



Transcript of “298 with Collective Evolution”

Bulletproof Radio podcast #298



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Female: Bulletproof Radio, a state of high performance.

Dave Asprey: It's Dave Asprey with Bulletproof Radio. Today's cool fact of the day is that, it turns out that practicing gratitude is an economical thing to do. In two different studies with 243 participants, the participants who are 10% more grateful than average had 17.5% more social capital. Now, if you like me question, "How the heck do you measure social capital in a quantitative way?" The answer would be, it was probably not a very good measurement, but nonetheless, gratitude makes you kick ass for a whole variety of reasons. Something I've talked about in the Bulletproof conference, and something that I build into my bedtime ritual, even with my kids, where we name three things we're grateful for every single night, because it does good things for our nervous system.

The reason I'm bringing that up today is that you're going to hear from a couple of guests, but one of the guests is a friend, someone I first met here at Bulletproof Labs when it came up, because he supported MOLDY, the documentary that I made about how water damaged buildings are affecting peoples' health and performance around the world. He came up and told me this profound story that ended up with him being on stage at the Bulletproof conference. I'm talking about Anthony Coletti and his partner Joe Martino, who are working together on Collective-Evolution, which is a website that has a lot of really valuable information about consciousness. It was Anthony who had a profound experience using Bulletproof to come back from many gunshot wounds. You're going to hear about that in this interview, I'm sure. Also I want to talk about the growth of a grassroots organization that's really become one of the most popular alternative media production and community outlets.

We're talking full-length articles, tons of videos, and live events which are all about raising awareness of how the world works, and to create more consciousness. If you've been listening to Bulletproof Radio for a while, you know that I'm all in on that movement, where the idea that you can control your biology by changing the world around you, how do you control your biology if you don't have an awareness of what it's doing, and that awareness is called consciousness. This website and this whole community is at collective-evolution.com. In today's show, we're going to talk about what happens with all these multiple gunshot wounds and how Anthony got to where he is today. We're going to talk about how a community as powerful as Collective-Evolution formed, and what's in it for you, when you're listening, why do you care about consciousness and how do we make it easier. Guys, welcome to the show.

Joe Martino: Thanks for having us.

Anthony Coletti: Indeed, thanks for having us.

Dave Asprey: All right. Anthony, say something real quick, so that people listening know your voice.

Anthony Coletti: How's it going? It's Anthony Coletti here from Collective-Evolution.



- Dave Asprey: All right. Joe, give us your voice.
- Joe Martino: How you are doing? It's Joe Martino, founder of Collective-Evolution, great to be on the show.
- Dave Asprey: All right. If you are watching this on the YouTube channels, bulletproofexec.com/youtube, you will actually be able to see these guys. If you're listening in your car, you're sitting at work and you're listening, that's cool too, so now at least, I'll do my best to sort out the names for you. Joe is the founder of Collective-Evolution, and Anthony joined later, after some time as the biggest medical marijuana grower in Toronto. If you've never been to Toronto, it is a ginormous city, this is a pretty big thing. Let's see, what else do I want to say to introduce you guys. Anthony, talk to me about the multiple gunshot wounds, I know you started really well because you're sitting right up here in the studio when you told me, "I was just about to fall out of my chair." What happened?
- Anthony Coletti: I was a medical marijuana grower. To be honest, it could have been ... I could have been one of the biggest ones in Canada. I was being humble on the Bulletproof stage and with Toronto. While I was a grower, I was leaving a bar one fateful night and a hit man dressed all in white popped up out of nowhere, began shooting into the car. I was hit five times in the car. I got out of the car and went for a double leg takedown, like a Royce Gracie.
- Dave Asprey: You're an MMA guy, got it.
- Anthony Coletti: I'm an MMA guy. I've been doing martial arts since I was a kid. I was shot two more times, and then I ran back to the bar where I left, and I laid down, controlled my breathing as I learned in martial arts, and then my new life began.
- Dave Asprey: Five gunshot wounds. You actually did manage to, it was halfway, take the guy down, so you ran away.
- Anthony Coletti: One bullet went through my left arm, which paralyzed my arm, or else I'm sure I would have got him.
- Dave Asprey: At least his outfit wasn't white anymore, right?
- Anthony Coletti: I don't know. I was faced down. I did manage to rip off a piece of his outfit with my right hand. We did some DNA testing, but no luck.
- Dave Asprey: Nothing inclusive.
- Anthony Coletti: No.
- Dave Asprey: This was obviously drug related for the most part, and you were a legal grower. You weren't doing illegal stuff, but clearly, someone didn't like that.

- Anthony Coletti: Yeah, the marijuana has a street value, so at that time, there's a lot of things that happened before this where I believe I manifested this, believe it or not. I wanted out of these circles, in what I was doing, and I wasn't content just being in business to make money. I thought that this is my evolution from an entrepreneur to a sociopreneur. I believe I manifested it by saying certain things to certain people that I knew was an issue, and I knew that they stood to gain pretty much somewhere around a million dollars if I was missing.
- Dave Asprey: They were going to have you missing and buried somewhere, probably. It sounds there should be a movie made about this, because you came back. You make the Karate Kid like a totally pussy.
- Anthony Coletti: That's awesome. I've never heard that one before, but yeah. I appreciate it.
- Dave Asprey: It was one actually. I just made half the world mad right now. Sorry everyone. It's an amazing story. Tell me a little bit more about what happened. You go into a bar, you're barely breathing, right? You're laying there and someone calls 911. What was your recovery like? What happened?
- Anthony Coletti: I was left with a collapsed lung. All the bullets were pretty much inside of me. I have eight inch gash on the back of my head, so when I went for that double leg takedown, I believe he was going for a headshot and I ducked the bullet. If I would have been even half an inch higher, the bullet would have hit me in the head. I have an eight inch gash as it grazed the back of my head. When I'm in the hospital, I have a paralyzed left arm, and a collapsed lung.
- The collapsed lung ended up healing, but the left arm did not for quite some time. While I was seeing doctors, they basically told me that I have no chance of my arm healing, and they told me if I was 13 years old and not 33 years old, it would have healed. I actually asked what's the difference between my 13 year old and my 33 year old self, and they mentioned growth hormone, and that becomes relevant later on in the story and how I connected with you and Bulletproof and how I was able to be in the medical miracle books, in terms of my arm healing, which should have never healed.
- Dave Asprey: You had a fully severed nerve. What did you do to make it come back?
- Anthony Coletti: Believe it or not, it wasn't fully severed. It was compressed as the bullet hit my arm, which is almost even worse. While I was obviously researching for ways to increase growth hormone, I came across obviously you, I was 250 pounds at the time ...
- Dave Asprey: You're a little heavy.
- Anthony Coletti: I was 50 pounds heavier.
- Dave Asprey: Okay.
- Anthony Coletti: I was living somewhat of a toxic lifestyle. I was drinking, smoking cigarettes, no drugs or



anything like that, but I wasn't really feeling good. I wasn't optimized. I definitely was not bulletproof. I came across you in another podcast, and I started drinking the Bulletproof Coffee, I felt better, I learned ...

