I've also experimented, and if you're listening, going, due to what [00:41:30] water?

Deuterium is a heavy isotope of hydrogen, the so called heavy water. [00:41:35] And it's used mostly in the nuclear industry. And it turns out there's about [00:41:40] 160 parts per million of deuterium. Uh, and areas where there's a little bit more in the [00:41:45] groundwater, there tends to be more disease. And deuterium clogs up your mitochondrial function.

So there's a [00:41:50] theory out there that says, if you drink deuterium depleted water and get ready to spend, you're going to spend a [00:41:55] couple grand a month on this water. And if you do that for a while, your mitochondria are supposed [00:42:00] to, uh, work better. Uh, your angels will sing and all sorts of good things happen.

[00:42:05] And I didn't put it in the book because the ROI on deuterium depleted water, it's not [00:42:10] there. You spend so much time, I'm only going to drink this water, I'm only going to cook vegetables, and by the way, fats [00:42:15] don't have deuterium issues, but carbs do, and if they're grown in a high deuterium environment, they [00:42:20] do.

So I actually even paid consultants to go out and find deuterium processes around the [00:42:25] world, and to see if I could make it affordable, but end of the day, I cannot feel a difference from that, and I know [00:42:30] what good mitochondrial function feels like, because you can manipulate it with other compounds like NAD, So I, [00:42:35] I look at that as if I was incredibly rich and dying of cancer, I'd be all over that [00:42:40] deuterium, but otherwise I, I'm not certain that it meets the bar for worth [00:42:45] the effort.

But if, if you just said it turned your brain on and angels actually did sing, I'd have listened. Yeah. I don't, yeah, [00:42:50] I

**Rick:** don't know yet. I'm going to, I'm going to do more research. Yeah. Um, think which other ones, and [00:42:55] obviously things like the aura ring tracking.

**Dave:** Yeah.

**Rick:** Tracking is good.

**Dave:** I've been [00:43:00] wearing the ring for a long time and you're tracking sleep for 10 plus years of the EEG and things.

[00:43:05] And what I noticed, Rick, that's really cool. I did that whole body stem cell makeover [00:43:10] recently, uh, where I had stem cells in the brain, the spinal cord, every joint in the [00:43:15] body, like everywhere. Uh, it was, it was a pretty intense thing. But [00:43:20] afterwards, my sleep quality is [00:43:25] is different. I mean, like noticeably different.

I'm putting together my talk for the, [00:43:30] the Bulletproof conference, which is, I think this episode is going to come out after the conference, but it's happening in the next [00:43:35] day or two. And I took a screenshot of one of these cause it was ridiculous. I [00:43:40] slept, uh, here we go. Um, [00:43:45] Yeah, I slept 5 hours and 54 minutes.

So, a little bit less [00:43:50] than 6 hours of sleep, but I got 2 hours and 23 minutes of REM, and 2 hours and 20 [00:43:55] minutes of deep sleep. Incredible. And these are scores in 8 hours that you might get when you're 20.

**Rick:** [00:44:00] Yeah.

**Dave:** And, holy crap! These are breaking records for me, and [00:44:05] I've been tracking for a long time. And I think that the, the stuff the stem cells did in my [00:44:10] brain, my nervous system really did do it, but I'm stacking it.

Like you said, I'm blocking the blue lights. [00:44:15] I have a glasses company that does that stuff. Uh, and I take, you know, all the sleep [00:44:20] stack stuff that I've written about it. Like I, this is what I'm dialed in and my room's dark and, you know, every little [00:44:25] advantage I can get, but still. This, for me, even five, six years ago, [00:44:30] if I got a half hour of deep sleep, I was pretty happy.

**Rick:** Yeah.

**Dave:** Right? Because I came from an inflamed, [00:44:35] unhealthy perspective, so I, I feel like I still don't

**Rick:** get that much deep. You don't? I get a [00:44:40] lot of REM and a little bit of deep. It could be as little as five minutes. [00:44:45] Really? It could be I mean, on a good day, it'll be an hour, but But not more? But, but [00:44:50] I've had five hours of REM on some nights.

**Dave:** Wow. Five [00:44:55] hours. I've never hit five hours. So well, you're such a creative guy. I mean, so much creativity [00:45:00] does happen in REM. I mean, there's so much communicating and stuff going on there. [00:45:05] Wow. So how do you hack that? I guess at a certain point, you have to start looking [00:45:10] at human growth hormone because if you never get deep sleep, your growth hormone levels will be low clinically and [00:45:15] then maybe supplementing.

It's a good idea. But I know, uh, Um, [00:45:20] that requires, you know, the, the small insulin needles, which aren't your favorites. No. So, [00:45:25] huh. Well, maybe there's an, well, there's oral, actually there's oral peptides that raise growth hormone levels [00:45:30] that might be there for you. Wow. That sounds good. All right. I am going to, uh, I'm going to [00:45:35] double check which are the ones I'm thinking of here.

