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Dave Asprey: Holy crap.

Blake Griffin: And you'll look on our team plane, and every guy is like either phone up to their face, computer screen, or whatever it may be watching a movie, texting, playing a game, whatever it is. And this is like 1:00 AM, 1:30 AM. I do the night shift and all that, but at the same time, we're forced to be up at hours that we shouldn't be up. And we're forced to eat at hours that we shouldn't be eating.

Announcer: Bulletproof Radio, a state of high performance.

Dave Asprey: You're listening to Bulletproof Radio with Dave Asprey.

Dave Asprey: Today's cool fact of the day looks back to about 50 years ago, and scientists thought they figured out why geckos had sticky feet. It turns out they were sort of right. In 1969, a scanning electron microscope, one of that big, evil technology, revealed chevron shaped pads on the lizards toe. They had these brush like structures called setae, and they had little tiny suction cups on them which helped lizards do things that no human can possibly do. Well, it turns out gecko feet don't really have suction cups, but each of the four feet have enough tiny setae, nearly a half a million, to increase adhesion via something called a van der Waals forces, which are really weak forces between molecules. So those little hair-like things created enough adhesive force together so that they can stick to slick surfaces. So there you have it, an example of something where we knew exactly how it works since 1969, except we were damned wrong. And this sort of thing happens over and over in science.

Dave Asprey: So here's the thing, we know that geckos can climb up glass, and we think we know why. And we probably know why, but there may be another thing to learn. For instance, that van der Waals forces are involved. So what does that mean for you? Don't be too wedded to that idea that if something can't work, therefore it doesn't. That is dogma. Be curious and observe. And anytime you see an observation that doesn't do what you think, it doesn't require extraordinary evidence. That's also bad science. What it requires is curiosity and testing, and that's where all the cool biohacks started to be found or all the new things in science, all the new advantages in a sport. They come from noticing little things that didn't match our pattern. We are wired to ignore, degrade, and insult things that don't match our pattern. Stop that crap. It's not good for you and it's not good for science.

Dave Asprey: Well, I finally found a guest who has bigger shoes than me. I'm a size 16, and our guest today has size 17. So thank goodness I'm not in the ugly shoe club. Oh wait, I am in the ugly shoe club. We all are when we have big feet. I'm talking about none other than a very, very well-known athlete, and just a great human

being named Blake Griffin. He's a power forward for the Detroit Pistons, a six-time NBA All Star, ad former LA Clipper. And pretty much a badass of basketball is a good way to describe it. So if you're a sports' fan, you know who he is. If you're not a sports' fan, you probably don't care about all of his achievements. And if I read them all to you, you would say, "Wow. This guy's awesome." And he actually is.

Blake Griffin: Appreciate that.

Dave Asprey: Blake, welcome to the show, man.

Blake Griffin: Thank you so much. Thanks for having me.

Dave Asprey: I want to talk to you because you know what it's like being on the show, but you're also 2019 Forbes 30 Under 30. You're into health and wellness. You're an entrepreneur. You're a renaissance guy, which is really cool. And you're also doing it... A lot of guys in your field... Okay, you're 40, you're 50, you get into business. But you're 30, and you're cranking some stuff out that's pretty cool. So I want to just pick your mind, pick your brain, talk to you about health and wellness, and I also want to talk about your new show because you just are coming out with a show. I'm not sure by the time we put this show out whether your show will even be out there. But I was just a guest on your new show. Tell me about its name here.

Blake Griffin: So I basically started this new show for me, and we actually haven't even fully landed on our exact name that we like. That's the beauty of recording a lot of episodes before it airs. But I've always been curious in health. I was a health and science major in college. I grew up in a time in Oklahoma where not very many people are healthy. No one really cared about any of that stuff, and my mom actually did. She would read nutrition books. she would cook for us every night. My brother and I both would drink a powder called Barley Green. You mix it with water.

Dave Asprey: Yeah.

Blake Griffin: This was back in the mid-90s, mid and early '90s in Oklahoma. I keep saying that because-

Dave Asprey: No one would've done that. Did people beat you up for drinking that?

Blake Griffin: My friends definitely thought different of me after they left the house and spent the night for the first time. But I say all that because it's been a part of my life, and it also wasn't something that was really forced on me. The Barley Green I guess was, but now I'm so appreciative of it because I just naturally enjoy healthy things. And I think some people don't believe that that's a possibility. But I actually do, and I've always had this interest in it. So I decided to do a show where I interview the most interesting people in health and wellness. That's why

I had you on. That's why I've had several other people on. That's why I'll continue to do this because I just generally enjoy talking to people who know more than the average person when it comes to health and wellness.