Dave Asprey: You say another podcast, it was ...

Anthony Coletti: Okay, yes. Okay, I wasn't sure. I was fan of Joe Rogan and watching UFC and whatnot. I saw you on the Joe Rogan podcast.

Dave Asprey: He brought the stuff to a lot of people, I'm actually grateful for that.

Anthony Coletti: Awesome. As I mentioned on stage at the conference, you were wearing this red glasses, and you called yourself the bulletproof executive, which I thought was incredible, because you are bulletproof and I was bulletproof ...

Dave Asprey: Yeah, actually bulletproof, right.

Anthony Coletti: Actually bulletproof. I felt that this might be some message from the universe, some divine intervention, so I decided to follow down the rabbit hole and follow this Dave Asprey as I just knew you're the bulletproof executive at that time. I came across Bulletproof Coffee, I started eating in terms of the bulletproof diet, I started sleeping nine hours at night to increase growth hormone, I learned trends and did the meditation, so I began meditating. What else did I do? I did a high intensity interval training sometimes, because obviously of the synergistic qualities in terms of increasing growth hormone if you do that while you're fasting in the morning.

Dave Asprey: Yup.

Anthony Coletti: For someone to do that, just drinking black coffee, typical intermittent fasting is absolutely terrible. It was so difficult that I had to take a nap after. I was super cranky. With the butter and whatnot, it just sustained me. I would break my fast as you indicated in your website, just after my workout. I did this for months. After two months of not healing, the doctor said I had absolutely no chance, but I kept faith in my regimen and your information and knowledge, and eight and a half months later my hand came back. I'm happy to say that I'm 100% now. I believe it's the ARX machine, I think it was called.

Dave Asprey: Yeah, the one I have downstairs, the one you were playing with, yeah.

Anthony Coletti: I was able to hit 565 pounds, so I was pretty happy about that, I haven't seen that record broken yet.

Dave Asprey: Yeah.

Anthony Coletti: For a guy that the doctor said that I would never be able to hold there or lift a glass of water, the bench press 565 is pretty good.

- Dave Asprey: You gave the audience at the Bulletproof conference, this year we had about 30,000 people, and you're on station, and I hadn't plan to have you there, but I was like, "This is too good of a story." You just came up and did a five-minute cameo. One of the first punches that you threw, it just hit my hand and you literally threw a perfect punch on stage with an arm that was paralyzed, and this was just recently. When did you get your arm back?
- Anthony Coletti: It's been a year ago. The accident happened on March 23rd of 2014. This is all very recent, the scars are still somewhat fresh.
- Dave Asprey: You give everyone chills when you do that, because here's a guy who literally they told you you're never going to move your arm again, and here you are throwing punches, you're not just moving it.
- Anthony Coletti: Exactly. I mentioned to the doctor a few times, "Doctor, would I ever box again?" As I mentioned I told the story already at the conference, but he just looked away, he didn't even answer me, he thought it was ludicrous for me to ask such a question. The second time I ask him, he actually got upset, he was like, "Forget this boxing thing. What are you talking about? You're lucky." I still remember it, it's burned into my brain that he said. "You're lucky if you have the strength to carry or hold the glass of water." I thought that was a pretty grim look in the next, who knows how many years of my life. I refuse to believe in that, I followed a lot of your methods, and I'm happy to say that I'm 100% now, and 50 pounds lighter.
- Dave Asprey: There's something to be said for that, years ago after my third knee surgery and I was about 23, I have a screw in my knee, and no ACL. My doctor said, "You're luck you can walk." That's pretty much what you should do, like you're always going to be limited. It was 10 or some years later I'm doing high altitude tracking in the Himalayas. Stuff as, literally I didn't think it would be possible. When a doctors tells you that stuff, you just have to tell yourself, "Screw that noise." Just saying, "I'm going to do it." That's what gets the signal into your body to keep doing the work.
- If you're, "I've given up", that part of your body is like, it's not necessarily to eat, it's not necessary to have sex, I don't need it. The species will survive if I don't have it. If you'd make it a requirement, I think the body responds, like there's something basic about the way that works.
- Anthony Coletti: Absolutely, and this doctor that I had this arm, that arm doctor was a world renown doctor. He has been practicing for over 30 years, and it was ludicrous for me to believe that I was right and he was wrong, he had so much case study and knowledge behind him, but I just kept faith that this is not the way the story was going to end. A lot of meditation actually helped a lot with keeping my emotional state in check, in keeping me positive. I would do affirmations every night before bed, I would ...
- Dave Asprey: If fact that is good thing.



- Anthony Coletti: Yeah, I would command my subconscious mind to use all the energy of my body, to heal my arm, I would tell myself every night before bed and I would basically, on this nine month mission where I shut everything down, and I live with military precision, I was sleeping exactly at 10:00, waking up exactly at 7:00, I was swimming, I was using also the power lung. I use the power ...
- Dave Asprey: Nice, the other Bulletproof thing, that I talk about as much, right.
- Anthony Coletti: Yeah, those are pretty cool, that help me with my swimming quite a bit, and strengthening my lung, because obviously I had a bullet hit it. I had a chest tube for nine days.
- Dave Asprey: For people listening, I imagine most of them haven't found that page on the Bulletproof store, but I have this thing called the power lung, it's resistance training for your lungs, you're like breath in, and breath out through really high resistance. It's not one of those mask you wear when you're training to reduce your air intake, this is actually a lot like hardcore muscle weight lifting, it's hard to explain, but singers and vocal performance use it. I hadn't thought, of course, after a lung injury to be able train your lungs that way, whereas, I don't know what normal lung physical therapy looks like, but I imagine it's probably not quite that aggressive.
- Anthony Coletti: They were giving a device where I had to lift this ball, but it became very easy really quickly. When I really need to strengthen things up, the PowerLung really helped and really, really improved my swimming.
- Dave Asprey: That's cool. It changes your respiratory volume and your VO2max in a useful way. This one was of those weird biohacks that I put in the website. I'm like this is too cool not to have, but it's not a big part of what I do. You really dug in on the work as you found it.
- Anthony Coletti: Absolutely.
- Dave Asprey: That was called the PowerLung, for people listening. I didn't invent the thing. I just discovered the thing. I'm like, "This thing is cool." You're cruising along now, and you are now at the Collective-Evolution. You're doing a podcast with Joe. Just tell me how you guys connected and then I want to go to Joe's story, because it's really cool why he started Collective-Evolution. First off, how did you guys meet?
- Anthony Coletti: There was basically a chain of events that led me to Collective-Evolution. Again, I think this is some type of manifestation. If it wasn't hard enough while to recover from getting shot seven times, I had a close family member that actually passed away. This particular family member would love to post online and on Facebook, and I wasn't much of a ... I didn't like to expose myself or share on social media. Out of respect for that person, I posted the last text message conversation that we had together, and I wrote something about it. A guy, Giovanni who is now the cohost of the G & Coletti Show, he reached out today, and we haven't spoken for over 10 years.
- We would meet up once a week for lunch and we would talk about everything we learn

