



DAVE ASPREY

FOREWORD BY NEW YORK TIMES BESTSELLING AUTHOR JJ VIRGIN

The Bulletproof Diet: Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life

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The Bulletproof Diet: Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life *Dave Asprey*

The revolutionary biohacking plan to lose up to a pound a day, regain energy and focus, and upgrade your life!

In his mid-20s, 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 "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 change what you think you know about weight loss and wellness. You will skip breakfast, stop counting calories, eat a high-fat diet, work out and sleep less, and handle stress with ease. By ditching traditional "diet" thinking, Asprey has maintained a 100-pound weight loss, increased his IQ, and reached a level of health that seemed unattainable. His 40s are truly better than his 20s, and *The Bulletproof Diet* brings his best hacks to the masses.

The Bulletproof Diet: Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life Details

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From Reader Review The Bulletproof Diet: Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life for online ebook

Erika says

I'm going to "look and feel fabulous" they say.

A little skeptic, but price drop to \$1.99 on 5/4/17

<https://www.amazon.com/Bulletproof-Di...>

I've had this on my wish list since a PT I worked with suggested it to me for health reasons. The coffee part at least sounds good.

Alex says

Asprey's Bulletproof Diet is worth paying attention to.

I've gone through several diets in my life. And just when I thought there was nothing better than Tim Ferriss' Slow-Carb diet mentioned in the 4-Hour Body, I came across Dave's work. That marked a significant moment in my approach to nutrition and health, and changed a lot of things in my life.

Dave is an unusual wealth of information. He had his own struggles with nearly every health problem imaginable until he started hacking his health in his 20s. This guy has been everywhere from intense neurofeedback centers to Tibetan monasteries. His experience is unique, which is one of the main reasons this book is special.

The Bulletproof Diet is reminiscent of many of the Paleo books out there. There's emphasis on healthy fats, grass-fed proteins, and a good amount of vegetables, but Asprey is also very concerned with the very real aspect of food contamination by mold toxins in particular. His damaged immune system is extremely sensitive to mold toxins, which forces him to remove certain foods from his diet, and why he has his own product line with specially produced coffees and other foods. These toxins have varying effects on everyone, and are linked to a wide array of health problems, including cancer. One of the reasons Paleo works is because it removes grains from the diet, which are a very high source of mold contamination. Getting toxins out of your diet can dramatically help you reduce inflammation and lose weight, even if you're not particularly sensitive.

The backbone of the Bulletproof Diet is Bulletproof Coffee, a delicious, filling, high fat drink to be consumed in the morning. This curbs cravings, helps your body burn fat (literally, as well as ketones). Bulletproof Coffee alone is a powerful diet hack that helps followers of the Bulletproof Diet keep their willpower throughout the day. Honestly, a lot of diets out there are not realistic, and basically require good genes and an excessive amount of willpower, while not providing the calories to fuel that willpower. The Bulletproof Diet totally fixes this problem.

This book is a great sit-down read, as well as a reference guide. There's a comprehensive index that covers many things that other diet books don't even get near. Also, topics such as exercise, sleep, and

supplementation are covered extensively in their own chapters.

My favorite section is Dave's killer refutations of the most common diet myths, not commonly covered in other books:

1. If you're not losing weight, you're not trying hard enough
2. You're not as hungry as you think you are
3. A low-fat diet is healthy
4. Eating fat will make you fat
5. Cutting calories is the best way to lose weight
6. Everything natural is good for you
7. You have to work out a lot to lose weight
8. Coffee is bad for you
9. Salt is a hazardous substance
10. Moderation is the key to success when dieting

Johnny says

I've never been interested in health. I've tried a couple of fad diets in order to shed pounds quickly (often too quickly) and I've exercised myself into health problems on more than one occasion (particularly memorable was the ankle problem related to jogging and the heart symptoms related to cardio workouts). So, when a friend insisted that he was concerned about me and recommended this book, I was skeptical but purchased the book out of respect for the friend. *The Bulletproof Diet* isn't so much a diet (though it has lots of dietary information, suggestions, and imperatives) as a wealth of body-hacking information. Combined with the exercise (careful exercise this time) under another friend's tutelage, the information in this volume has given me new strength and energy. And that's without making all the changes I need to make in order to conform more closely with this plan.

Even if one only learns that coffee (not cheap coffee because of its potential for mold content) is good for you (especially when blended with butter from grass-fed cows and concentrated coconut oil), *The Bulletproof Diet* is well worth the price of admission. As for me, I was completely ignorant of the 2012 discovery that the glymphatic system (Loc. 1694) uses mitochondria in our brain cells to cleanse cellular waste from those brain cells as we sleep (Loc. 1700). Ketones, in the bullet-proof diet stimulated by MCT oil, are an extremely efficient fuel for said mitochondria (Loc. 1704). Drinking the "bulletproof" coffee with MCT oil is an investment in better sleep *and* more efficient brain function.

