

Bulletproof Radio – Randy Jackson with Dave Asprey – #734

Announcer:

Bulletproof Radio, a state of high performance.

Dave:

You're listening to Bulletproof Radio with Dave Asprey. Today's episode is going to be pretty amazing because we're going to talk about music and health and how they come together. My guest has sort of done a few things you might have heard of. Oh, record producer, music industry executive, 12 years as a judge on American Idol, TV producer, and now a wellness entrepreneur. I'm talking about Randy Jackson, who has a life's journey to share that's truly amazing. By the way, if you're a music buff, you know what I just did. A life's journey, this guy was the bassist for Journey for a long time. In fact, I think ...

Randy Jackson:

Thank you, brother.

Dave:

... in high school, your music probably powered more than one of my dates, so thank you for that. It's mind-boggling to be able to chat with you today.

Randy:

Thank you. Thank you for having me, Dave. I'm a big fan of yours too, man.

Dave:

Thank you.

Randy:

God, you've achieved a lot yourself.

Dave:

Well, you know what it's like wanting to lose weight any price, right?

Randy:

Man, it's a struggle. Even once you do it, it's a struggle to keep it off. I mean, that maintenance is as hard as losing it.

Dave:

Is it still for you? Let's just get right into it. Let's talk with you about how you've lost a bunch of weight. Just walk listeners through your story there. We both have lost a ton. What did you decide to do?

Randy:

I went through every diet known to man. I was diagnosed, unfortunately, with Type 2 diabetes because I was living a very horrible, sedentary lifestyle. I just wasn't motivated to work out. I just buried myself

into my work. As we know, it's a bit behavioral, isn't it? Psychologically, because it's what you think and maybe I was depressed, and eating comes from an emotional standpoint.

Dave:

Oh, yeah.

Randy:

Eat because I'm sad. Eat because I'm happy. Eat because I'm depressed. Eat because I have no time. Every emotion you can imagine, you reach for something. So there I was, 358 pounds.

Dave:

Wow.

Randy:

So I tried every diet. I joined every gym. None of that quite worked for me, but a friend of mine told me about gastric bypass. I went to some seminars and classes and found out that it can help you, but you have to undergo behavioral modification psychiatry in order to change completely your lifestyle and keep it off because half of the people, more than half of the people that do that gain it back and then more. I had to go through a food divorce. I had to figure out really what was happening with my body. One of the great things about doing this, each thing that I put back in, avocados, MCT oil, butter ...

Dave:

All the good stuff.

Randy:

... serious sugar. Grew up in the South in lovely Louisiana with everything fried and everything buttered in lard and butter and with all the syrup and honey and sugar you can put in carrots. I had to really figure out what my body was feeling, what my body was saying. I guess I went through a whole science research on myself.

Dave:

Wow.

Randy:

So I said, "Wow, this is what's happening." Every time I have these pangs of anxiety or whatever, I reach for something. There's a deli tray backstage somewhere. There's a deli tray on the TV show, you just gorge food. That whole saying of, "I'm so starved and hungry I could eat a horse," and you try to. What a concept. I had to really, just really completely change my lifestyle, all of my habits, and really dedicate and commit to myself that I want to be the change I seek in my world first.

Dave:

How long did it take? You had the surgery, how long did the emotional reprogramming side of it work for you?

Randy:

Honestly, Dave, it took about two years.

Dave:

Yeah.

Randy:

Because, listen, I had a lifestyle and a lifetime of doing the wrong thing. Listen, one of the things they'll say in the lovable, lovable, dirty, dirty, dirty South, is that, "Listen. Man, you got a belly on you, you must be eating good. You must be living high on hog now, Dave. High on hog means you must be successful. Wow, look at him go." Yeah, hang on a minute, though. I may have this big belly, but I'm really unhealthy, so I'm creating shorter years and lifespan of my life. So I had to relearn everything about food and about meat, and my emotions and get a handle on them. All of my relationships, Dave. I had to challenge everything.

Dave:

I'm loving that you're just going straight into the emotions because, look, you've been phenomenally successful in your career. You're a judge, you're a big public figure and all, and you're successful this whole time you're doing it. That requires you, especially you were born in the South, you're the age you are, and guys aren't vulnerable. I mean, if you're over maybe 40, 45, you grew up and if you're vulnerable, they'll just kick your ass in high school. That's just how it is, right?

Randy:

Right. Right, right, right.

Dave:

It sounds like you had to learn to listen to yourself, a lot like maybe you've learned to listen to everything around you. I mean, you're pretty good at listening to music and figuring out all the nuances, but maybe you've never turned that around. Was there one person, or was it a therapist or was it some technique that taught you to pay attention to what was going on when the food was talking to you?

Randy:

Honestly, I went through ... A gastric bypass is a very serious surgery.

Dave:

Yeah.

Randy:

Thank God what they do is force you to go to classes that the psychiatrist teaches you behavioral modification techniques. It's how I talk to you about looking at what you're doing. How do I see that? They use a lot of this in all sorts of therapy. People get hypnotized. Whatever it is, I need to, Dave, before I can change what you're doing, I need to change the way you look at it. Is this good for me? Are these pack of donuts really good? How's this going to make me feel? Then you feel really crappy afterwards and you go, "You know what? I knew I shouldn't have done that. I shouldn't do that. So it's a choice of do you want to feel good or bad? But it took me two years to really get that into my body.