from Bulletproof to different ways to meditate our consciousness and how we interact with other people in ourselves. Eventually he told me about an opportunity with Collective-Evolution, he said, we can go a meet Joe. Interesting enough, when you met Joe Martino for the first time, you don't meet him on a board room, you actually workout with Joe Martino. We go in Joe Martino's backyard, and we do this crazy, I thought I was in really good shape, because I would do kettle bells and all this crazy training, and he's like, "No, no, we're not doing any weights." I laughed it off, but we did some crazy calisthenics workout, which left me almost bedridden for two to three days. It has been history ever since.

Dave Asprey: The convict conditioning thing, or what, bodyweight?

Joe Martino: Yeah, a lot of bodyweight stuff. Yeah, I have been setup in the backyard.

Dave Asprey: Nice. Very cool. Maybe I'll come workout with you one day, you can kick my ass, because I'm pretty much all ARX. I've got lots of strength, but I'm probably not as functional as I could be, I'd use the Bulletproof stuff. I'm always impressed that some of the bodyweight stuff, I'll do my hand stances about it. Maybe I'm a little weak, but I'm doing all right, I'm old.

Joe Martino: Arm strength is the number anyway, right? Strength and mobility.

Dave Asprey: Yeah. Let's switch gears a bit, you see it clearly into exercise, you're a fit guy, but Collective-Evolution isn't really mostly about that, it's about some other things. Walk me through Collective-Evolution and why you started it, what's your story? Because it's pretty cool.

Joe Martino: Yeah, absolutely. I was that kid coming out of high school that had no idea what they wanted to do at college. I essentially come to the pressure, the family is like, "Go get a degree." For some people that's their path, and for me it just wasn't, it was, I wanted to do things with my hands, I wanted to do things differently, I wanted to do things my way. I unfortunately come to the pressure, and I went to college. That led me down a journey where I was feeling really unhappy about the state of my life and what I was doing. Ultimately, it led to a point where I was quite depressed, I was feeling really down about what the future of my life might look like, or can I really do this, is this where I really want to be?

Through that experience, I had a lot of reflective time, which ultimately led me to deciding that if I want to do something for me, for my life, I don't know what that future looks like, but I got to start doing things that I love, and that are meaningful to me. I left college and I started to just explore, right? Once you get on that temp of really learning and exploring more about yourself, how your beliefs are formed, how you're ideas were generated, how your body were, all this stuff. You start to connect with a deeper aspect of things, you start to connect with consciousness or your own spirituality. Like I said, the beliefs and the programming. That led me to this ... Seven years ago, eight years ago, led me to this point where I was looking for this information so much, but there wasn't a ton of places that had it.

I was, "Why not create a platform that would allow me to talk about these experiences, whether it be spiritual related, whether it be about changing our belief systems, whether it be about exploring things." The mainstream is not really talking about, but that people should know. That's how Collective-Evolution was born, it was trying to get people a platform to talk about all the different changes, both in consciousness, but in information in general that were going on. Because, I felt the results are something special going on on the world, it was like this awaking deeper aspect of people who are really starting to ask questions, and find things out. That's what inspired Collective-Evolution, and now its news and media platform that essentially is going through anything from, lifestyle related changes to changes in consciousness, all that sort of stuff, throwing in alternative news.

You can find a whole bevy of content there, and it's all written in our own style and perspective, which we try and keep very neutral, very open minded. That's our main quality that a lot of people recognize.

- Dave Asprey: Okay, I understand that. I've actually shared a bunch of post, because a lot of it is really good stuff. You basically went to college, you're like, "I'm not satisfied", instead of doing what most people do, which is, "I as well finish my degree and hang out." You decided to go a little bit, just quite ... How many years of college did you do before you decided to change gears?
- Joe Martino: It's a funny story, I went, I lasted semester in a half, left that program, went into another program about a year later, lasted a semester and half, left that program, went into another one about six months later, left that. In total, I have about four unfinished degrees, all of which I've spent anywhere between half a semester to a year doing.
- Dave Asprey: Got it. It took you a while to listen to yourself there.
- Joe Martino: Yeah.
- Dave Asprey: You're the only guest out of almost 300 guests on Bulletproof Radio that has, unfortunately, went to college.
- Joe Martino: Yeah.
- Dave Asprey: You actually said that. I was laughing to myself. If it's not right for you, it's not right.
- Joe Martino: Exactly.
- Dave Asprey: Do you mind if I ask, how old are you?
- Joe Martino: I'm 28 right now.
- Dave Asprey: Twenty-eight. There's a lot of people now, under 30, who are looking at the numbers and saying, "Do I really want to go to school?" Because they made so many universities now and

they're of varying quality, and having a degree doesn't mean that you'll have a job, but it doesn't mean you'll have that. That cannot be discharge by bankruptcy. If I was staring over, I didn't know if I'd go to college or not, I have an Ivy League MBA from one of the top business schools out there, it's helped me enormously. If someone has a chance to get an Ivy League education and they want to do it, it will open doors for you, unquestionably.

Because you open those doors without it, by putting in the time in working, and learning how things work from someone who is actually practicing what it is you care about, you probably could, and it might be a better choice. For you, it sounds like it was an obvious choice.