I also didn't know that using MCT8 assured that ketosis would continue burning fats, even when used with carbohydrates (Loc. 1765). Otherwise, carbohydrates tend to tell the body that it doesn't have to burn fat. Of course, one optimal way to burn fat is to use Audrey's Bulletproof Intermittent Fasting (Loc. 4014) where the coffee is supplemented by two meals which need to be consumed in a six-hour window. Also, while some diets recommend tiny snacks in order to reduce the hunger pangs, this book recognizes that those tiny snacks may not pack a lot of calories or carbs, but they have a tendency to actually stimulate rather than satiate one's appetite (Loc. 4022). The author tells us that snack-craving is a definite sign that he is doing something wrong (Loc. 4024).

The Bulletproof Diet will stay in my Kindle library for a long, long time. I haven't implemented much of what is in the book, but everything I have implemented has made measurable improvements in my quality of life. It has reduced my appetite, made me more alert, and given me a desire to exercise. Physically, I'm

still a mess, but there is a bit of hope after reading this volume—some sections more than once.

Sean Liu says

I really wanted to give this 2 stars but hey, I'm drinking the coffee so let's go for 3. Unfortunately, Asprey is extremely salesy and if you're not into used car salesman-types, he's going to make you very uncomfortable. He also loves to tout the benefits the Bulletproof Diet will have on your body as if it is going to shred you up with minimal exercise—I can promise you much of his fitness tips are misguided. Aside from dubious testimonials sprinkled throughout the book, he offers no numbers, statistics, case studies, or evidence that his readers have dropped in body fat percentage OR gained muscle mass using his program. Bottom line: If you're looking for tips on physical training, look elsewhere.

The pros is that Asprey has absolutely done his homework regarding mold toxins that typically go unrecognized as well as the benefits of healthy fats in the system (disappointed he didn't talk about ketosis even once, though).

The net: Worth a read, but with a healthy amount of skepticism.

Annmarie (Annie) Kostyk says

There are always naysayers. I also think it's a bad idea to skip breakfast. Being vegetarian twice in my life, I had to stop both times. Why? Deep depression, anxiety, panic attacks, insomnia, and my skin looked old and crappy. Back on animal protein and a high good fat diet and I feel great again. AND... I lost quite a bit of weight, no inflammation and no puffiness.

For vegans, sorry. Every vegan I know starts to look super unhealthy after some time. Even Pres Clinton's doc told him he needed to get some animal protein back in his diet as his health was suffering from a vegan diet.

Here's the thing. Besides the breakfast thing and the amount of MCT oil, I'm on board. Not everyone is the same, but people don't realize that your body treats fruit just like a Snickers bar.

It's also very important for organic and pasture raised food. If you add sugars, alcohol and/or dessert items to this diet, yes, your bad cholesterol will go up. There's a reason for that.

Interestingly enough, the foods he tells you to stay clear of are all the foods I tested a sensitivity to. Has to be something to it. Yes, I am allergic to mold.

Sean Cameron says

I found this book to be very informative. He gives away a one page PDF of the diet's principles for free

which I have been using and feeling the benefits. Now the books out I could learn the story and science behind it all.

People complain that he pushes his products but I feel he lays out what to get and how to get the right quality and offers his version. You can do it all without buyin his brand, it's just easy to buy his brand.

I've only dabbled with the diet for a month for a meal or two each day and have been more productive than the last year. I believe this really is a performance enhancing diet.

Jeff Zapotoczny says

My wife and I were interested in this to see if we could learn anything to augment the mostly primal/paleo way we've been eating the last few years. We picked up a few great ideas (mainly realizing we may have been eating too much protein and not enough saturated fat), but were mostly left disappointed.

Dave Asprey is reaching very hard to brand every salable aspect of his lifestyle while simultaneously avoiding identifying it with the paleo/ancestral movements. He's not paleo, he's a "biohacker." Great. So every idea he has that he can possibly market becomes "Bulletproof X" or "Upgraded Y." Yuck. And the constant dropping of his geek hacker cred gets tiresome.

Having let the contents of this book stew around in my head for a few weeks, I've got two unique and positive ideas left that I can say I picked up from reading it:

1) It's possible to get the benefits of intermittent fasting and ketosis without outright starving via the "hack" that ingesting saturated fat alone doesn't cause the body to leave ketosis. This is cool, and actually seems to work. We've been doing the nothing-but-butter-coffee approach to breakfast and going about 15-18 hours a day without eating anything else and it really is causing fat loss without corresponding energy loss. I don't weigh myself but after only a week my not-sure-i-should-have-bought-them tight pants fit comfortably. I write code for a living and wouldn't take on a diet that leaves me foggy headed and this does not. In fact I feel wonderfully focused at work.