Dude, it was hard. It was not easy. I caution people, this is after the gastric bypass. It's just one jumpstart giant step, but still got to do the work.

Dave:

That was 17 years ago when you had that surgery.

Randy:

Yeah, bro. 17 years ago.

Dave:

So you've kept that weight off for 17 years because of what you learned, but you put in two hard years of personal develop to make it happen. People don't see that when you're on TV or when you're on a red carpet or something like that at all. It's mostly invisible. When did you decide you're going to really talk about the emotional side of the weight loss?

Randy:

It's a very funny story. It's great that you ask that, Dave. One of the funny, interesting things about losing weight and being on this journey, no pun intended, but when you're your heaviest people say, "Man, I like that shirt. You look good, man." Then when you're at your thinnest, they go, "Man, you look great." It's like, "Wait a minute. Were you lying to me when I was 315 pounds, fool?"

Dave:

Yup. They're lying.

Randy:

You lied to me. You were telling me some untruths, so I said to myself, "Aha. You know what? I got to pay this forward because I didn't realize that them telling me I looked good when I was heavy and telling me I looked good when I was light, lighter weight was exactly what I didn't want to hear because you were lying to me the whole time. Why didn't you tap me on the shoulder and say, "Bro. Listen, man. I know you're struggling here, but you need to get it together. Don't do that, or do this." Probably because I wouldn't listen at the time, so I said to myself, "I got to get successful with this and pay it forward because a lot of people just like me." It's like the whole COVID thing. Everybody thinks it's going to happen to somebody else and not them. Hey, it happened to me. I'm a celebrity. It happened to me.

Dave:

Oh, you got COVID?

Randy:

No, but I'm saying I have type 2 diabetes.

Dave:

Oh, you got obesity. Okay. Got it. I was like, "Whoa."

Randy:

And I was 358 pounds, so it's like, "Hang on. Come on."

Dave:

It sneaks up on you a little bit. I know when I was fat, I started getting fat as a teenager. I had that same emotional eating thing going on. You're hungry, you're lonely, and all that. You don't want to face it. Yeah, the personal side of the food screaming, you had to eat it, you decide to eat it, then you feel ashamed about it. Then your friends all say, "Oh, you look fine." I never had a friend who pulled me aside and said, "Actually, Dave. You look like shit and you ..."

Randy:

Right. You look terrible.

Dave:

"You got some problems here."

Randy:

Right.

Dave:

I'm thinking back, just recently. I have another friend and I've been coaching him on health. He's financially extremely successful guy, and he's pretty chubby, I will say. He told himself, "Yeah, I'm doing good. I'm doing good," but he's not really. I kind of politely nudge him. One of our other close mutual friends, these guys are both Jewish, walks up to her and goes. "I got four words for you: fat, rich, dead, Jew."

Randy:

Wow. Wow.

Dave:

That's the worst thing I've ever heard, but it was the best thing I ever heard because, you know what? It got his attention and that guy has lost 25 pounds. He finally got serious about it. He's reversing his pre-diabetes. All that because he had one friend who was willing to just call it like it was. I'm kind of ashamed to say it wasn't me. I mean, I was helping him, but I didn't just be like, "Pull the ripcord. It's an emergency." Did you have one friend like that?

Randy:

I didn't have a friend like that, but my doctor was really that friend.

Dave:

Okay.

Randy:

He said, "Listen." I'm in the emergency room. My blood sugar is over 500.

Dave:

Oh, you were serious.

Randy:

"You have a disease that's incurable, but you can manage it. But you must finally now get it together or you could die soon." Okay.

Dave:

Wow. That'll get your attention.

Randy:

Okay, so yeah. Wait a minute. Hang on a minute. Huh? It's incurable. There's no cure. It's incurable. There's no cure. Wow.

Dave:

Now, do you still believe that 17 years later, that there's no cure for it?

Randy:

I know there's no cure but you can manage it. Losing the weight and getting the healthy lifestyle can seriously help to reverse some of the effects. There's still no cure. I had to go-

Dave:

Is your blood sugar fully under control and all that, or is it still-

Randy:

Yeah. Yeah, yeah, yeah.

Dave:

Okay.

Randy:

But I could go out today and eat a pack of donuts and I'm off the Richter. I'm back to 500.

Dave:

Okay, and you still go up to 500, so your metabolism isn't fixed, but you eat right, so it's not a problem.

Randy:

You eat right. You've lost a lot of weight. It helps you tremendously, but there's seriously no cure.

Dave:

It's interesting.

Randy:

Why there's no cure? I mean, there's no cure for a lot of things. We don't even have a COVID vaccine yet.

Dave:

Oh, that might take a while. On the diabetes front, I've written a few books about metabolism and all that. I've seen a bunch of people. I was considered pre-diabetic, in that my fasting blood sugar now is about 23, 24. It was somewhere around 125, 130. I don't even know what the spikes were, but when you're that young, it's not so good. The doctor said, "You're pre-diabetic," because I think it had to be 130 or something. Whatever. I was two points away from being diabetic.

Randy:

Right.

Dave:

And I don't have any. My fasting blood sugar's 87 and I have high glucose tolerance and I have normal insulin resistance and all that, but it took a whole remodeling of my cellular function to do it, so I sort of feel like there's no medical cure for type 2 diabetes, but there's metabolic cures where you could take someone who ... I can eat a bunch of sugar. My blood sugar will hit 180 for two hours, then it'll drop again. I'm like, "Okay. I can manage that. That's not bad." Right?