Joe Martino: Yeah, it comes down to and where my greatest inspiration comes from is, I've seen a lot of kids that were ... When I was 18, or when I was 19, and even now, it's 2016, it's a very different landscape out there when it comes to business technology, communication, all this stuff is different. My main inspiration is, don't go to school, get the education, if you have no idea what you want to do, only because I've seen it happen to so many people. So many of my friends where, once you started on that journey, it's really hardtop break out of the shell again. You start getting into that training of, "Okay, I'm going to do this. I'm going to this, some goal, I'm just doing it. I'm doing it." You're not enjoying, right? You're feeling uninspired by it.

It's hard to inspire yourself after. My thing is that, you can go to school anytime, right, at any point in your life you can decide, "I know what I want to do. Now, I want to go get that education." I'm really about try not to batch education yourself. I'm at that age, I'm supposed to do this. Unless you know that's what you want to do.

Dave Asprey: I study computer science and information systems in a form of artificial intelligence, and I spent almost 20 years, and we're doing that. You go, after 20 years of working in tech and business to business, and stuff that was exciting in early days, because we really needed that stuff to do meet things. If Google's first server went into my company's data centers, but now, it's, "Okay, lot of stuffs done, what's really interesting." I'm back to coffee, which was my passion in college. The only time I ever got an A in calculus, and I had to take at least six calculus classes, if memory serves, was the semester I just covered espresso, because I was the three shots of espresso for our class is an 8:00 am class, which is the worst time for me. I'm shaking. I couldn't focus. That passion comes around. What would you say to someone? You're 28, you're at the beginning of your career still.

Joe Martino: Yeah.

Dave Asprey: What would you say to someone who said, "Should I follow my passion?" Would you say, "Yes, absolutely?"

Joe Martino: Yeah, it all depends on people's situation, right? Because there's a reality of do you have a family, do you have responsibilities that are big, all these things. The way I teach it is always ... Following your passion doesn't always mean that you have to make money out of it, right? Sometimes you don't know at the beginning when you decide to follow your passion

that it's going to turn out into something that was going to be a career. I didn't know that Collective-Evolution was going to pay me one day. To be honest it wasn't really what I was thinking about. I was very much, "Okay, I want to start doing this, I have a job right now, I'm going to do both at the same time, I'm going to build it, I'm going to keep rolling."

The way I see it is, if I can bring what inspires me into my life, even in small doses during a week, during a day, whatever it might be, that's going to help lead me to a place where I'm feeling not only more inspired within myself. It shines, people ... It's going to open doors for you, people are going to come to me, "Hey man, you're really into that." I have this guy hook in, and then next thing you know you have a door open, where it's like, "I can go do this business, or I can turn what I'm doing into something that's bigger." I very much believe in bringing it in to your life as much as you can, and allowing it to unfold and being open to the possibility that it can turn into your career. You don't have to go all in necessarily to see if that's going to happen.

Dave Asprey: That's some other thing for me. I was a VP at a big company after a lot of year, so those kind of thing. I started blogging because, what if someone had told me when I was 20, would I know now when I'm 40 having lose 100 pounds, having control of my brain and all of these. It would have completely transformed, the trajectory of my career, and also just my life, I would have been a much nicer person in much younger age. I didn't know that that would turn into a job for sure, not at all. I'm just going to share some of this knowledge, so I spend hundreds or thousands of dollars getting it, and frankly that sucks. I rather bought a Ferrari or something, and I was driving an eight year old car at the time, it doesn't matter. What matters is that the knowledge is out there. It's cool that you had the same experience, really. I'm just going to start sharing something that matters. Maybe there's a job and maybe there's not, but you still did something that was good.

Joe Martino: Yeah. Ultimately, that it's inspiring.

Dave Asprey: Where are you taking it next? What's going to happen with Collective-Evolution? What's motivating you now?

Joe Martino: Yeah. Through my experience with education and not enjoying aspects of it, I took a lot from it. When you get all the feedback from other people of what they enjoyed and didn't enjoy about education, you begin to recognize that there's certain gaps in the current system that we have now, that are incredible important for people to know, learning more about yourself, learning more about aspects of consciousness, aspects to spirituality, how to function in this world optimally, whether that be, again, health, business, wellness, whatever it might be, communication, relationships. I find that a lot of people are coming out and they're wanting those skills, but where are they going to learn it from.

For us, it was how do we take what this initial inspiration, this platform of. Let's start informing people, let's start giving people stuff that we believe that need to be expose to. Now we're looking at, "Okay, let's create a bit of an education platform. Let's create something where we can have courses, where we can have how to's, where we can have things that allow people to experience these things that they may not get through

education, that they can take at any point in life, right?" Again, it's filling that gap, or filling that void that's there, within the education system that we feel needs to be filled.

That's the next direction for us, is really applying that model to what we're currently doing. To be honest I see it becoming a bigger end of even what we're doing now, probably getting more popular, being something that applies to even more people.

Dave Asprey: You gave a talk called "How to change your life" as a TED Talk. It was TEDx. Let's face it, TEDx is not TED, but still it's cool.

Joe Martino: Yeah, 100%.

Dave Asprey: I've also given TEDx Talk, but not a TED Talk. I'm with you there. Just so people understand what we're talking about. What is the secret on how to change your life? Give me the CliffsNotes from your TED Talk.

Joe Martino: Yeah. Probably one of the most important aspects that is the core foundation of everything is really developing that internal awareness, that's becoming more self-aware about who you are, how your belief function, how your emotions are ruling your life. Really connecting and being open to the fact that change is the essence of our world, you know what I mean? Everything is changing, everything is constantly moving. If we get stuck in this idea of being stagnant or seeing the world as very rigid, what ends up happening is change can take forever, and change can be something that we're always avoiding, and that we're always trying to word it off as like, "I'm uncomfortable with this." When you're open to it, things can happen very quickly. Self-awareness is huge, and really being open, and believing that things are possible.

Dave Asprey: You change your life by driving self-awareness, and you get self-awareness by going to collectiveevolution.com. No, I'm just kidding. How do you actually get self-awareness? What's your practice? You're doing pretty well, You're 28. Usually there's Eriksonian stages of adult development. You go through this phase in your 20s, early 20s, late 20s, there's a 30 to 40, and 40 to 50. You're ahead of the curve a little bit, what did you do to get more self-awareness than average?

