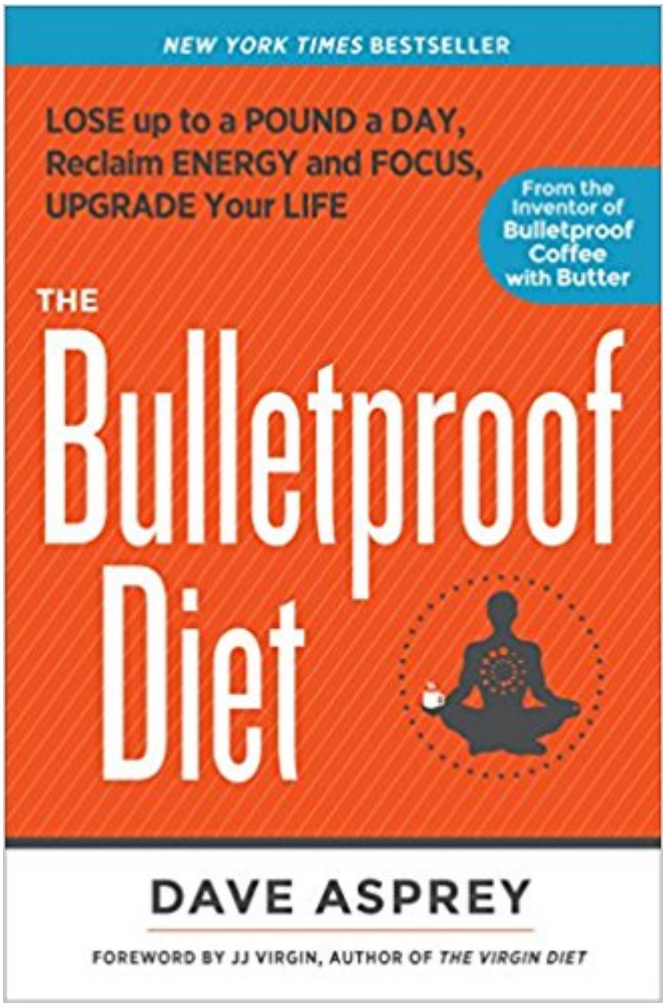
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The Bulletproof Diet: Lose Up To A Pound A Day, Reclaim Energy And Focus, Upgrade Your Life



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Synopsis

In his mid-twenties, Dave Asprey was a successful Silicon Valley multimillionaire. He also weighed 300 pounds, despite the fact that he was doing what doctors recommended: eating 1,800 calories a day and working out 90 minutes a day, six times a week. When his excess fat started causing brain fog and food cravings sapped his energy and willpower, Asprey turned to the same hacking techniques that made his fortune to "hack" his own biology, investing more than $300,000 and 15 years to uncover what was hindering his energy, performance, appearance, and happiness. From private brain EEG facilities to remote monasteries in Tibet, through radioactive brain scans, blood chemistry work, nervous system testing, and more, he explored traditional and alternative technologies to reach his physical and mental prime. The result? The Bulletproof Diet, an anti-inflammatory program for hunger-free, rapid weight loss and peak performance. The Bulletproof Diet will challengeÃ¢â ¬â ¢and changeÃ¢â ¬â ¢the way you think about weight loss and wellness. You will skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out and sleep less, and add smart supplements.In doing so, you'll gain energy, build lean muscle, and watch the pounds melt off. By ditching traditional "diet" thinking, Asprey went from being overweight and sick in his twenties to maintaining a 100-pound weight loss, increasing his IQ, and feeling better than ever in his forties. The Bulletproof Diet is your blueprint to a better life.

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Customer Reviews

Ã¢â ¬Å“Dave Asprey will make you question everything you thought you knew about nutrition and health. His revolutionary advice will truly make you a healthier, better-looking, smarter version of yourself--we can all be Bulletproof like Dave!Ã¢â ¬Â• Ã¢â ¬â ¢Mark Hyman, #1 New York Times