Randy:

Right.

Dave:

That's the worst thing you could possibly eat. But man, when I was 300 pounds, I don't know where it would've gone. It would've been bad. I wonder if the definition of a cure is so gray zone that if we were to have you do all the right stuff for a while, whether you actually would be able to eat the sugar without having a crazy spike, you still shouldn't eat the sugar. No question about it. I just wonder, do you think you could ...

Randy:

Well, the weight loss helps, Dave. It really, tremendously helps. That's why I Multi-GI 5 at Unify Health Labs, there's some things in there that slightly curb the appetite. They're all natural, but that's part of the key. We get into the biome health and the gut health, and the health of it all. Everything starts in the gut, but that appetite suppressant, if you will, using all natural elements definitely helps.

Dave:

It really does make a difference. You mentioned Unify Health Labs, which is the new health company that you started. Clearly, having had a big surgery there, you know a lot about healing it.

Randy:

Yeah.

Dave:

What did you decide to focus on with Unify?

Randy:

I thought to myself that gut health is the new wealth. With the gut, you can do anything. Every disease, everything that happens starts in the gut. You just talked about the metabolic thing being diabetic, hey, it's all in the gut. It starts there. What you're putting in, how it's digested, what it does, how it goes into your blood sugar is a big part of the issue. If we can get that balance, we got a fighting chance. We got a fighting chance to lose weight, we got a fighting chance to control insulin resistance. We've got a fighting chance for everything.

For me, I learned that's why they call it gastric bypass. Some people say it should've been called mind bypass along with gastric, but there's no surgery for the mind just yet, but that's the behavioral psychology methods that help. I went in what I knew. Doctor Strange started with gastric, so I go, "This is it. Gut is everything. We start there, we got a fighting chance."

Dave:

Unify Health is making, what is it, probiotics, prebiotics? Kind of walk me through what you're focusing on.

Randy:

It's a formula with Multi-GI 5. It has every possible pro, pre in it, and it's got the right amount. One of the things with this line, I have a series of doctors, a series of people that helped me build a better ... A team that I put together is that the average person has 50 bottles of bile on their counter in the kitchen, a bathroom of the 90 vitamins they should take a day. I wanted to take the guesswork out because you see these things. I need 500 billion things of this pro and then 200 billion of pre. More is better, more is better. You don't even know. You have no idea what's better and what's balanced. Part of my formula is just taking the guesswork out. Do this.

Dave:

It makes a big difference because a lot of people get overwhelmed. They get this decision fatigue thing and you wake up in the morning.

Randy:

I did, I did.

Dave:

Which one should I take this morning? Yeah, so how many pills did you take at your max?

Randy:

Man, at one point I think I was taking, I don't know, at one point I think I might've been taking 40.

Dave:

Okay. Now how many do you take?

Randy:

Maybe 12. It's a very interesting time in the study, and also in the healthcare business and what's really going on. I mean, you've done this with your own Bulletproof brand, which is amazing, by the way.

Dave:

Oh, thank you.

Randy:

That MCT oil is a life changer.

Dave:

Thank you. It's interesting too because you've been a vegan, you've been a vegetarian. I've done both of those things as well. I was a raw vegan for quite a while. In fact, Rick Rubin was also a vegan for a long time, and when I interviewed him he was-

Randy:

Yes. Know Rick, love Rick.

Dave:

He was pretty mad when I interviewed him about it. Like, "They told me it was healthy and it made me fat!" He's lost a ton of weight as well. It's interesting. Both of you, though, were very early vegans. I mean, 2003 you had your bypass. Were you vegan before that or after that?

Randy:

No. It was after that because I was trying to figure out what was going to work for me. I see the people all the time. It's really an individual thing. What is going to work for you? Most importantly, what can you stick with and make it a part of your every day, all year, all life decisions? That's really the key. If you must have fish, you're pescatarian. If must have some meat, whatever that is, make sure you're using the healthiest possible alternative.

Dave:

It's a good way to look at it. In fact, right now you described yourself as a flexitarian. What does that mean to you?

Randy:

flexitarian means I'm not going to box myself in through my behavior psychology. If I start telling myself, "No, no, no, no, no." You know what happens?

Dave:

[crosstalk 00:18:39]

Randy:

You start going against it. You're going to get pissed off and you're going to do a whole bunch of it. I try and condition my mind to say, "Hey, you're at a birthday party. Everybody's having birthday cake. You're going to have a small, tiny sliver." And you checked your blood sugar after you adhere and do whatever you need to do, make it a substitution, but I'm starving. I need a burger. Maybe I can have the tiniest burger ever made, or I want to be vegan today. Be vegan today. I want to be vegetarian tomorrow. Do that. I want to go on a fast with just shakes and protein. Do that. I want to drink Bulletproof coffee all

day. Do that. Whatever it is, don't get stuck because the thing about getting stuck, that's the danger zone. Once you get stuck, you're playing tricks with your emotions and your mindset. These are the culprits of a serious downfall about to happen.

Dave:

Your explanation there, where being flexible makes you stronger, it's so true. It sort of makes me mad. The modern parts of keto, the Bulletproof diet first came out, the blog first came out, there was a little bump on Google trends around keto and it slowly starts climbing afterward. I learned about keto from Robert Atkins. His book came out the year I was born in 1972.