Joe Martino: Spending time on self, right? Again, this goes back to ... We spend a lot of time when we're young on things that are fun and entertaining, and joyful, and the partying and this, that, whatever, which I had to some degree in my life. The other part of what we're spending a lot of time doing when we're young is school and education, and the courses, and the stuff that we're doing there. There's this whole other level of developing an individual that is incredibly important, which I spent a lot of time on in my early 20s, and that was understanding myself. Again, going to back to the belief system, I would do things like writing out on a journal. I would keep a journal of how it is I felt about things, and then going to, "Okay, so I feel this way. Why do I feel this way? How? What belief system is running this? Where did that ever come from? Why do I have this emotion that's making me feel this way? Why do I believe that my physical body, I have to do things this way? What is it?"

When you start breaking down those barriers and opening it up, and spending the time doing exercises on yourself and really discovering what it is that you're about, it totally changes your perception of the world, of yourself, and of what you want to do. I would say that's how I got to where I am today, was just spending the time and doing the exercises with the courses, whatever it might be to learn more about myself.

Dave Asprey: What's your top three most effective things that made you learn more about yourself?

Joe Martino: I would say meditation, 100 %. I would put meditation and visualization practice into my day, almost every day.

Dave Asprey: You use TM or a different one?

Joe Martino: I don't use TM. I'm familiar with it. I have at times. A lot of what I use is just my own little personal six steps.

Dave Asprey: The way you develop, okay.

Joe Martino: Yeah. I'll journal, which is a great reflective piece that you could do every day. At the end of day, again, reflecting on your life, reflecting on yourself, reflecting on what happen that day, how you felt about something. The other one, probably would just be, don't stop learning and exposing yourself to things. The more you look at other people and what they're doing, new discoveries, or this person's way of discovering more about themselves, the more your mind is continually searching, and exploring, and you're exposing yourself to the richness that's already out there. It helps you understand more about yourself, at the end of the day.

Dave Asprey: That thing, curious is something ... Some even cultivate, but isn't that something you're born with to a certain extent?

Joe Martino: I would agree and I think at some point, sometimes we almost forget, we forget to be curious, or we forget that about that side of ourselves, where we just fill our time with other things.

Dave Asprey: That sounds a pretty reasonable thing to say. How many kids do you have?

Joe Martino: Zero so far.

Dave Asprey: That you know of, no just kidding.

Joe Martino: If you look at it this way I got 11 kids here that I got watch over at the office.

Dave Asprey: I'm just saying that. It's funny because I did a lot of my own personal awareness work before I had a family, because it is even more challenging when you've got a little one that wakes you up at 6:00 in the morning. I thought I was going to meditate this morning. I'll be

a member of the early riser club. It doesn't matter if you want to be a member otherwise, but you're a member of the 2:00 am, 4:00 am, 6:00 am riser club, whether you liked it or not, and when you started to meditate, you're actually cleaning up poop or something. It becomes really hard to do a focus meditation practice, unless you step up and go to retreat.

That's why there's a pretty big market for this retreats for people who are, "Okay I finally find a way to drop the kids off with family, or whatever. I just need three days so I can get my head on straight." What you're doing now that was really wise, because you've got all this time before you start a family, if you decide to start a family. You've got flexibility, maximum flexibility. You can start a company with what you're doing. If you fail at starting a company, "Okay, did you lose your mortgage? Are your kids going to eat? Wait, you don't have a mortgage. Wait, you don't have kids. This is great." Right? Your capacity to take on risk is really good. Your time and focus time to do personal awareness work is really good.

If you do all that stuff right in your 20s, instead of basically spending the entire time drunk, which is probably ... I remember some of my time at UC Santa Barbara, but not all of it, let's put it that way. You can do a lot. You're leading a great life. Okay, start a company, just 10 employees. I've done my meditation work, and I exercise, I take care of myself. You do know that stuff right, but you're the exception of the rule. What are you doing to make it so that the average person under 30 takes advantage of all these amazing opportunities, instead of wasting it? I wish I hadn't wasted as much as I did. I work my ass off, but it's only about money, and work, and nothing else.

Joe Martino:

Yeah, that's a lot of Collective-Evolution does, so it providing information. You could say from a bit of a millennial voice to other young people out there. It's saying, "Look, here's a totally different way of looking at things. We're covering anything from science and tech to alternative news, to health and wellness, and consciousness, right? All that's coming out to people and pushing out through the main channels that a lot of younger people are fully engaged with, Facebook, Instagrams, Snapchat, all these things. It's giving them that opportunity to go, "Here's what this ... Okay, that's something different to think about." For me personally, I've started building out a course that is giving people the how to, from front to back, exactly how to actually implement this in your life.

The reason behind that is because it's one thing to consume an article online or watch a quick video online, it's a totally other thing to have a guide, take someone by the hand. How do I actually do it? Again, this leads to the education platform we're building. My inspiration behind my course, it's here's how you can actually do this, because I think that this is very important. When you look at millennials or younger people, and that's not to exclude older people as well, I believe they're in a very much similar boat, but they're looking at the world, they're looking at their lives, looking at what's happening and they're going, something is not quite right, something's missing. That questioning is happening so much right now, as I believe, again, people revolving through this, a very different time in the world right now.

They're saying, how can we do things differently? I'm not feeling fulfilled by this. I'm not feeling this is what I want to do. Where can I go? What can I do? That's the gap we're trying

to fill for people. We're trying to answer those questions with people through what we're doing.

Dave Asprey: It's working, you guys have some pretty cool post. Some of it is a little bit wacky though. I got to say, Anthony, are poop powered planes, the jet fuel that's usually ...

Anthony Coletti: Unbelievable, did you tell him about that? Did you tell him about that?

Dave Asprey: Connect the dots for me.

Anthony Coletti: Okay. I've always been fascinated with the inventions and figuring things out. When I came to Collective-Evolution, I was fascinated with the idea that I could connect with the people and understand marketing by reality and try to connect with these many people as possible, and I love inventions. I came across this information that United Airlines was using cow poop to create jet fuel. I love the idea of it, because technology is how we're going to fix things in the future, through innovation. It was taking care of two problems, it was creating a solution. We have too much of this cow poop, and we burn too much jet fuel that comes from obviously unsustainable resources, we can put it together, we can create one solution. I thought it was genius, I gave it what I believe was a clever title, and it did what it did.

Dave Asprey: I have a question for you, was it grass feed poop or no?

Anthony Coletti: I'm not quite sure. I'll do my research.

Joe Martino: How far do the industry hasn't shifted yet.

Anthony Coletti: Yeah.