Um, but I'll, I'll hook you up afterwards. Great. I'm just with the name of it [00:45:40] because, um, I think it, I think that just from a very selfish [00:45:45] perspective, Rick. Uh, I would like you to keep doing cool music so I can listen to it. So we gotta, we gotta give [00:45:50] you many, many more years of functioning at the level you I'm ready.[00:45:55]

I, uh, I want to go back to something you said earlier. You [00:46:00] mentioned, uh, about the Metta meditation. You mentioned loving kindness as something you [00:46:05] focus on. How do you define loving kindness?

**Rick:** What comes up [00:46:10] is related to something that I wanted to mention, and it's another side [00:46:15] of it. It's like, it's a little bit like praying, [00:46:20] and we didn't cover praying in the, in the stack.

Right, right. [00:46:25] Um, but, I include, I include prayer, I look [00:46:30] for opportunities to use prayer, so for example, If we pray [00:46:35] before meals, it's a great opportunity because we know we eat a couple of times a day. Right. So if we're praying [00:46:40] before meals, or if we pray when we wake up, or if we pray when we go to sleep, we're doing those things every [00:46:45] day.

So if we can tie the practice to something we're already [00:46:50] doing, it, um, wow, I just had great deja vu. Just now when the light changed, [00:46:55] we've had this conversation before. That was amazing. Amazing. [00:47:00] So, so, and, and, In prayer, [00:47:05] it's, it's not asking for anything. It's more like, [00:47:10] um, an agreement to be a, a [00:47:15] humble servant.

Mm. Um, and to [00:47:20] have each, have, have each step be for [00:47:25] the highest good for all. Um, and I think of loving kindness in [00:47:30] that way. Mm hmm. Okay.

**Dave:** I, I, one of the [00:47:35] meditations, or maybe you could call it a prayer that I do is, is all I'll say is thank you for using me today. [00:47:40] Right. And I don't have to be rational about it.

I don't have to know why it works, but [00:47:45] if I do that, it just seems like it's a better day. Uh, and I don't actually [00:47:50] define who I'm, who I'm talking to, who's using me that day. Um, and so when you [00:47:55] pray, am I, are you praying to a specific, you know, deity of choice or not specific, just the [00:48:00] universe? Yes.

**Rick:** Okay.

Yes. I am your vehicle. I'll do your will. Please guide me [00:48:05] for the highest good.

**Dave:** Yeah. Uh, and I, I love it that, that you talk [00:48:10] about that. And that's, that's the side of biohacking that I think sometimes gets lost in, [00:48:15] in the ego of, you know, I grew abs or, you know, [00:48:20] I'm going to have the highest performing brain.

You got to ask, okay, you have the world's highest performing [00:48:25] brain. What are you going to do with it? Right. And it's that loving kindness [00:48:30] aspect that you talked about, um, that certainly I, I picked up in, in Tibet when I was [00:48:35] there to learn meditation and in some of the neurofeedback is the other experiences I've had on [00:48:40] shamanic training, where if you're missing that sense of mission or even just sense of [00:48:45] service, even if it's not mission based, you probably won't have the [00:48:50] biomarkers that you want to type right back to ego.

Like something isn't going to work out [00:48:55] the way that it otherwise could. Yeah. And that's the one that's hardest to explain to people like you and me who are [00:49:00] gathering data, but you've clearly noticed that, and I've picked that up in my own life [00:49:05] as well, and I love that we can talk about that and, um, you know, just put it, put it [00:49:10] on the air because if you're listening to the show right now and you're saying, well, you know, that's, that's a bunch of crap, [00:49:15] you know, why would these crazy people pray?

You know, there is no God or whatever. It doesn't matter if there's a God, right? [00:49:20] What's going on is the act of praying does something to your neurology or to your soul, whatever you [00:49:25] want to call it.

**Rick:** Yeah. And gratitude practice. We [00:49:30] know that it works. Yeah. We know that it works. We, science proves that it works.

**Dave:** Right. Yeah. You can science your [00:49:35] gratitude. Yeah. How do you practice gratitude? It

**Rick:** depends. I've, in the past, I've used [00:49:40] a gratitude journal. Right. It, it can be included in the, in the, uh, [00:49:45] in the meal prayers. Right. Those are the ones that come to mind, but I'm, I'm sure there are others. [00:49:50] Okay. I've got two

**Dave:** more questions for you, Rick.

Mm [00:49:55] hmm. It has to do with failure. Yep. How do you handle things [00:50:00] when you absolutely fail at something?

**Rick:** I always think about it in [00:50:05] terms of, uh, I, I start with the idea that everything we do is an experiment. [00:50:10] So, the stakes are, oh, I try to keep in my mind, I [00:50:15] always try to think of the stakes being very low for everything.