bestselling author of The Blood Sugar SolutionÃ¢â ¬Å“So cutting edge that you may draw blood, The Bulletproof Diet will teach you how to avoid the toxins, enjoy more butter, and have tremendous fun as you get lean.Ã¢â ¬Â• Ã¢â ¬â ¢SARA GOTTFRIED, MD, New York Times bestselling author of The Hormone CureÃ¢â ¬Å“In the high stakes world of peak performance in both the boardroom and locker room, The Bulletproof Diet delivers on the promise of vibrant health, abundant energy, and heightened awareness to knock it out of the park. It should almost be considered an unfair advantage--that's how good it is!Ã¢â ¬Â• Ã¢â ¬â ¢DR. JEFF "CORNERMAN" SPENCER, creator of "The Champion's Blueprint" and 9-time Performance Coach for the Tour de FranceÃ¢â ¬Å“We all know how easy it is to gain weight and get out of shape. By applying the concepts in The Bulletproof Diet, losing weight and getting in shape will be just as easy. Dave has done the research to understand the intricacies of how our diet went wrong, and then shows us a simple process to turn it all around. Let Dave show you how a great body and amazing health are your birthright, not a pipe dream.Ã¢â ¬Â• Ã¢â ¬â ¢DOUG MCGUFF, MD, co-author of Body By Science and President of Ultimate Exercise, Inc.Ã¢â ¬Å“Dave Asprey is a biohacker extraordinaire--The Bulletproof Diet will make you rethink everything you know about food!Ã¢â ¬Â• Ã¢â ¬â ¢STEVEN KOTLER, New York Times bestselling author of Rise of Superman and Abundance and director of research for the Flow Genome ProjectÃ¢â ¬Å“I've searched for years to find a way of eating that would help me on long tours with my band where I need to perform at a high energy level night after night on little sleep. Bulletproof is literally food for performance, and is going to help people lead healthier lives with more physical vitality and more mental clarity.Ã¢â ¬Â• Ã¢â ¬â ¢STEPHAN JENKINS, lead singer, songwriter, and guitarist for Third Eye BlindÃ¢â ¬Å“I need a lot of sustained energy and consistency for my work and Bulletproof always delivers. All the coffee I've tried gives you that crash...except Bulletproof. It has become a way of life for me.Ã¢â ¬Â• Ã¢â ¬â ¢JEREMY PIVEN, actor, producer, and star of Mr. Selfridge and EntourageÃ¢â ¬Å“Today we have the power to measure what works. Dave Asprey uses this new power in his quest to biohack the human body to improve how we think and how we feel. This capacity is groundbreaking and will lead to measurably improve human performance.Ã¢â ¬Â• Ã¢â ¬â ¢PETER H. DIAMANDIS, MD, CEO, XPRIZE Foundation, Executive Chairman, Singularity University, and author, Abundance: The Future Is Better Than You ThinkÃ¢â ¬Å“I thought I knew a lot about health and nutrition, but Dave Asprey introduced me to the real truth about modern food, and most importantly, the beauty of clean, powerful saturated fat.Ã¢â ¬Â• Ã¢â ¬â ¢BRANDON ROUTH, actor and star of "Superman Returns" and "Arrow"Ã¢â ¬Å“Learning to biohack your health is one of the smartest things you can ever do. Dave Asprey is the best person on the planet for showing you how. This fascinating and

easy-to-read book will not only expose harmful dietary misinformation but provide simple and effective solutions so you can finally take control of your health and live life with gusto!Ã¢â ¬Â• Ã¢â ¬â ¢PETER SAGE, International Serial Entrepreneur & Bestselling Author of 5 Keys to Master Your Life

The Bulletproof Way of Life: More Butter,Ã Â Less Exercise,Ã Â Better Sleep, For the Body and BrainÃ Â You Deserve.In his mid-twenties, Dave Asprey was a successful Silicon Valley multi-millionaire. He also weighed 300 pounds, despite the fact that he was doing what doctors recommended: eating 1,800 calories a day and working out 90 minutes a day, six times a week.When his excess fat started causing brain fog and food cravings sapped his energy and willpower, Asprey turned to the same hacking techniques that made his fortune to Ã¢â ¬Å“hackÃ¢â ¬Â• his own biology, investing more than $300,000 and 15 years to uncover what was hindering his energy, performance, appearance, and happiness. From private brain EEG facilities to remote monasteries in Tibet, through radioactive brain scans, blood chemistry work, nervous system testing, and more, he explored traditional and alternative technologies to reach his physical and mental prime. The result? The Bulletproof Diet, an anti-inflammatory programÃ Â for hunger-free, rapid weight loss and peak performance.The Bulletproof Diet will challengeÃ¢â ¬â •and changeÃ¢â ¬â •the way you think about weight loss and wellness. You will skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out and sleep less, and add smart supplements. In doing so, youÃ¢â ¬â„¢ll gain energy, build lean muscle, and watch the pounds melt off. By ditching traditional Ã¢â ¬Å“dietÃ¢â ¬Â• thinking, Asprey went from being overweight and sick in his twenties to maintaining a 100-pound weight loss, increasing his IQ, and feeling better than ever in his forties. The Bulletproof Diet is your blueprint to a better life. --This text refers to the MP3 CD edition.