Dave Asprey: I like it that you're able to write about stuff like that. I do some similar post to Facebook. Okay, I posted yesterday about the team that's working to protect earth from comets and asteroid impacts. You realize because I'm curious, like you, Joe, you realize, okay, I'm not paying attention to this, but there is someone who spent his entire life focusing on, "All right, how do I track all these things in orbit, and what are we going to do if something as big is coming our way?" You might think, "This doesn't really matter, right?" When you're curious about things and you look at it, "Maybe it does."

Another guy is on the show, Graham Hancock was just on and just published a really popular episode. Graham just published a new book about, here's all the incredible detailed evidence, in fact I would say overwhelming evidence, they're about 12,000 or so years ago, actually a comet did hit the ice cap, and it in fact it formed the island that I live on now, these parts of it. The native people who lived here when the comet hit still have legends about it that he actually wrote about, they're called the Calgen tribe and not so far away is Collagen Lake. I'm, "Okay." Someone who is curious is going to look at this and find your micro pieces of iron across the globe and said, "All right, stuff happens." Here I am focused on how to you kick more ass, I'm like, "Okay, the comet kicks your ass." It's a totally

different animal, and it probably happened, right, at least once, if not twice. I'm looking all that, I have to stay curious, but then why would I post that on the Bulletproof website? I'm, "Because I'm grateful, because it's cool."

I like it that you guys do the same thing on Collective-Evolution. Having curiosity and not being just manically focused on this one little thing is something that everyone respects. As long as you're posting within things that people care about and things that are respectful, I love poop powered jet planes, that's cool. It's funny I just want people listening to feel, it's not one of those, if you don't meditate you're a loser sides. Because there's sides like that, right?

Joe Martino: Yeah. To touch on that point, one of the most fascinating parts of ... Okay, you'll reach 15, 20 million people in a month and you think to yourself, "Okay, how did that happen?" Then you start looking at them at the different topics, the different articles that people resonated with, and you're like, "There's tons, all across the board of different things." You start to realize that everybody has different values, everybody has different interest. One of the most fascinating things we've learned over the seven years of doing this is that, everybody is in to becoming a better version of themselves is different, that's fascinating. Somebody find out how to meditate, because they first clicked in an article about poop powered planes, or somebody determined that they were going to make a better version of themselves, because they initially click on an article about a quinoa recipe, or somebody about a UFO sighting, somebody about some other thing that happen in worldly news, right?

We write about all these different things and then we get these emails and these stories of, "I click through your article based on this, and then three months later my whole life has changed." It's fascinating how it happens.

Dave Asprey: It is pretty cool. It's very hard to map out when you're looking at it. I have a question, how many people follow you on Snapchat?

Joe Martino: As of right now, out Snapchat account is ... I don't even know. We haven't pushed it much. We do Instagram right now, heavy, and we do Facebook.

Dave Asprey: Okay. I have the Dave Asprey, by the way people are saying dave.asprey on Instagram, my phone, I have my own Instagram aside from the Bulletproof one. They're both really cool. One is very artsy, but here's a picture of me with strange electrodes, and I put it up. I'm working on that as well, but when I look at Snapchat, as far as I know, last time I checked, you have to be naked when using Snapchat. I'm seeing a bunch of people say, "Okay, now, if you're going to talk to anyone under 30, you have to be on Snapchat." I don't know, and I've always been an early innovator disruptive technology guy, but I'm not getting it. I was hoping that you'd be, "Yeah, Snapchat change my life, I actually meditate with Snapchat, and I was going to have to learn it." You're giving me a pass here, aren't you?

Joe Martino: I'll actually say that I'm a little bit in the same boat as you in the sense of ... I see the value in it at times, and at other times I don't see the value in it. From a strictly economical perspective, there's probably ways to monetize it. Am I passionate about going on Snapchat

and recording some things so that someone sees it? Other than brand development, I don't really know how valuable Snapchat is. We just haven't jump on it that much yet.

Dave Asprey: It's an interesting discussion. If I'm going to take time, at this point Bulletproof Radio reaches millions and millions of people, about 25 million plus download so far, which puts it in the very upper tier of shows, and that's dozens and dozens of full human lifetimes, if people are listening to this. If I put all of my effort in making content that isn't murdering people by wasting all their time, all right, when I've done something good, but if I'm on Snapchat, and I make content that I put my very best effort that going to help people, and it goes away after a day. I don't actually want to make content, I'm not going to put my all into it. What I'm going to do is be like, "Here's a picture of me eating breakfast or something." Then I'm wasting people's time. Maybe I'll turn around, but right now, I recognize stuff you don't have to store and then have pressure to remember all the times, it's like an actual conversation, I totally get that. I don't want to have conversations, I want to have meaningful conversations that are worthy of being transcribed, right? That's just maybe is different goal.

Joe Martino: Yeah. The interesting question is, given the uptake of these types of applications are through people, probably 30 and under is the majority of the audience. We got to think, is this really the future of where things are headed? Is it actually? This click, disappear content, and then therefore we need to learn how to talk to people in this way, or is it just completely fun social app that is just have it's time one day?

Dave Asprey: From a consciousness studies, perspective and you guys are really into consciousness, the normal life that we live is actually a series of conversations that you don't store and record, right? That's a good thing, because it's not necessary. However, I'm not that interested in living a normal life, that's not what I do. I'm abnormal in every way possible, because if you're going to live in the state of high performance, we're going to have access to all your faculties, or you're just going to be conscious, you're actually abnormal, because the average person hasn't done that much personal development, or if they haven't develop their conscious, they haven't develop their ability to move in the world, they haven't developed their ability to speak. When I look at all those things for myself, I'm, "All right, I love to have some of those conversations, but I usually have those in person with people that are my family, or people who really amazes me, people I really love spending time with."

Those are face to face physical interactions. I don't know that I want to replace that with that time online. The time online, I'm going to help millions of people, I'm not going to help one person or small group of people on Snapchat, but I could communicate from that way. It just doesn't feel the return on investment of my attention is there. I want someone to convince me otherwise, maybe we'll get some great comments on this post or on the podcast, because I don't know, I just don't get it. That's why I have questions about it.

I don't normally talk about this stuff on Bulletproof Radio, because we're always focused on human performance, and awareness, and things like that. It feels there's a connection between social media and that, and I figured you guys might have a good answer, because

you're a good 15 years younger than I am, which is just enough of a gap that you'd probably see the world pretty differently. I remember getting my first microwave oven, you are born with a microwave oven. That's a huge difference.

Joe Martino: Yeah. Do you have anything?