Randy:

Yeah.

Dave:

I have the first edition of the book to remind me. All I needed to know to stay thin was known by humans before I was born, just the information wasn't easy to find. It wasn't distributed, so I'm like, "Maybe I could help some people who were like I was." The problem was on Atkins, which is keto, what today I love to [inaudible 00:20:23]. Dirty keto is what I call it. If you ever eat a carb again, you're a bad person. But you can eat fried whatever and you can eat crap protein and you can eat fake sweeteners and sugar and you'll be fine. No, you won't. You'll lose 50 of the 100 pounds, the way I did. Then the rest of it sticks around because you're still not healthy, then your metabolism gets broken.

That's the opposite of flexitarian. "Never eat a carb again." Then I became a vegan. Am I never going to eat anything cooked again? Am I never going to eat anything from an animal again? I got stuck and not flexible. What happens then? Well, you get plant toxin build up and your teeth get fragile and you get cold and all that bad stuff. You got to ride the waves, do the cycles. That's the flexibility you're talking about, so I love the way you describe it.

Randy:

Because in that behavioral modification science or psychology, you have to be really mindful, big word, of what you're telling yourself. Am I telling myself the truth? Am I lying to myself? If I'm lying to myself, you know what's going to happen? What do they say to the little kid? Mom says don't put your hand in the fire, you're going to get burned? Next thing you know, "Wah!" They put their hand in the fire. Just remember, this is children doing this. Adults, if I tell you no, first chance you get, you're going to do it. That's part of that behavioral trick. You have to really be careful about what you're telling yourself. If I allow myself, if I say, "Listen, Randy, be flexible. You can have everything you want." I call my diet the morsel diet. Have whatever you want, but have a morsel of it. Don't go overboard, that way I'm not denying myself. That way I don't think I'm going without.

Dave:

It's like you never have that sense of starving or deprivation, which is a big thing.

Randy:

Exactly. I approach every day, which is weird, probably, to some, but I approach every day, especially living in LA, "Today what am I going to eat? I feel like I want jelly. Nah, I feel like I want sushi. Nah, I feel like I want Thai. Nah, I feel like I want Indian. Nah, I want some burgers. No, I want ..." I approach every

day thinking, "What do you want to have?" I want to go to Crossroads with my friend [Chef Tall 00:22:47]. Whatever. Whatever it is.

Dave:

You don't get just massive cravings from some foods versus others, or it's the same for everything?

Randy:

I do, but those things, that's what I have.

Dave:

Got it. You do it anyway. I was working out with my kids. They're like, "You know what, Daddy, I can't have that." I go, "No, hold on a second here. You can have that. You just have to deal with the consequences of having that."

Randy:

Exactly.

Dave:

Then they're like, "I actually don't want that."

Randy:

That's the key. That's the key.

Dave:

It's the can. You always can, it just might not be worth the cost.

Randy:

Yeah.

Dave:

Okay. I love that a lot, but okay, I've been backstage at enough events and Tony Robbins and TV stages and stuff like that. Nowhere near like you have, but I know about Crafty and all the junk food that's out there. What do your fellow stars, musicians, what do they say when they're going out to dinner with you, when you're backstage and you're eating a grape or doing whatever it is you decide to do? What kind of feedback do you get?

Randy:

You get really good feedback and I think everybody in LA is trying to be more mindful and more cautious about what they eat. I mean, look. This is a healthy city. It's a crazy, wild city. The industry is absolutely insane, but it should be because the public's vicariously living through these stars. I think everyone's sort of mindful, but they say to me, "God, listen. You done great. You've kept it off because ..."

And now, a turn of events, that makes me feel proud. That fuels my commitment more because I've done something for myself, with myself, by myself. It's a lot of struggle, lot of hard work, and I've achieved success with it. I mean, I love going to restaurants. This is a social town. That's what I'm saying,

the flexitarian thing. How are you going to go to a restaurant and go, "Well, I can't eat this. I can't eat that." So you can't eat anything on the menu, so you're now emotionally depressed. You don't think you are, but you are getting there.

Dave:

Or you're just fasting today.

Randy:

Yeah. "Oh, I hate this diet." Why are you on it? "Well, I ..." Now I can live. Let me live my life.

Dave:

That's beautiful. Do you ever go in and just modify the menu at a restaurant, or you just go?

Randy:

Always.

Dave:

Okay. You just say, "Give me this, don't give me that."

Randy:

Yeah, always.

Dave:

That's in LA. If you don't do that, you're probably not cool.

Randy:

Yeah, always. I mean, listen. That's up to you. That's your prerogative. You can certainly definitely always do that.

Dave:

Now, you talked about just hard work. I feel like I've gotten to a point where I don't feel like I'm working hard to stay as lean as I am. I'm around 10 and 11% body fat depending on the day of the week and whatever else.

Randy:

Wow.

Dave:

I mean, in fact that actually is less than a lot of the health guru types I know. I eat, I fast sometimes, I eat sometimes. I live on a farm, so all my food's grown on my farm. I used to live high on the hog. I actually raised the hog I'm living high on. I'm okay with that.

Randy:

I love that.