Dave Asprey:

That's the dirty secret about podcasting is it gives you an excuse to talk to cool people who done big things and ask them what's going on. And likewise, that's why I'm like I want to pick your brain here because I look at what I was doing when I was under 30. I was not taking care of my health, not nearly the way I should've been. But I was all about my career, and I've looked at what you've done. You started out... You were actually a baseball player, and someone told you you were too tall for that or something.

Blake Griffin:

I mean, I played all sports really to be honest, and basketball just kind of... I grew to be 6'6" when I was like 14. So I was just, "All right. Let's just do basketball."

Dave Asprey:

All right. So you went onto that. But you somehow managed to be just like crazy record in the NBA that's very, very impressive. But at the same time, I'm going to go start businesses. I'm going to do these other things. How do you manage to have the training time in order to be at the very, very top of your game and then do this other stuff? Where does it come from?

Blake Griffin:

For me, personally, I made sort of a promise to myself early on in my career that nothing was going to come before training for basketball because it's the reason that I'm here, it's the reason I have all these opportunities. So I do all my training as soon as I wake up. I wake up, I eat breakfast, and I go, I start training. So I find time to do all these things after I'm done training, and in the off season when we do have time to go do things like this and have other interests. I just feel better when I'm busier. You know what I mean? So if I have a free afternoon, I might lay around, I might watch TV. I don't know what I'm going to do, and that's what I don't like. When I have a full-scheduled afternoon and I have to do this, this, and this, I feel like a sense of accomplishment at the end of the day. And then when I'm done with that stuff, I can still go for an hour and I feel like I can get things done because now my brain is just working in that pattern. So that's sort of how I got into doing all this in the first place.

Dave Asprey:

Who schedules your time? You're saying you like to keep busy. Do you have an assistant who schedules all your stuff out of you?

Blake Griffin:

It's a full team. I have my manager and also my assistant who kind of sort of shares responsibilities. During the season, it's such a different thing. During the season, our schedule is so dependent on our actual NBA schedule, our practice schedule, our coaches schedule that. So once I get to the off season, I'm kind of like, yes, I get to just like knock out some of this stuff. But then on the flip side also by the end of every off season, I'm like I need to get back to this structure of basketball and all this. So I use my assistant. Like I said, I use my manager. Myself a little bit too. If I'm talking to somebody and I want to take a meeting with somebody, I send that off to my assistant and my manager, and we make

sure that's in the books. And then I get a run down from my assistant every night of the day coming up.

Dave Asprey: So you don't stay busy staying busy. There's such an overhead... I'm the same way. Could we fill up every minute with something that was more valuable than the minute I spent on it? And it, for me, am I available? What time can we have lunch? And calling back and forth five times makes me want to stab myself in the eye with a pencil. Are you the same way?

Blake Griffin: Yeah. I've learned to be better over time, but delegating responsibility and delegating things that I don't necessarily have to be on is very important for me.

Dave Asprey: Let's stop for a second there. I'm speaking in the perspective of someone in his mid-40s. I got 40% more wear on my trend than you do because you're 30, right? So when I was 30, I totally didn't trust anyone. I was like, "I'm not going to delegate. I got to do all this stuff. I'm a real man." How did you learn to delegate?

Blake Griffin: I just learned my lesson. I would forget things. I would remember an hour before a meeting and panic and be like, "Oh, I have to go do this." So I finally learned to just let go of the things that I'm not... I'm just not necessarily great at planning out my-

Dave Asprey: Oh, I suck at calendaring it in.

Blake Griffin: You know what I mean?

Dave Asprey: Yeah. Because it wasn't a strength for you.

Blake Griffin: No, not at all. I'm also one of those people that I like to see what's going on. I like to know everything. So I had to learn to be able to... Hey, I'm going to put my assistant, and I'm going to put this person on email. And they're going to figure it out. And then my assistant's going to say, "Hey, we locked it in for this time." And then again, like I said, she's going to remind me the night before. And that alone is a huge thing for me because I now spend less time having to plan this thing, and then I don't have to spend time even the night before going to my calendar, looking through everything. I just get a rundown of my important stuff, and I don't have to skim over and skip over anything else that's in there.

Dave Asprey: So when you're on your off season, you got to take care of your nutrition, supplementation, speed training, strength training, injury stuff, getting quality sleep. Do you set those priorities with your assistant or your manager, and they slot them into your calendar? How do you actually do this because everyone listening who isn't a pro athlete, they also have that same thing where they're off season and they're on season are more mixed than you. So I want to know

you, very top of your game, how do you keep that stuff straight when you got everything else going on?

Blake Griffin: So, for me, I'm fortunate to have a really great team around me. People are always able to have all these things, but I have to invest in all of these things. And some of it is the team we play for. It's part of it. So I have my strength coach. I have my trainer who actually go hand in hand. They're one in the same. So that knocks out something right there. I have my chef. Our team has nutritionists. Our team has dieticians.