Anthony Coletti: One interesting thing that I want to touch upon is, you mentioned Graham Hancock, so we had Graham Hancock recently on the podcast as well, and I saw him on your podcast. One of the other type of businesses spin offs that we're creating to expand consciousness and get our word out rather than just the website, is we created a live stream. Graham Hancock was doing this book tour for Magicians of the Gods, and we had a live stream of him, so we got the word out. To touch on another point, you've mentioned face to face interaction, possibly for a father that has children. I mention this to you while ago is we're starting a retreat center up north. This is in Northern Canada, where people can go for, say, a Bulletproof week where 20, 30, 40, depending how big we're expanding. We're renovating it right now. You can do things face to face, rather than just online. Some people prefer that type of interaction in the flesh.

Joe Martino: It goes back to, there's couple ways to look at it, and you look it in the evolutionary sense, it's like, we'll keep advancing our technology, advancing, advancing. As soon as everything is just going to be VR, we're all going to be disconnected. You look at the research that come up that shows the incredible value of face to face contact, and of connecting with another human being, and you go, "What's happening here? This is going here." My think is, I'm all for technology and I'm all for that, and simplicity and efficiency in helping us do that. I'm also very much connected to, I think we need human contact, that we need to maintain that for our health, for our wellness, for truly connecting with an individual, and growing and learning, evolving together, right? I don't feel it's the same as biological beings to do all of it through technology.

Dave Asprey: The interesting thing is, some I talked about very early in the quantified self-moving in 2011 or something, is heart rate variability. It turns out, you can measure the magnetic field around your heart. You're heart picks up other magnetic fields. There's a transmission thing. It just doesn't come through on your cellphone very well.

Joe Martino: No.

Dave Asprey: It actually does come through, and that we know that magnetic fields continue in do infinity, they just drop off at the cube of the distance, so they get weaker and weaker. If you're in Mars and you have a sensitive enough detector, whatever my heart is doing is actually making a signal. There is still something, but most people are not that tuned in to listen to that. When you're in a room with someone, you can feel their presence, we've all felt that, the hairs on the back of your neck go up or whatever it is. I want to be around that person, and you don't know why. There's a reason, and it's biological. It maybe spiritual, and it maybe something else, but I'm not sure we're getting that. That's why I want my conversations, they go away after 24 hours to be in real life where you look someone in the eye versus a picture of them in the eye.

- Anthony Coletti: Does that transmit over Snapchat?
- Dave Asprey: I have a special magnetic attachment from my cellphone. I don't believe it.
- Anthony Coletti: Very clever.
- Dave Asprey: Not yet, give them time.
- Anthony Coletti: Interesting enough when you mention intuition. I forget to have mention that when I was getting into my car that night, this is on ...
- Dave Asprey: When you got shot.
- Anthony Coletti: When I got shot, this is on video surveillance that I open the door and I stared at the minivan, those basically a getaway driver, and the shooter was crouched behind my car. I open the door and I'm staring at the van, and the detectives asked me, what was I staring? I stared for a few minute and I felt things going off. I wasn't sure what was going on, I'm not sure what I was feeling, but I knew that something was wrong. Eventually I got into the car, because I did know what to do, I didn't know what the next move was. I always think back to that, and I'm trying to hone that skill a little more. When you meditate, when you're around good people, when you're not unusually stressed, and you're eating good food, I think you can heighten that skill quite a bit.
- Dave Asprey: I asked Mark Divine, who is a navy SEAL commander, run sealfit.com, he's been a guest on the show, and we're friends. I ask him on the show, and we've been chatting offline about it a bit. One of my friends who was a long range recon guy told me, he said, "Dave, you know absolutely when someone has you in their crosshairs." Really? He told me this many years ago, that sounds like BS. He said, "No, you just, you know. In the training we do, you just feel it, it's like a burning, a flushing feeling on your body, and then you just know, and then you should duck." He told me this not because he was bragging, be he was telling me, somewhat, he walked in of pot deal, a big truck size point deal, and he's, "I could tell right away if someone had me on their crosshairs."
- He's like, "What I do, I stop and I sparked up a bowl and they just thought I was a pothead and they let me go." True story. Anyhow, though, I was like, "What do you mean you can do this?" I ask Mark, and he goes, "Yeah, absolutely, we all know that." What you felt there, it's legit. On some level you knew, but you did trust your intuition.
- In my own path has shown me that, most people have intuition, some more than others and some people has trained more than other, certainly I have trained mine in everywhere I could think of. Just because it's trained, it doesn't mean you know how to listen to the signal, and that whole art of consciousness, the stuff that we're talking about there is, the signals are all there, they're just not labeled, and they're all mixed in with all sorts of other crap. If you could figure out what's a good signal and what's noise, there, not you're fully enlightened or something. That's a hard challenge of life, right, but it's doable. What

happen for you, Anthony, is your body, there's a threat here, pay attention, and you're doing what deer in my front yard does, for reason look, right, and assess. You went right into your primal mode, but didn't have the connection between what and go back into the bar right now, like something bad is happening. If you go listen to that, your life might be very different now than it was before.

All things happen for a reason. That was fascinating, and we need a hell of lot more science around that. For every skeptic listening to this who says, "That can't be," pound sand guys, science is the study of this stuff. If going to say, "You can study it because it's impossible, therefore it didn't happen, you're actually a fundamentalist, you're not a scientist. I'll say that right now.

Anthony Coletti: Yeah, that was more than just hoping the door open and looking at the van. I use to work for Morning to Night. At that time I was full entrepreneur, just trying to make money, we focused on the bottom line. In that day, for some reason, I went home in the afternoon and I went to sleep, which is completely unusual. I believe my body, everything was steering up for what was about to happen.

Dave Asprey: Yeah.

Anthony Coletti: One really weird thing is two weeks before the accident I had a day dream that a guy in a white suit was shooting at me. I know this, I'm actually a skeptic. I'm telling you exactly how it happened, and these things were ... I could really feel them as much as you could see something or tangible, or touch something. The signs were very, very strong.

Joe Martino: Absolutely. I always like to touch on Institute of higher math, and Institute in analytic sciences is so much of that type of research, the study of this "unmeasurable things". There's so much science behind it.

Dave Asprey: Yeah.

Joe Martino: To say that there's none is being behind the time dramatically, because it's been around for so long, right? That's one of the most fascinating ends of the work that we do is keeping up with and looking. We charted with these institutions a number of times just to hear what's the latest grade that's coming out and it's crazy, it's awesome what's happening, and the curiosity, again, that's where it comes down to, right? We're learning more about our world than we ever thought was even possible.