Dave:

It's like I'm never hungry and I feel like I'm eating all the stuff that I want, and it's almost ... I don't want to say become boring, but I can fast for three days. The second day I'm like, "I'm a little hungry. I'll just toss a little bit of Bulletproof Coffee back." The hunger goes away, and then I'm not hungry for the rest of the time. I feel almost a sense of mastery here where I can sit down and I can say, "I'm just not going to eat that because it's not going to serve me right now, but I don't feel the pain from it."

I realize how weird that is compared to almost anyone's reality. Then I go down to LA, and if I go to one of those restaurants and say, "I'm going to be a flexitarian today. I'm going to eat that thing." I know if I take one bite of that thing made with bell peppers and gluten or whatever, I'm going to be one pant size bigger the next day and I'm going to be really hungry, like really hungry, and I'm probably going to yell at someone, which I work to not do. You don't have that effect? Are you just so self-masterful that even if you eat something that's maybe not so good for you you don't get cranky?

Randy:

I know the consequences, and remember, Dave ...

Dave:

Wow, so you're really into self-control.

Randy:

... you've done something pretty amazing. You described fasting, what you're doing every day, the hog, the farm. You described the ultimate flexitarian. But along with that comes, once again, I keep saying this word, the behavioral shift in your thinking. Once again, I keep saying this word, the behavioral shift in your thinking. Okay, you mention with your kids, guess what, Dave? If you do not go out and have a donut, we know what's going to happen.

Dave:

Yeah.

Randy:

Remember, it's choices. Do I want to come down from that and crash, be angry, get anxiety, be mad at myself therefore mad at everyone else for something I did, so that's what I'm saying. You have to change the way you look at it or none of it's going to work long-term. If you want long-term success, you have to change the way you look at it. That was my whole thing about taking the guesswork out. I'm in Unify Health Labs. I'm giving you something, if you do this, you've already said to me you've made a choice. That choice is you're trying now to really be healthy. If I can keep you thinking on this wavering, you can win. But if I get you backsliding going, "Give me the gluten. Give me all the whatever, whatever," and I beat myself up after I do it, I haven't learned anything.

Dave:

Do you feel like Unify Health helped you to stop the cravings? Do you crave less when you go out and eat something like that.

Randy:

Yes.

Dave:

That's a big thing. When one guy used to weigh 300 pounds talks about how he used to weight 358 pounds, we know cravings. But we know cravings way beyond what those dumb thin people think is a craving.

Randy:

Yeah, we really do.

Dave:

I'm sorry, man.

Randy:

You and I really do, bro.

Dave:

It's hard to express the difference, but the craving where you think you're going to die if you don't eat something and your body really believes it. I think when your metabolism's dysregulated, it's so intense. I can tell just from the way you're talking about it, you felt it in a visceral way. If you can build something like your Unify Health that turns off that, if it works for you and for me, it works for normal people who've never been obese way better because we're extreme cases, both of us. Hats off for making something like that that can give people more flexibility in their diet and just make their guts work.

One of the things that I did along the journey that you'll think is ridiculous, I was so desperate to fix my gut sometime in the late '90s. I not only was fat all the time, my brain was all over the place, and I was just ... You didn't want to be in the same room as me after lunch, we'll just put it that way, which is hard in [crosstalk 00:30:06]. I had some serious trouble there. If you worked with me back then, back at EXO Communications, company that helped Google's first servers, I apologize. It was me.

Anyway, I bought this pill from Russia. It was an electrical stimulator pill. It was two metal electrodes, a little battery all stuck together, and you swallowed it, and it was supposed to stimulate your gut to make your gut stronger. This thing, it goes in there and they say, "It'll come out in about 24 hours. Don't worry." Every five seconds it's like, "Zzz, zzz." It's to increase peristalsis. The writing on the package is in Russian and I found it in Alta Vista because Google didn't exist yet or whatever.

Randy:

Right. [crosstalk 00:30:47]

Dave:

I'm sitting there and I'm in a meeting. I'm like, "Oh, god. It's stuck on my left nerves. My left leg is kicking every five seconds and it's starting to hurt." I get up and I'm jumping up and down. I'm lying on my side. I'm trying to get this thing to move around. Fortunately, it did finally come out. But that level of desperation to fix your gut when your gut doesn't work, when you're heavy and you're just tired of whatever's going on there, it's just not good. I would rather-

Randy:

You don't feel good.

Dave:

No!

Randy:

You want to feel better. You'll take anything. You'll do anything. But, Dave, will you change your mindset? I'll do anything physically, I'll try anything. That's why the shakes and the bars work for people. Tell me what to eat. I'll just do this.

Dave:

Yeah.

Randy:

Yeah, but you haven't changed that mind, and the mind control is huge, Dave.

Dave:

It really makes a difference because you got to get mind control, but also having the physical stuff really I think helps, and to be able to put together supplements, foods, the powders that take away some of the craving like that, I would've been so happy to have something like that because if you're desperate enough to swallow some weird Russian electrical device because that's not working, I'm pretty sure ...

Randy:

That's the most bizarre thing I've ever heard, Dave. This so wild, bro.

Dave:

They call me a biohacker for a reason.

Randy:

That's Dave, people.

Dave:

I don't recommend that, by the way. That was not necessary, but at the time it sounded like a good plan. I would just say I remember the feeling of desperation, the willingness to do anything. When you're fat, every time you look in the mirror, you have that sense of desperation, but you don't know what to do.

Randy:

Yeah.