Dave Asprey: Even in the off season, you're totally set there.

Blake Griffin: You're able to use these year-round.

Dave Asprey: So you're kind of spoiled on that.

Blake Griffin: I'm very, very, very, very, very spoiled. Again, when I fit retire playing, I will reconfigure this whole situation. I obviously won't have to train for four hours a day.

Dave Asprey: That helps.

Blake Griffin: You know what I mean? So that's going to save me a lot of time, and I'll still workout but it'll look much, much different.

Dave Asprey: The reason I'm asking in that much detail is I have this weird problem where I have an Upgrade Labs at my house. I have all this gear. I don't have time to use all the gear, and I have similar goals, right? I want to manage my sleep, and I've gotten really, really improve that with Super Human, the new book, some of the stuff in there. And just all the recovery stuff. I have someone now. I have a spreadsheet for my supplements. I'm pretty sure I'm going to put some of the supplements out there that I take that I've been a little concerned about talking about on the new Dave Asprey Blog. But I just have someone who helps me and put them in bags because I just realize I'm spending too much time on that stuff. And maybe you can have your kids do it or whatever. There's different ways people can get help with that. But I still find that I'm struggling with discipline. And you have to have discipline to have the record that you have. So, you got somehow, you're self-motivated to exercise. You also have people putting that on your calendar. But all this other, the little details, like take your vitamins and all that sort of stuff. Your team does all this stuff for you? Are you-

Blake Griffin: So, I just started a thing last year where I'm now taking all my supplements in powder form, except for fish oil.

Dave Asprey: Okay. Yeah, that tastes pretty gross in powder form.

Blake Griffin: Exactly. So that is kind of helps me because I now have these pods where I take an AM and I take a PM. I was getting up to the point where I was taking probably 40.

Dave Asprey: I do 150 pills a day. So I'm with you.

Blake Griffin: You know what I mean? And you obviously know it's sometimes is a struggle. You know what I mean? It's not always like you pop them in and you drink some water and it's good. So that has helped me now be able to sort of streamline that process. And my chef normally takes care of everything nutrition. So anything that has to do with supplements or anything like that, he's making sure he stays on top of that. He communicates directly with our nutritionist. So that's part of it that's gone into this whole team of people. Everybody has their responsibility, and to this day I'm still tweaking and changing things. I'm saying, "Okay. We're going to try this this season instead of this." It's a constantly moving and changing process for me.

Dave Asprey: Okay. So you're evolving it, and you have a lot of help with it. So on all the supplements side like that. If you do everything right, how long do you think you can play before it's going to get there? I've talked to guys from different fields who are playing 10-20 years beyond they're supposed to. Like the Bryan brothers in tennis, they're way older than they're supposed to be, and they're just killing it. Are you going to be one of those?

Blake Griffin: I want to. Yeah. I also have this thing where I don't know if I can be one of the older guys that sits at the end of the bench. I have such a competitive fire that I'm not sure I can see myself getting to that point. But, I mean, you're seeing it today. You're seeing guys who are now taking so much better care of their bodies. The one thing I still own. Guys started icing I would say in the early 2000s maybe, and I could be off on that. I wasn't even in the NBA then. But just doing something as simple as that has now allowed guys to play longer and longer and longer. And guys are figuring out that it's not all about just doing this squat or doing this exercise. It's a whole gambit of things that you have to do to be able to play that long. So yeah, I mean, I think I can play to 38, for sure. And I'm hesitant to say further than that because you just don't know how your body's going to feel.

Dave Asprey: Sure. At a certain point, you don't really know. I saw 180 for my age because I'm doing basic math on what I know we can do. But I may change my mind when I'm 150. You know what, I'm growing an extra elbow out of my forehead. I'm not okay with this. I'm out. It could happen. You think you're going to be able to sustain because you started young with your mom got you going on the green stuff early on. So okay. You're going to do that.

Dave Asprey: I'm a little bit curious though. I know because we've talked. I'm not sure all this stuff you're allowed to talk about. But you do some pretty heavy duty recovery technology, a lot of the stuff that I do. So what are the kind of things that you've done that maybe would be in the realm of biohacking?