And that it's all [00:50:20] an experiment and we're, we're just playing, we're just here to play. So, if something [00:50:25] works, I know, okay, that experiment didn't work in [00:50:30] the way that I thought it might, but it, it taught me something. I learned, [00:50:35] okay, if I want to do this thing, that's not the way to do it, and now I can try this other method.[00:50:40]

I guess it's more of just a mindset of, uh, using [00:50:45] all, thinking of it as feedback. And taking the feedback and using [00:50:50] it to the, for the highest good, whatever, whatever that is. Got it. So you depersonalize it. [00:50:55] Okay. Yeah.

**Dave:** And the final question for you is one I've been asking as sort of the new [00:51:00] question on Bulletproof Radio now that Game Changers is out and I got that big data set.

Although, man, I'd kind of like to ask you [00:51:05] that question too. But the new one is, how long do you want to live and how long do you think you're going to [00:51:10] live? Because I'm writing about anti aging and potential immortality. What's your take on that?

**Rick:** I'd like to [00:51:15] live as long as possible. I don't have a number in mind.

I suppose I'd like to live [00:51:20] in a healthy way as long as possible, even more so. But also, I [00:51:25] follow the universe's intention for me, and wherever it leads, it [00:51:30] leads. I've enjoyed the time that I've had, and I look forward to enjoying [00:51:35] more. Whenever it's done, it's done. It's

**Dave:** a very

**Rick:** Buddhist perspective, right?

**Dave:** I [00:51:40] like to say that I like to die at a time and by a method of my choosing.

That's a good one. So [00:51:45] there's always an out. That's nice. But, but also, you know, if I'm not supposed to be here, I'll [00:51:50] probably get the message. Right. And then things work out. Yeah. Uh, which is, uh, a [00:51:55] lot of people sort of, you know, rage against the dying of the light sort of thing, but I'm not convinced that [00:52:00] rage to live longer is a good strategy, but.

**Rick:** No, and I can remember, I had a, uh, friend whose [00:52:05] mom had a very serious [00:52:10] cancer and she was really committed to beating the [00:52:15] cancer and she did everything she could do both alternative wise [00:52:20] and western to beat it and it went on for years and it became sort of the [00:52:25] focus of her life and then I ran into her.

[00:52:30] One day, and there was a calmness about her, and it was, it was like she was a different per Before she was [00:52:35] this vigilant person, fighting for something, and now she was this [00:52:40] It was like something she'd shifted, and she said, I know I'm gonna [00:52:45] pass, and it's okay, and I'm, uh, at peace, [00:52:50] And it, it seems that something [00:52:55] happens when We know that we're gonna [00:53:00] pass, that makes it okay.

It's like, I don't know if it's a [00:53:05] chemical process, or if, or if it's purely a spiritual process. I don't know [00:53:10] how, or maybe it's, maybe it's both. Could be both, a

**Dave:** little

**Rick:** bit of DMT

**Dave:** comes in and you see whatever's going [00:53:15] on. Yeah. I've witnessed that as well from a family friend who was dying of a brain tumor.

He'd come over [00:53:20] and use my hyperbaric chamber. He's like, I meditate in there, this is great. And, and it would make his [00:53:25] brain work well enough to spend more time with his family. But he fought and then decided, okay, I'm done. But [00:53:30] there was a level of peace and just like happiness and being with the community.

And it was, it was [00:53:35] really a blessing to be able to see that, that, that shift because it was very dramatic. [00:53:40]

**Rick:** So, yeah, there's something there. I also had, like, 20 years ago or so, my [00:53:45] appendix burst. And, um, and I didn't go to the hospital. And, um, I never had it [00:53:50] removed. So, there's a certain, [00:53:55] um I don't know. I, I didn't, I didn't believe I was going to die from that [00:54:00] experience.

I got really sick. I bet. Boy did I, boy, I can't tell you how sick [00:54:05] I was. Um, and uh, but I also found that when I get [00:54:10] really sick, really creative thoughts come.

**Dave:** Yeah, that [00:54:15] makes sense. You kind of hallucinate almost. Yeah. Wow. [00:54:20] Rick, I feel like, uh, we could chat for hours and doubtlessly we will, but not [00:54:25] on, uh, not on the mic.

Thank you for being a guest on Bulletproof [00:54:30] Radio, for sharing your knowledge, your wisdom and your, your music and the music of the people you work with, uh, with the [00:54:35] world. It's had a profound impact on me long before, long before I met you. And I'm grateful [00:54:40] for our friendship and for you being on the show.

**Rick:** Great. Thank you so much. And I look forward to doing it again. [00:54:45] See you next time on the human upgrade

**Dave:** [00:54:50] podcast.