Dave:

To your point earlier, so you put together some really cool stuff to allow people to have more flexibility so their gut works better. I just swallowed that stuff in a minute when I was having those feelings, so I think it's noteworthy. I also think it's noteworthy that you're coming out and saying, "Look, I'm this big deal in the music industry, TV and all that stuff. All right, this happened to me." If it can happen to you, it's happened to you-

Randy:

It can happen to everybody.

Dave:

Crazy numbers of people.

Randy:

Yeah.

Dave:

There's something else, too. Because I study metabolism, and I just had a, from the DNA company, I had a guest on, Mansoor Mohammed, my favorite genetics guy ever. We talked about the incidence of heart disease and diabetes based on gender, based on age, and based on just where your people are from. It's totally not evenly distributed. Right?

Randy:

No.

Dave:

Which is fascinating to me because we never talk about that. You probably would've been at a higher risk for type 2 diabetes, just on average. It turns out there's a genetic component to it that's separate from the socioeconomic side because you solved the socioeconomic side. You can eat wherever you want.

Randy:

Right, exactly.

Dave:

You probably had a higher risk there, but no one told you that. Then Mansoor looks at me and goes, "Dave, I hate to tell you, you're in the 7% highest risk factor, the same as I think it was around 60% of African-Americans." I have the genetic mutation there that makes me at the highest risk for the same thing. You know I also weigh 300 pounds. I feel like it's hackable. It's hackable at the genetic level, but the word never gets out. You put together something that works. You're like, "All right. I'm going to put myself out as an example of someone who's hyper successful, had emotional issues with food, had physical issues with food." You hacked the emotional stuff, you hacked the physical stuff. Now you're an example for everyone. Do you feel like-

Randy:

Well, Dave. Dave, you just came up with something you and I should do together.

Dave:

Oh, what's that?

Randy:

We with Mohammed should create a genetics pill. That's like light on the CRISPR thing that changes you when you turn 21 or something. Dude, come on. Let's come up with some genetics pill.

Dave:

All right. I'll hook you up with the DNA Company. I'm one of their advisors. I'm an investor in the company, and it's the best functional genetics I've ever seen because they were able to look at this and say, "Here's what's going on." I was one of the early guys to have my whole genome sequenced. They told me, "You have a 2% higher risk if you don't do anything." Or I have the caveman mutation for less back hair from the Neanderthals. That was also a [inaudible 00:34:57]. You're like, "What do you do with this stuff? Who cares?"

Randy:

Wow.

Dave:

To be able to say, "You should change your diet this way, you should eat these kinds of things, you should manage your gut more carefully, okay, that's really important." Then for your to make it accessible, like you are with Unify, I don't know, I have an extra ... I'm not expressing it very well, but I have an extra feeling of respect because you were so big and the path that you've been down, and it also takes some level of either courage, humility or masochism to hold yourself up, having been so large and so unhealthy as a health idol. I mean, I got all kinds of shit for that when I did this. Do you find that people are coming after you saying, "Hey, you don't know what you're talking about"? Sort of like the weight loss trolls that are always out there. Do you get a lot of that, or they just don't bother you?

Randy:

In the beginning, I did. But 17 years later, it's hard to get that now because I've kept it off. I've done the work, so I think in the beginning, though, it was tough because people were coming at you, "Yeah, whatever. Yeah, you did this. Yeah, you did that." But I would say to them, "Gastric's no cure. It's only a jumpstart. Not a cure." I mean, over 50% of people gain all the weight back and even more. What? I mean, you know, yeah. So now, thank God, I'm able to do this and show the proof of concept that it really works.

Dave:

Well, if you can be living proof for 17 years, I guess the trolls do go away. A lot of the trolls went away for me as well, but it took a long time. It's kind of like those friends we talked about earlier. They say, "Oh, you look great." And you don't really look that good. Then you lose weight and then they say, "Oh, you lost too much weight. You don't look healthy. Here, have a banana split." Did you get some of those too?

Randy:

Of course. You know, that's big in the South. "Man, you looking mighty slim. You want to eat some pie?" Actually, no.

Dave:

Right.

Randy:

No. Actually, I don't. Because you know, remember, the way that they're looking at their lives is the way they look at you.

Dave:

Right.

Randy:

So they can't differentiate you from them and say, "Well, you've made a choice to be healthier." See, because we've got to get in people's minds the notion of healthier means healthier, not healthier and fat. Because there's a sort of thing as fat healthy, people think, but it's not true.

Dave:

I believe it's not true either, that the data's too strong there. There's a difference between nourishing and eating. Did you learn the difference at any one time, or did it just eventually emerge for you?

Randy:

No, I mean I learned that two years that I spent after the gastric, I learned that because I adopted what I call the grazing method because for myself I go, "Listen. I never, ever want to go so hungry that I literally lose my mind," which is what most people do. They go eight, 10 hours without consuming anything and you get the phrase, "God, I'm starving. I could eat a horse. Where's the horse?" And you try and sit there and eat it. For a minute, you feel satiated, but then you feel like crap after when you go, "Why did I do that?" The cycle just repeats and repeats and repeats until it becomes habitual. Yeah, I said I'm not going back that other way. I know what that is. I know what those lessons are. I've done this before. Time for a complete divorce from anything I was doing before because it didn't work for me.