- Blake Griffin: Well, I have a hyperbaric chamber.
- Dave Asprey: All right. Score one. I love those. How often do you use it?
- Blake Griffin: I use it mostly during the season. The season I used it the most I would try to... Since we go on the road, I couldn't take it with me on the road. But when I'm at home, I tried to use it at least 30 minutes a day. I used to take my pregame naps in there.
- Dave Asprey: Okay. Smart.
- Blake Griffin: So I would get in there, zip up, take my iPad, watch my film, fall asleep. So I've done that. I have hot tub, cold tub at the house. I have an infrared sauna. I have the infrared bed. You lay on it.
- Dave Asprey: Nice.
- Blake Griffin: What else? I mean I do cryotherapy. Our facilities have cryotherapy. I have the Normatec boots, recovery boots.
- Dave Asprey: You have a little mini biohacking lab there.
- Blake Griffin: Yeah. I mean, I have a solid... Now I have a solid build up. Actually, one of my favorite things that I did last season for the first time was use BFR, blood flow restriction, as a recovery technique and not just for lifting.
- Dave Asprey: Interesting.
- Blake Griffin: So I would just do passive BFR for five minutes, three sets of five minutes. So it'd be five minutes on, five minutes off, five minutes on, three times. And I found that that was very beneficial in my recovery in not only boosts natural human growth hormone, but it just flushes the legs and helped my legs feel better throughout the course of the season. Last year I played the most minutes I'd played since my first year. And this is nine years in.
- Dave Asprey: So you're increasing your VEGF and nitric oxide.
- Blake Griffin: Exactly.
- Dave Asprey: There's so much going on, and you look at things like KAATSU, which has been around since the beginning of the Bulletproof Blogs. Blood flow restriction with specific pressures and all that. But it looks like just the basic restriction there is causing huge improvements in vascular performance. So for you that's a recovery tact.
- Blake Griffin: Absolutely.

- Dave Asprey: Interesting.
- Blake Griffin: I mean, I still use it as an active lifting tool, but we're not able to really lift that much during the season. During the season, strength training is more about maintaining than it is building.
- Dave Asprey: Okay. How do you keep your mind working?
- Blake Griffin: I have a very, very active imagination, and I feel like I have one of those minds that's kind of always going. But I enjoy that. I love to be in my own thoughts. So for me, during the season it's sort of tough because you're always in a hotel, you're always on a bus, you're always on a plane, or you're in the gym and you're locked into whatever you're doing. So for me, I have to give myself little breaks because of how much we're focused on basketball, focused on film, whatever it may be. I have to give myself little breaks here and there.
- Dave Asprey: What does a little break look like?
- Blake Griffin: A little break looks like me sitting down and doing BFR for be it 25 minutes basically and zoning out and watching one of my favorite shows.
- Dave Asprey: What's your favorite show?
- Blake Griffin: The Office.
- Dave Asprey: Okay. Nice.
- Blake Griffin: But I've seen every episode a thousand times. So it's not so much about me sitting there and being locked in. It's just about me taking a 25 minute break and being able to just kind of vegetate a little bit. So little breaks like that during the season help me because we play 82 games. And on game days, I don't really have that much time to sit and just think and be doing all this stuff. I'm either in the morning I'm waking up, I'm working with my trainer. I'm eating breakfast, I'm going to the gym. I'm starting my routine as far as lifting and all that stuff goes, and then we're in the film room. Then we're on the court walking through all these plays. Afterwards, I'm doing my hot/cold tub contrast. I'm going home. I'm eating. I'm watching film. I'm taking a nap. I'm waking up and getting dress. I'm going to the game, and I have a whole routine once I get to the game. So there's not a lot of time in there for me to wander or do all the things I love doing as far as my mind goes. So when we're not playing, I have to have these little things that kind of keep me fresh.
- Dave Asprey: Nick Foles walked through his travel regime when he came on the show. What do you do to stay strong before you get on an airplane, when you get off an airplane, in air because you fly a lot with 82 games. So what's your secret?
- Blake Griffin: So before, I always take my meal. I never eat the airplane food.

- Dave Asprey: Good man.
- Blake Griffin: I always take my food because a lot of the times they'll heat it in the stove and overheat it. I don't use microwaves.
- Dave Asprey: Yup, me either.
- Blake Griffin: So that's big for me is taking my own food. My next thing that I do once I get on the airplane, before we take off, I have these things called Fireflies. It's just basically pulse technology.
- Dave Asprey: Oh yeah, little electrical stimulates.
- Blake Griffin: Exactly.
- Dave Asprey: Yeah, I got a pair of those.
- Blake Griffin: So I wear those.
- Dave Asprey: When you fly.
- Blake Griffin: On every flight.
- Dave Asprey: Instead of compression pants.
- Blake Griffin: Sometimes I'll do compression pants over the top. So during the season a lot of times I'll have compression sleeves, and I'll just put the Firefly on and I'll hold it on. Because Fireflies come with a strap. So I'll hold it on with compression sleeves.
- Dave Asprey: That's kind of cool. If you're listening to this and you never heard of a Firefly, it's a small electrical stimulator that goes on your lower leg, kind of the outside of your shin. And it's shown in clinical studies to reduce swelling in the legs. So using electricity and compression and sometimes just electricity. That's different. I've never flown with that other than one time when I was playing with it.
- Blake Griffin: I love it. And I use it all season pretty much every flight. The only time I won't use it if I like turn it on and I go to sleep in it and it happens to turn off while I'm sleep, or you run out of batteries. It only lasts 20 hours. So I do that almost every single flight. As soon as we get to the hotel, I schedule with our deep tissue massage therapist and we kind of go through the whole body. And then once I do that, I kind of take a break. I'll normally grab food.
- Dave Asprey: What do you eat on the road?
- Blake Griffin: I eat basically, unless we're in a city where I really know the ins and outs of what's around me and stuff, I'll just do room service. And during the season, I