Being a "biohacker" for decades before ever even hearing that term, I must say the Bulletproof Diet is full of useful information. In fact, using years of dieting trial and error, I came up with my own diet a few years ago that could best be described as a flextarian, lower-fat Bulletproof Diet (combined with a copious amount of walking). In January of 2014, I joined MyFitnessPal. By December 31st of 2014, I had lost 65 pounds. I can personally say that doing this works, even without the extra fat. However, in mid-December of 2014, I purchased and downloaded the Bulletproof Diet audiobook. I decided not to just listen to the book, but to put it to the test. Since I have logged fairly accurately on MFP for well over a year, I will share my experience with higher levels of fat, which honestly did

seem counter-intuitive to me.First, I added grassfed-butter, Bulletproof coffee to my diet almost immediately, drinking it twice a day (using off-the-shelf decaf *gasp*). I also upped the amount of avocado I was eating, and started eating unsweetened, organic coconut twice a day. I also added some coconut/almond butter to my diet and cooking with coconut oil, and since I have been working out more, I'm experimenting with some grass-fed whey protein. By January of 2015, I had more than doubled the amount of fat I was eating. In fact, these items alone added an extra 500 - 600 calories a day to my diet.With the addition of the extra calories, I fully expected to stop losing weight or even gain a little muscle weight, as I swapped from cardio exercise to more strength training (paleo style). However, from January of 2015 to April 2015, I lost another 7 pounds, for a total of 72 pounds since joining MFP.What I did gain was much easier appetite control, a wonderful addition of new flavors, and with some tweaks to the diet, some problems I have had since being a teenager are now healing.With decades of yo-yo weight gain and loss, as I bounced between a somewhat healthy diet and slid back on to the SAD diet (Standard American Diet), I think what I'm doing now will be the one that works for me for the rest of my life. At the age of 46 I'm now a certified yoga instructor, I'm doing easy 9 - 10 minute miles, and consistent 32 minute 5k runs. You know, that all may not sound like much, but it was just a couple of years ago that I looked and felt like the Stay Puft Marshmallow Man.Here are the Bulletproof Diet pros:* Extra fat does indeed satiate appetite and gives you more control over hunger.* Dave Asprey is one of the few people that understands the dangers of too much protein.* Dave Asprey also gets the dangers of vitamin supplementation (or at least approaches it in a more intelligent way).Here are the Bulletproof Diet cons:* The way he pushes his Bulletproof Coffee sounds like a used car salesman in action.* Dave maintains the diet will change your gut bacteria. Bulletproof alone was not enough for me.* I'm really undecided on some of his information about natural toxins/anti-nutrients in food.* Legumes are actually a common item eaten among centenarians. Come on Dave, don't over think it.* The recipe PDF with the audiobook is really heavy on the meat, which contradicts information in his own book.* I think on some level, calories do still matter, even though I totally get the gut bacteria connection.I'm going to say that I think Dave is a genius. That said, there are just a few things that concern me. I really like the way he judges foods by the way they make him feel and/or mental clarity. However, some anti-nutrients do stress your body, and at times this can be beneficial to your health. Go to a popular search engine and look up a wonderful article by Moises Velasquez-Manoff, called "Fruits and Vegetables Are Trying to Kill You, Antioxidant vitamins donÃƒÂ¢Ã â ¬Ã â„¢t stress us like plants doÃƒÂ¢Ã â ¬Ã â •and donÃƒÂ¢Ã â ¬Ã â„¢t have their beneficial effect."While Dave is one of the few people who get the dangers of too much protein, his website takes pot shots at The China