Dave:

A whole thing that didn't work for me is the motivating factor, for most people listening to the show who self-identify as biohackers, certainly it was for me. I think for everyone's who's hit that certain weight saying, "You know what? I did what they told me. Sure, maybe sometimes I had some pie or whatever, but I'm trying and it just doesn't work." You get kind of pissed off and then you do something, and then you did something and you did it for 17 years. Now, I think you've earned your stripes there, just like you did in the music businesses as well.

Randy:

Dave, the truth is you have to really get it habitual in your body, in your mind, in your soul. The soul of eating is real. Listen, if I'm paying attention, my first thought, "Is that going to serve me or is that going to be against me?" I got to start thinking that way. Is that going to make me feel good?

Dave:

Okay.

Randy:

Maybe for five minutes, but I'm going to come crashing down with that Snickers bar, lower than I ever was. If I want sustained energy throughout the day, I need to become a grazer. If not, I'm going to go up

and down like a yo yo. That's going to change my body stealing. That's going to change my mindset and going to also change my emotions. Ah, so we've stumbled upon something. Eating, biome gut health, brain; all connected. I see it, therefore I want it. But then in my eyes as I see I go, "But that's going to make me feel like crap in an hour. Do I want to feel like crap for an hour?" This is the choice. Life is really about choices. I'll often say to people, "If you don't like where you are or the way you feel, consult the choices you have made." Not my fault, it's not Dave's fault. You aren't making the right choices.

Dave:

I love it.

Randy:

Choose to make the right choice. What a concept.

Dave:

I love the way you're putting that, so for people listening who just feel like they don't have a choice, well, you've got a former 358 pound guy who did it and won. I'd be remiss if I didn't ask you a couple questions about the music business because you're well known for that and I'm so curious.

Randy:

Of course, of course, of course, of course. We love music. Music's my life.

Dave:

I'm looking at the list of people you've worked with. Jerry Garcia, Billy Joel, Bob Dylan, Aretha Franklin, Madonna. What is one of the most memorable recording things you've ever done? I mean, Shep Gordon had all these crazy stories about stuff in the '60s, but what's a story that just stands out, you're like, "I can't believe that happened"?

Randy:

Just quickly off the top, I mean there's so many Journey stories of playing Calaveras County fairgrounds, a huge festival. 100,000 people singing the lyric to every song. You go, "Wow. This is what it's really like to really be accepted for all that you poured in, all the music, all the whatever. People really get you and really accept you." I mean the studio in Detroit, God rest his soul, with Aretha, with Whoopi Goldberg, Keith Richards, Ronnie Woods, Steve Jordan, myself, Chuck Labelle, Steve Lilywhite, producer, engineer. We're recording Jumping Jack Flash, a new version, for the movie Jumping Jack Flash.

Aretha sang it. Just being in there with her and seeing her process, and it's like one take. Her doing all of her homework before she went into the studio, and just all the guys and just seeing the joy and just being in that process of sheer greats and sheer greatness, you just go, "God, thank you. These moments are just everything." Because I think all those legends have a process and they don't take it for granted. They're great because they're great in their preparedness, great in who they are, and great in the way they think and approach their sound and their music.

Dave:

Do you feel accepted?

Randy:

Jerry Garcia was as much of a scientist as he was a musician.

Dave:

Wow.

Randy:

This guy was always hanging out with the high science guys. I mean, amazing human.

Dave:

Do you feel accepted now all the time?

Randy:

Yes. I don't look at it that way anymore.

Dave:

Ah, okay. You should. You were a much younger man on stage in front of 100,000 people.

Randy:

I was a much younger man. I look at now, have I accepted myself, Dave?

Dave:

Yeah.

Randy:

Have I accepted who I am? Because I feel like in life and I feel like in every struggle that people go through, most of the world and most of the people have no idea who they are, and they haven't accepted who they are. Therein lies the problem. So I say to every artist that I meet, "I don't want to manage who you think you are or who you think you want to be. I only want to F with who you actually are. If you don't know, I don't know." Bob Dylan knows who he is. Bruce Springsteen knows who he is. Madonna knows. These people, Aretha, they've all accepted, "This is who I am. I don't give a shit who thinks what. This is who I am." Wow. What a concept. Why wouldn't we accept who we are?

Now, that doesn't mean you can't change it or alter it. It's just the soul of the human. We're not talking about all of your other choices. We're not talking about the choices you've made in your everyday life or whatever. "I choose to eat here, I choose to go there. These are my friends." None of that, but who are you? There's a good song by The Who called Who Are You? I really want to know. Hello?

Dave:

How old were you when you got to that point?

Randy:

Great question, Dave. I was a little bit older. The dog had to go through a whole bunch of trials and tribulations to get there, brother. Look, I arrived, Dave. That's the most important part.

Dave:

You did.

Randy:

I got there, brother. It's just me. Listen. Honestly, it took me a long time, but man. I'm glad I'm here. I mean, thank God I'm here, bro.

Dave:

I'm glad you're here too. Just by sharing that, there's a lot of people listening to this show who are working on that same process, and I mean you're up on Idol, on American Idol there. Really, and so you did the work but it took you a while. You had lots of resources and time and 100,000 people singing along with you. It's all right if it takes someone else some time, right?

Randy:

Lots of help, and the most important thing, a lot of nos.

Dave:

Tell me about nos. What are most important?