don't really do dairy, I don't do gluten. So I'm normally choosing from whatever they have on the road. And now it's pretty easy to do that pretty much everywhere, which is great. And the team helps us out a little bit with doing some custom menus if it's not that great of a hotel. But that's my sort of travel routine from once I'm heading to the plane to at night when I'm ready to go to sleep.

Dave Asprey: Okay. Do you do anything with noise-canceling headphones, baseball hats, sunglasses, blankets, jackets, anything like that?

Blake Griffin: I've done the sunglasses, especially late at night. A lot of times we're flying during the day, I don't do the glasses. But our team carries the blue light emitting glasses.

Dave Asprey: They might be the ones I make, I'm not sure. We've got a deal with some teams.

Blake Griffin: They might be. I didn't...

Dave Asprey: It's okay.

Blake Griffin: But we'll look into it.

Dave Asprey: I'll send you some if you want. There's a bunch of sports teams who are using the-

Blake Griffin: Because for us, we-

Dave Asprey: But you just said they're giving you some kind of light control for... That's noteworthy and it's super new.

Blake Griffin: Mm-hmm (affirmative). I think we've had it for the past couple years at least.

Dave Asprey: That's still in the overall scheme of things to get an advantage. I think that's part of being a winning team.

Blake Griffin: Because there's times when you'll get on our team plane after a game. So we'll play 7:00 to whatever, 9:30, and then we'll hit the airport, and we'll fly into another city. We're taking off at 11:00 PM or so, maybe 11:30.

Dave Asprey: Holy crap.

Blake Griffin: And you'll look on our team plane and every guy is like either phone up to their face, computer screen or whatever it may be, watching a movie, texting, playing a game or whatever it is. And this is like 1:00 AM, 1:30 AM. I do the night shift and all that, but at the same time, we're forced to be up at hours that we shouldn't be up. And we're forced to eat at hours that we shouldn't be eating. Finding a way to combat that is tough.

Dave Asprey: That would knock me out if I did that for, the kind of schedule you're on. I mean, I'm on the road 150 days of the year, and I don't know if... I probably fly a good 100 plus times. In fact, I know that I do. But I don't think I fly at the awful times you guys. I think you have the most brutal schedule I could think of. So all right, you're top of your game, perform excellently with the worst travel schedule I could imagine. So you have to know all of the little secrets. What about hydration when you travel? What do you do?

Blake Griffin: I use some hydration pills, and I can't believe I'm going blank on the name of them right now. But I use those during games. I use those after games. I use them at all times.

Dave Asprey: Hydration pills.

Blake Griffin: Hydration pills.

Dave Asprey: These are like little salt electrolyte kind of things.

Blake Griffin: Yeah. You just drop them in. It's the only thing I drink during games.

Dave Asprey: Okay.

Blake Griffin: So those help me with the... And I'm one of those guys that sweats a lot. So I have to really fight to get back just to zero. So it's a conscious thing. Every time I order room service right when I get into the room, I forgot to say this, I'll call and order four of the large bottles of water, the liter bottles of water.

Dave Asprey: I've got a hack that you might like.

Blake Griffin: Okay.

Dave Asprey: Just some assistance. This is what I started doing. When I get to the hotel, I have a delivery for me because hotels, it takes them a half hour to bring you four bottles of water. And then they charge you \$20 a piece. So I'm like, "All right, guys. Here's the deal. I want a pack of blueberries," or, "I want my cold brew Bulletproof, and I want six big bottles of Pellegrino. So can you have a package delivered?" And they'll order it on Amazon or Instacart or whatever. So then I get to my room and the hotels are so awesome. They've already put it there. It's one thing... There's a few hotels now where I can get my Bulletproof in the fridge. Like the Beverly Hilton does that half the time. But if I go to an average hotel in the middle of wherever, I know I've got to have clean water because I don't really feel that good. And I know I could stay up a half hour later waiting for room service to deliver it. Or I could just make sure it was there.

Dave Asprey: So if there's food you like, all right, great. Pack my beef jerky or whatever.

Blake Griffin: It's a great idea.