Study, which really has a lot of great information in it, especially about protein. In fact, they do eat rice in China and by in large, they are healthier than Americans. But if you can get past the rice, a lot of classic Chinese dishes are Bulletproof. A big pile of vegetables with a little meat thrown in for just the right amount of protein is about as Bulletproof as you can get.When I designed my diet, I approached it with the knowledge that (less-healthy) Americans eat way more meat than large portions of the (healthier), less-developed world, combined with the fact that I think the paleo people out there also score a lot of points for their information about grains. So I tried to combine the two and come up with a vegetable heavy, lower protein diet that was healthier than the basic paleo diets, which kind of lean toward bacon, wrapped in bacon, and served on a side of steak with a slab of butter on it for good measure. So in that respect, I do think it is unfortunate that Dave's own recipe PDF seems to contradict information from his book.Keep in mind, in the study of the !Kung San (a San people living in the Kalahari Desert in Namibia, Botswana and in Angola, and who genetically trace back to the beginnings of modern humans) anthropologist Richard Borshay Lee found these hunter-gatherers to get some 60 to 70 percent of their food from plants they gather, and 30 to 40 percent from meat obtained by hunting.Indeed, an honest look at healthy populations all over the world will find a similar pattern of eating. As Dr. Dave Perlmutter M.D., pointed out in his book, Brain Maker, "Far too often people think a low-carb diet is all about eating copious amounts of meat and other sources of protein. On the contrary, an ideal plate in the Brain Maker protocol is a sizable portion of vegetables (two-thirds of your plate) and about 3 to 4 ounces of protein. Meat and animal products should be a side dish, not a main course." (Amazingly, that sounds a lot like diets in Asian countries).And finally, Dave maintains that if you eat the Bulletproof Diet, your gut bacteria will change to good bacteria without the use of probiotics. With all the list of benefits that I can attribute to going Bulletproof, having battled with eczema, psoriasis, dandruff, and/or fungal/candida symptoms for a large portion of my life, it was only when I tweaked the Bulletproof Diet to include the Skinny Gut Diet, did I start to get relief from these issues. I highly recommend, "The Skinny Gut Diet: Balance Your Digestive System for Permanent Weight Loss," by Brenda Watson C.N.C. and Leonard Smith M.D.Basically, The Skinny Gut Diet is Bulletproof, with the addition of fermented foods with every meal and probiotics. In the past, I've put some corporate exec's kids through college buying creams and ointments and probiotics that didn't work. It was only when I combined everything -- diet, exercise, weight loss, healthy fats, and fermented foods/probiotics -- that I finally saw the results I have been looking for my whole life.I would like to recommend a few books that go very well with Bulletproof:Go Wild: Free Your Body and Mind from the Afflictions of Civilization, by John J. Ratey and Richard ManningMissing Microbes: How the Overuse of Antibiotics Is Fueling

Our Modern Plagues by Martin J. BlaserBrain Maker: The Power of Gut Microbes to Heal and Protect Your BrainÃƒÂ¢Ã â ¬Ã â œfor Life

Don’t let the 4-star review sound overly critical. Buy this book and use it. There is a lot of incredible information in this.I have followed Asprey’s advice from his podcasts and other materials, and this book is 100% in line with that. I’m writing this review after having read the book to make certain there was nothing contradicting the "bulletproof diet" plan I was already on. Long story short, it’s all here.The Good:Dave’s diet plan does one thing incredibly well -- it highlights the critical need for GOOD FATS!!! Good fat like grass-fed butter, ghee, and coconut oil (as well as avocado) is absolutely necessary to good health of the mind and body.The "don’t eat" list is pretty standard fare but accurate.Dave also breaks things down into very understandable terms and gives actionable advice. If you read copious amounts of cutting-edge health info, Dave’s work is on-target and a much needed contribution. The more this info gets out there, the better. Dave would probably be the first to say he isn’t the peddler of anything unique other than perhaps the coffee (I’d heard of using coconut oil in coffee pre-Dave, but not butter), but he’s making the information more accessible and deserves to be lauded for that.The Not-so-AwesomeThe diet may be bulletproof, but it isn’t a silver bullet (because no such thing exists). I would appreciate a section called "If this diet doesn’t work for you, then...". Dave’s advice regarding proper fats will correct most hormonal issues long-term, but there will be some people for whom this will not work or who will not have it work as well as it could. Finding a good endocrinologist may be necessary for you if you aren’t getting good results. Especially if you are a female -- guys get a genetic leg-up with our hormones, and while it’s not fair, if this plan doesn’t work for you, it’s a pretty good indicator you have something going on with what is to me the most complicated part of human machinery.There’s nothing "bad" in here. The book is a great sales funnel for Dave’s supplements and coffee, and that is NOT a bad thing. I’m all for cross-marketing. The only "meh" thought I have regarding this is that Dave’s prices on the supplements this book will lead you to are a bit steeper than I suspect are necessary. The cost of most of his supplements are prohibitive for guys and gals starting from zero.That said, Dave’s work of pointing me in a different direction (especially in light hacking!) has had a very positive effect on my life and health. He’s quite deserving of being added to my list of effective biohackers/teachers like Tim Ferriss, David Perlmutter, and William Davis.Action = results, and the actions detailed in this book will have the amazing results advertised for most people.

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