Randy:

Because those are the things that inform you. Your family, and I would say other people. Your family, all your friends, your loved ones, they love you. Oh my god, Dave. You're incredible. Okay. Let's peel that back a little bit. Is Dave actually incredible? Dave has the potential to be, but he's not there yet. Are you guys lying to him exactly like you were lying to fat Dave? "My god, you look great. Those shoes are amazing on you." Then Dave loses all the weight and you're like, "My god, you look great." Okay, which lie am I believing? Is it before, after?

Remember, the nos say, "I don't like that." I go, "Why don't you like that?" There's a producer and the record producer are maker of TV shows, or producer of any kind, or produce of supplements like I do at Unify, like you do at Bulletproof. You show it to the public. Do you like it? They go, "Eh, it's cool. I don't know, Dave, Randy." You turn it a little bit and go, "What about there?" "Nah, it's a little better but I still can't really see it." Until you finally find an angle that they go, "That's it." That's what you're doing in your everyday life. That's it.

Because the nos are really probably the most guttural, honest thing you can build on. Your family always loves you. Your farm animals, they love you man, because you love them. You know what I'm saying? I mean, listen. They get mad at you, but they still love you unconditionally. Are you listening to the nos? Not whether you believe it or not, why are they saying that and what are they seeing that you're not?

Dave:

Whoa. Wow. Go for the nos. It's funny you mention that. I just recorded an episode called Never Take Yes for an Answer.

Randy:

Exactly, exactly.

Dave:

Because his whole advice was if someone gives you a compliment say, "How dare you? Tell me something real." Which is a little aggressive, but also ... Man, I wish I'd had done that a lot more, and have been willing as a human being and ready to hear it because sometimes you don't want to hear it.

Randy:

Not to cut you off, but I think the answer to that is, "Okay, yes. Thank you, but what could be better?"

Dave:

Yeah. Yeah.

Randy:

And ask the question, "How do you really see me?" Give them a chance to say, "Well, I said yes, but really you're 85 pounds overweight. Your head is huge." I mean, whatever it is. Whatever it is. "Your talent's not what you think it is. Your ego's out of control. You're a nasty, angry person." What's really going on? What's really eating at you? Tell me about your childhood. It's almost like therapy. We're back to that day. It's almost like therapy.

Dave:

It is.

Randy:

Tell me about your life. Who are your friends? You didn't really like, you didn't even like them.

Dave:

Wow.

Randy:

Wow. You're hanging out with them because they accept you. Are you living a dream, are you living in reality? I always say that to people. I don't like fantasy. I only like reality. That's the only thing we can build on and count on. Fantasy's just some bullshit. It doesn't exist for a reason. It's not real. Hello?

Dave:

You've clearly done your work. You've accumulated a lifetime of mastery in multiple subjects. I'm going to say mastery over yourself, over your biology, over your weight, over your emotions, and a certain level of mastery in the music business and all that stuff. What's left?

Randy:

Listen. Every day, there's always new things to triumph. I think in this lifetime, you want to be all that you can be and you want to achieve everything you can. There's all the things I'm working on in the TV space, other things I'm working on in the music space because I feel the responsibility for us, Dave, the people that are allowed to have the wisdom to see further down the road also have the responsibility to continue moving the ball down the road.

Dave:

Yeah.

Randy:

Because you know what others can't see yet, and I use that yet. Hopefully they will, but we have to keep moving the ball. Exactly what you're doing with Bulletproof with the butter coffee thing, the drink. Exactly what I'm doing with Unify Health Labs, exactly what we do with TV shows, exactly what we do with music, exactly what we do with movies: continue to move the ball down the road because you can see further down the road than those that can't see down the road yet. That's your responsibility to pay it forward, which is what you do with your show, which is what I do, which is what we do, and who we really are.

Dave:

Wow. You called it out, man. The people who can see the future have to build it, and not everyone can. It's a different state.

Randy:

They're not supposed to, Dave. We've been allowed. We've been granted the wisdom. We've done the work, but man. What are we doing to help it? Hello?

Dave:

I'm really happy we got a chance to connect and a chance to chat about your newest thing to move from music and TV, not that you've really left them. You're still doing that, but to focus on Unify Health Labs for a while to bring that gut health in after 17 years of earning your stripes that way on top of all the other stuff. I think it's fascinating and amazing. One of my biggest goals on the show is I want to keep learning and learn from the masters. When I hear the way you've mastered what's going on in your mind, in your psychology, your spiritual side, on top of what you've done in your career, I've picked up some good stuff from this. Thank you for sharing and helping to illuminate the future with music, TV, food, supplements, the whole world. Keep doing it, man. It's inspiring to me and I'm truly grateful for you.

Randy:

Thank you for having me, Dave, and I appreciate the kind words, brother. Let's continue the fight, man. The struggle is real. Let's continue to educate, put wisdom out there and try and help move the ball further and just help people move further in their lives. Healthy. Healthy, healthy. That's the new wealth, brother.

Dave:

It's a deal.

Randy:

Thank you, my friend.

Dave:

If you liked today's episode, you know what to do. You should actually check out UnifyHealthLabs.com, which is Randy's new company. If you just Google Randy Jackson, you'll see he's all over the place doing all kinds of cool stuff. He's a wizard. He knows a few things. I'm really grateful he exposed some of the things he might not have talked about before on the show for you today. If you liked the show, leave a review as well. Thank you.