- Dave Asprey: It's been actually a half hour of production time a day changer for me, and it actually is the least break even if it doesn't save money.
- Blake Griffin: Yeah. That's great.
- Dave Asprey: All right. You do some comedy stuff that's pretty unusual. So why did you decide comedy on top of basketball?
- Blake Griffin: I've always loved comedy. I grew up watching a bunch of comedy shows with my dad and my brother. It's just something that's always struck with me. Stand-up comedy shows, whatever it is, movies, anything like that. So when I first moved to LA, I became friends with some guys who did standup and are pretty prevalent on the scene. I became friends with a guy named Neal Brennan who co-created The Chappelle Show.
- Dave Asprey: Nice.
- Blake Griffin: Among other things and now has Netflix specials and all that. I would just kind of go around with him and watch sets and just kind of be in that environment. And I don't know. I got offered... I was going to go up to the Just For Laugh Festival in Montreal, and they offered, they said, "Do you want to host the show?" It was a small show, a small venue, and I was like, "Yeah, sure. I'll give it a try." So I went and wrote 10 minutes, hosted the show, did 10-12 minutes at the top every night and loved it. And the thing that I loved the most about it is I walked away with this new sense of accomplishment but I also felt like I had this tool that I didn't have before I started. And now every summer I always try to do something that's out of my element and that's going to terrify me.
- Dave Asprey: So that was the motivation was something that was a little scary.
- Blake Griffin: Mm-hmm (affirmative).
- Dave Asprey: All right. I love that. I've sought out all the things that scare me and done every single one of them for the same reason. It's sort of part of evolving as a human.
- Blake Griffin: It's also something I really loved, and I always kind of pictured myself trying to do that.
- Dave Asprey: You wanted to. But it's scary. You did it.
- Blake Griffin: For sure.
- Dave Asprey: Do you get scared? This blew me away because as a non-athlete, I talk to Nick Foles, and he's like, "There's guys like throwing up in the locker room before they go out in the field. Some of them are really intimidated." And he added his own thing. I mean, do you get scared before you go on the field?

- Blake Griffin: No, not at all.
- Dave Asprey: Do guys you play with? Is there anxiety and stress?
- Blake Griffin: I've definitely had teammates who have performance anxiety. They will be a different type of player in practice or in workouts when you're... It's not like a game-like situation than they are in game-like situations, and it's crazy to watch. But I just don't personally have that. I feel like I'm better in games than I am if you came and watched me practice. Because it's the real thing. The pressure is on.
- Dave Asprey: The pressure helps.
- Blake Griffin: I love that. I need that.
- Dave Asprey: Interesting. And then for comedy, you got a little bit of pressure. A little bit of, "I don't want to fail," and you go out there. And then they let you bring it.
- Blake Griffin: It's the same thing to me. Not the same type of pressure really because basketball is what I do. I've done it my own life. I can do that at any time of the day. Comedy is so lonely feeling. You're up on a stage by yourself speaking to people, which by the way public speaking is everyone's number one fear. And also you have to make them laugh. And not everybody wants to laugh all the time. You know what I mean? So you got to kind of navigate that.
- Dave Asprey: I've been wanting to do that forever, stand-up comedy. I live in a place where there's no stand-up comedy, and I don't want to travel all the way from my kids. So that's on my bucket list. That's one of the reasons I'm asking about it.
- Dave Asprey: So you get great pleasure in that. You also do this weird Comedy by Blake where you drive around in a cab. What's up with that because that sounds hilarious?
- Blake Griffin: So Comedy by Blake is my charity event that I do every year, and it's a stand up event. And this year I was in Montreal. Actually, I partnered this year with Just For Laughs. So, I went back, and we thought it'd be funny to basically I was an Uber for four or five hours.
- Dave Asprey: You just drove an Uber around.
- Blake Griffin: I just drove people around.
- Dave Asprey: Did they recognize you?
- Blake Griffin: Some did, and I was also weird because I had to make them sit in the two seats where the cameras were. They couldn't sit behind me. So you had to have this whole thing. But it was fun. It was really fun. I don't always do that, but it was kind of like a thing that I did to promote the charity event.