Dave Asprey: Absolutely true. Speaking of learning more about our world than you ever thought possible, you knew this question is going to be coming out. You guys have been prepping for this for weeks, right? I'm going to ask each of you with a Bulletproof question. Someone come to you tomorrow and said, I want to kick more ass, every single thing I do in my life, I want to be more bulletproof. What are the three most important things that I should know about?

Anthony Coletti: Number one, and I just got to go on my own personal experience, was meditation. Meditation changed everything for me. That basically calm me down and put me more in

tune. It had allowed me to become better in everything. When I meditated, I was better working out, I was a better friend, I was a better brother, a better son, a better student. That definitely is at the top of my list.

Also, I'm not saying this because I'm talking to you but Bulletproof Coffee, I used to drink a tremendous amount of coffee and it made me feel jittery, and weird, and I would get those spikes of energy where you're not optimized when you're super hyper, you can't concentrate, and all the sudden you crash, and not you're not optimized, because you're super tired and you have brain fog, so it really found that middle ground, that middle balance, and it also decreased the number of cups of coffee I drink per day. Because I use to drink at least, I would say four or five large cups of coffee. I was almost like a drug addict, I was chasing something that I could never get. I was never optimized, so that's number two. Number three, I would have to go with sleep. I sleep walk, so I always had trouble sleeping. Once I got everything else into gear. I knew to not look at blue light and to tone down later on the day, and not drink coffee pass 2:00. I also have the sleep mat.

Dave Asprey: Yeah, that's a sleep induction mat.

Anthony Coletti: Yeah, absolutely. Once I got my sleep in order again, I felt much more optimized, my concentrations was better, I was able to learn, I was able to, again, the emotional stability. I didn't find like I was flying off the handle, and I felt a better version of myself. Guarantee, those are my top three.

Dave Asprey: All right. I used to be a dick. People don't believe it, but that emotional variability, we do have stable energy. I've said some things I wish I haven't said, because I just have a good control of my brain, because I was just getting stuff that made me jittery, or not getting enough energy. Is life changing, "This is how I'm supposed to act." Thanks for the plug. It wasn't necessary, but I can tell it was sincere as well, it's one of my big things too, so I'm with you. Thank you. All right, Joe.

Joe Martino: Yeah. That sound like a broken record, but I am going to start it off with meditation as well, mainly because I'm a sports guys, I play sports growing up like crazy. There is this sense of when you're in the moment in sport just like in life, people have an easier time in sports, sometimes you could just see everything, and you become so optimized that you're able to perform at completely different level. You look at the lot of the best athletes, they're all meditating.

Dave Asprey: Yeah.

Joe Martino: Meditation is huge, and it applies to life, everything, everything you guys just mentioned about meditation, I'm 100% in agreements on. I'm going to switch script and say movement as well. I'm big on movement because mobility, having the physical body performing and feeling good and all that sort of stuff, changes that way you're body functions energetically as well. You feel you have more energy, you feel things are moving around. It actives a different level of creativity I feel. Little bit of movement in the morning, even a simple six, seven minutes stretch routine, or movement routine that I do. There's also ... When you're

having you meetings, when you're doing creative things, don't sit down, move around, keep it flowing. That's a big thing.

The last one, I'm just going to bring it back to, probably something as simple as ... I don't want to say other things I previously said, but just self-awareness. That happens through meditation, but it also happens through just deciding, to look at yourself and look at how you would function, how you're belief systems are formed, all that stuff, because it will tell you how you're operating, and let you know how you can change to operate more optimally, or more open, or all these sorts of things that I think can lead to our completely different version of yourself.

Dave Asprey: Very cool. Thank you for sharing that knowledge. Let's see, the name of your podcast?

Anthony Coletti: The G & Coletti Show.

Dave Asprey: G & Coletti Show, and Collective-Evolution, that's collective-evolution.com. Any other places that people who are interested in your work should go for either or both of you?

Anthony Coletti: By the time this comes out, I'm going to have anthonycoletti.com. During the talk at the Bulletproof conference, I had people approach me for motivational speaking and to go down that road. I'm pursuing just to get the message out and tell my story.

Dave Asprey: Awesome. Joe, is there any site we should be sending people to?

Joe Martino: I would just say, for Collective-Evolution as a whole, we also are on Instagram or in Facebook, Twitter, all that sort of stuff. Those are main spaces.

Dave Asprey: Awesome. Thanks guys for being on the show, I really appreciate your time.

Joe Martino: I appreciate the ...

Anthony Coletti: Thanks for having us, Dave, it was awesome.

Joe Martino: Yeah, absolutely.

Dave Asprey: If you enjoyed today's episode, which of course you did, because you've been listening, this is like almost episode number 300, somewhere in that range, and that's pretty cool. There's couple of things you could do. One is, you could say, "I like the show." Go to iTunes and say that. We also talked about a few cool things, we talked about Bulletproof Coffee. You need Bulletproof upgraded coffee beans, which are made at a different process, and lab tested like no other coffee beans, brain octane oil.

These are the things that just give that energy into your brain every single day. We talked about the sleep induction mat, which can help you go to sleep. We talked about some other cool stuff, like minimizing exposure to blue light. I've been talking about this much, but there's something called the Zen Tech protector that goes on your iPhone or on your



laptop. Bulletproof manufactures these things, and they block the spectrum of blue light that's most stressful to your eyes and that most suppresses melatonin. My phone, wherever I put it, actually has one of these things on it, you can't see that it's on there, even during the day, but what ends up happening is, you use your phone at night and it works. Magically the screen fairy, if you're watching on YouTube, it's a little box like this, and it sticks on the back of your phone.

If you want to sleep better, if you're going to look at your phone before you go to bed, you're not going to make melatonin for four hours. Zen Tech on the Bulletproof website can help you reduce the scope with that problem. Dim your lights, turn off the bright light in your bathroom, you do all the other sleep hack stuff I talked about, but it actually can give enough energy to make big change in your life. You can recover faster, and it's a onetime thing. It takes about 30 seconds to get it lined up right on your phone and you never think about it again. The set it and forget it biohacks that give you benefit every day are the most powerful ones, which is why I went to the trouble of making Zen Tech.

If you haven't seen that, check it out. In the meantime, another show is coming up in another few days for you, and I'm having a great time doing this. I get to hang out with amazing guys like Joe and Anthony. I want to keep doing this, and keep bringing you the very best. Have a great day.