- Dave Asprey: Okay. That's cool.
- Blake Griffin: I partnered-
- Dave Asprey: What was the craziest thing that happened when you were riding around as an Uber driver? I think that's just hilarious, the idea of that.
- Blake Griffin: Well, first of all, I didn't know where I was going. I would kind of like be in the same area where I'd do kind of the same lap. Nothing really crazy happened. Just trying to have a conversation with people who know nothing about basketball or French Canadian because there's so many French in Montreal. But honestly nothing really crazy happened. I think we kind of kept it short enough that it wasn't really too wild. But it was fun.
- Dave Asprey: What kind of reviews did you get as a driver?
- Blake Griffin: Honestly, we didn't have that type of feedback with our-
- Dave Asprey: You didn't get five star reviews?
- Blake Griffin: Well, I wasn't technically an Uber driver. It was like another service because it's a comedy festival. So basically we had somebody saying like, "Hey, we got a free car service..." You know what I mean? So I wasn't able to get-
- Dave Asprey: Kind of like the sort of sneaky one where you just-
- Blake Griffin: Exactly. Couple of people said they would give me five stars, but-
- Dave Asprey: So you passed.
- Blake Griffin: Yeah, I hope so.
- Dave Asprey: One of the things that is also ridiculous about you, if I could just say this. It's like oh yeah, so I'm kind of this big deal on the basketball court and a comedy. And you also decided that you'd become an actor.
- Blake Griffin: A little bit.
- Dave Asprey: So you're in The Female Brain. Okay. Why? You're like 30 Under 30. You're doing these businesses. You're a comedian. Are you a masochist?
- Blake Griffin: So I started doing commercials early on, and I really enjoyed doing comedy. You know what I mean? And I would only... My stipulation when I would do these commercials for most of my endorsement was like it has to be funny. And then I started slowly getting more and more creative control, and I started kind of getting a little bit looser and being able to play a little bit more with each time.

My friend actually Neal Brennan co-wrote The Female Brain with a lady named Whitney Cummings.

Dave Asprey: So it was a friend of yours.

Blake Griffin: Yeah. So they literally wrote a part for me that was like... I didn't know they were going to do this, but they wrote a part for me that was about a professional athlete who was dealing with injuries. And I happened to be a professional athlete who has had [crosstalk 00:34:07]

Dave Asprey: Don't have to act. I know this one.

Blake Griffin: So it was for me, I shot for three days. It was a small indie film. It turned out to have a good cast, and it was a chance for me to play somebody else that wasn't really far from myself. You know what I mean?

Dave Asprey: Okay. So you were just dipping your toe in it to-

Blake Griffin: I was dipping my toe in, for sure. I've done stuff here and there.

Dave Asprey: All right. Good deal. It seems like you're one of those people, "Oh, and by the way, I'm also a champion wood carver. 1994 I won the mustache championship of the world." What do you not do in here?

Dave Asprey: Nonprofit. A lot of professional athletes decide that they're going to do something to help give back. And I do a lot of things to give back as well. I think you have a moral obligation as you become successful to help [crosstalk 00:34:51]

Blake Griffin: Of course.

Dave Asprey: What did you decide to do as your nonprofit activity, and why?

Blake Griffin: For our nonprofit, my brother and I started The Team Griffin Foundation about three-four years ago. And our biggest thing... Both of my parents are public school teachers in the state of Oklahoma. If you've kept up or if anybody's heard, last year, not last spring but the spring before, there was a public school teacher strike in Oklahoma because public school teacher compensation is-

Dave Asprey: Is terrible.

Blake Griffin: ... awful. So my parents did it because they loved helping kids, and they love... My dad was a basketball coach. I would watch him get up in the morning and 7:00 AM, go to school, teach. After school is over, coach basketball, lock up the gym, and then drive kids home. Come home, eat, and then work in our... We had like an awards, kind of like a trophy company out of our home. I'd watch him do all this every day. Go to bed at 2:00 AM, and I'd watch him do all these

things just because he loved (A) providing for his kids and his family or helping kids learn their true worth. So our foundation is based around helping at risk youth in Oklahoma, in California, in Michigan because that's what gives us the most joy and it's also what brought our parents joy, and we want to kind of continue that legacy.

Dave Asprey: Nice. Are your parents still around?

Blake Griffin: They are. They are both live in Oklahoma, and they're doing well.

Dave Asprey: So I grew up in New Mexico. So there's a bit of Oklahoma, New Mexico rivalry.

Blake Griffin: Right.

Dave Asprey: The rivalry being for which state could pay its teachers the least.

Blake Griffin: Exactly. Exactly. I don't know who's winning, but I know who's losing. That's what I know.

Dave Asprey: So what do your parents think about this? Like, "Wow, look at our son today." Okay, fine. Your dad's a basketball coach. Of course he's going to be like, "Well, I'm really pissed off that he's great at basketball." But with all the other stuff, what does your mom say to you when you come home?

Blake Griffin: My parents are both so, so supportive. When I say my dad's a basketball coach, I think a lot of people think he really forced my brother and I to play basketball. And it was just like this [crosstalk 00:37:09]

Dave Asprey: Like a Bo Eason kind of thing.

Blake Griffin: Exactly, exactly. And it wasn't that way at all. My dad encouraged us. We loved playing sports, and he encouraged us to play all sports so we could enjoy it. My parents are just so supportive of everything we do. And I never have to call and feel like... My dad never makes me feel like, "Oh, you didn't play this way. You didn't do this." He's just supportive. He's just a friend that... Now he's a friend that is just enjoying the ride with us.

Dave Asprey: What did he do when you called him the first time and said, "I just got signed to be a pro basketball player."

Blake Griffin: I remember I went to lunch with my parents when I was a freshman in college, and I said, "My coach and all these agents are coming around, and they're saying that I could go at this number in the draft." I remember kind of sharing all that with him and talking with him about it. And then I decided to go back to school for one more year. My brother who played with me in college, we played together, was going to be a senior so I wanted to go back for my sophomore year. And I remember coming out the next year and telling my parents,

"Everybody's saying I'm going to be the No. 1 pick at the draft. And I think I'm going to do it." And they were, again, they were just so supportive. You know what I mean? It wasn't like this moment where we kind of like, "Oh, we did it. We made it." It was just like, "This is really cool." They had my back. They helped me kind of navigate what I wanted to do as far as what agents and all that stuff.

Dave Asprey: So they were in it with you the whole time.

Blake Griffin: Absolutely, yeah.

Dave Asprey: So it wasn't sort of like a surprise phone call or anything like that.

Blake Griffin: No, no because my dad being a basketball coach, he knew the ins and outs.

Dave Asprey: Nice. That's super cool. I want to ask you the antiaging question because I know people are going to be able to hear when you interview me about stuff on your show. And I'll put a link to that as soon as your show's out, but this episode's going to come out before my episode on your show. We talked a little bit about antiaging. So it's a tough life. You're flying all the time. You're exercising four hours a day, which probably isn't an antiaging strategy. It might be a little bit too much exercising.

Blake Griffin: Absolutely.

Dave Asprey: So given all the hits you're taking but all the good stuff you're doing for yourself as well, roll the dice, how long you think you're going to live?

Blake Griffin: Oh, that's a great question, and it's honestly something I've never really like... You always kind of wonder what life's going to be like. I think I love to see 100.

Dave Asprey: 100.

Blake Griffin: I'd love to see 100. I think with obviously modern advancements in technology and health, by the time I get to that age and also being somebody that's very interested in it. I can't see myself not being interested in it, especially after I'm done. I would love to see the world at 70 years from.

Dave Asprey: That's a good, solid answer.

Blake Griffin: Less ambitious than yours, but yeah.

Dave Asprey: You're doing stem cells and you're doing PRP and a lot of the biohacking tech, which I think is going to give you more resilience in your sport and maybe more life than you expect. But 100 is a great answer. And the cool thing is for a tall guys like us, I guess I'm moderately tall compared to you. You're six inches taller

than I am. I think my neck isn't sore from talking to you. But we actually have a disadvantage for living a very long time.

Blake Griffin: Sure.

Dave Asprey: Just like big dogs don't live as long as little dogs. The good thing is we can kick the little people if they're in our way. So it balances out.

Blake Griffin: Exactly. It's fair. Life's fair.

Dave Asprey: All right, man. It's really been an honor to have you on the show just to pick your brain and see how you think about things. I admire your sort of put your head down and get it done humility and just your ability to pay attention to all these details. You're doing a lot of cool stuff.

Blake Griffin: I appreciate it, man. Thanks for having me. It was a blast talking to you.

Dave Asprey: And as soon as there's a name for your new show, I'm going to talk about it right here in this spot. In the meantime, you guys could probably go to Audible and check out Blake Griffin.

Blake Griffin: Just type in Blake Griffin, you'll probably find the podcast.

Dave Asprey: Yeah, there you go. All right. So and your URLs, people can find you. You're so damn famous. I don't have to give people your URL and all that kind of stuff. You got a website, Facebook, Instagram, all this stuff. But you probably have like 10 million followers or something.

Blake Griffin: Over all social media, I'm not quite sure. But yeah, it's-

Dave Asprey: A lot. So anyway, if you can't find him, you probably need to learn how to use Google. I'm just going to say that. So Blake, I do appreciate your time, your energy, your nonprofit work, and just the renaissance nature of what you're doing. I think you're inspiring more people than you.

Blake Griffin: I appreciate that. Thank you so much.

Dave Asprey: Have a great day.

Blake Griffin: Thanks. You too.

Dave Asprey: If you like today's episode, you know what to do. Head on over to iTunes and just leave a review or pick up a copy of Super Human if you haven't read it. And then once you get that copy of the book, there's two things that are really important to do. One of them is you got to read it, and then the second thing is you got to go figure out wherever Blake Griffin's social media stuff is. And you got to harass him online about why he's not doing things to live to at least 180.

That's your goal. And if you want to leave a review for his show, for my show, for the book along the way, I would not be offended. But he might be. So there you. So let's all join together in trolling Blake Griffin about why his goals are so low on antiaging.

Blake Griffin: Please do. I want them to be higher.

Dave Asprey: All right, man. Did my very best.