2) Mold and other "toxins" may be serving as digestion or endocrine disruptors for you, depending upon your sensitivity. I've been well aware of the phytate/lectin issues with the grain family of foods but not so with the mycotoxins found in an apparent host of vegetables and spices. That said, I think he over exaggerates the importance of this point. The takeaway should be "test and see how you feel by removing and reintroducing these foods from your diet one at a time" but instead comes off as "you'd be crazy to keep eating mushrooms if you knew how TOXIC they are, but if you really can't live without them, test and see how tolerant you are!" I'm not going to stop eating onions and garlic because they land in his "suspect" group due to likelihood of mold contamination. My gut can handle some spores in the name of flavor.

Which leads to the food. Dave Asprey says he does most of the cooking for his family and, if so, I feel sorry for them. His recipes are rather bland due to the fact that he likes pretty much only salt and turmeric as spices and avoids everything else that tastes interesting, whether due to mycotoxin sensitivity or other factors. Black pepper? Nope: toxic! We ate his recipes for 4 days and couldn't take it anymore: drowning everything in turmeric while otherwise leaving it flavorless, then coating it in butter and MCT oil was kind of...yuck. It seems quite possible to honor his basic approach to diet while eating much more flavorful recipes, which we immediately embarked upon.

Andrea says

Very interesting! After reading this I joined a Bulletproof FB Group to get some more information on real people's results. It definitely intrigued me based on the science behind this diet. I have tried and do enjoy the Bulletproof Coffee.

Doug says

Since I followed the diet for a month, I thought I'd come back and revise my original review (in its entirety below)...as well as my rating (downgraded from a 4 to a 3). The diet is NOT the easiest, nor most palatable I've ever been on - one gets tired of a greasy mouth feel to almost everything ON the diet. That's the bad news... the GOOD is that I did lose a total of 12 lbs in 4 weeks - not bad. However, it ISN'T a diet I can realistically stay on until I lose all the weight I'd like to - so am gradually weaning myself back onto a more feasible long-term eating plan.

The 4 star rating is ONLY a reflection of how I feel about the book as a reading experience, since I have not yet TRIED to implement the diet - although I will be soon. The book walks a fine line between being easily understood and a bit 'technical', but is a fairly quick read, and though some of Asprey's assertions appear counter intuitive to lose weight (i.e., 50-70% of one's calories from fat), he does tend to 'make sense' once you've gone through his data. I am skeptical of one of his main concerns however, i.e., that coffee, as well as many of the OTHER foods he either prohibits or insists you need to buy expensive versions of, are riddled with mold toxins - wouldn't such be totally DESTROYED by the boiling water one uses in coffee, or by COOKING the other foods in question, rendering the mold harmless? My other main complaints are that the diet is NOT terribly vegetarian friendly, and he could have easily given some pointers on how to make it so; the diet itself is really not all that 'new' - more of a combo of Paleo/low carb eating, but he does have a nice 'gimmick' going with the Bulletproof Coffee that starts each day; and third, although it isn't ESSENTIAL to get your products and supplements from Asprey's website, it strongly implies that for best results you purchase his fairly expensive products off his website. Once I've actually gone through his 2 Week indoctrination program, I may revise my rating...

Aj Warner says

scares you straight

First book I read on my new kindle. Could not put it down. Back on track after losing my way over the last 5 months and adding 20 pounds of weight and feeling brain fog again after 2 years of living awesome. Anyone and everyone should read the book and then make their own life decision after having more information to guide them.

Matt says

In many ways he is the George Foreman of the coffee drinking world. He sells coffee and sells it well, he's come up with one idea and is so proud of it he's put his brand on it. in every paragraph.

The guy is a hack, a used car salesman. This book is an overloaded with broscience, celebrity endorsements and bulletproof branding, with little or no empirical data to back up its claims. He is selling the bulletproof brand and the dream of an upgraded lifestyle which can be obtained through his buttery mould free coffee, and his bland recipes.

John b Reno says

Dave delivers again

I have been listening to the bulletproof radio podcast since 2012. Since I started just basic changes that year I saw a huge difference in my athletic performance. I took this all the way to triathlon and full ironman distance with great results. I am now not training at all and maintaining my weight and lean mass (I actually look better than when just was exercising 10hrs a week) and excelling mentally since the past few weeks I have integrated bulletproof intermittent fasting. Wow, this book is great for me to give out when they ask me how I do what I do. I will be buying extra copies just for this reason. I feel I need to share the wealth! Highly highly recommend.

Lisamarie Landreth says

Five-star reviews are reserved for books that are a life-changing, paradigm-shattering force to be reckoned with that I'm compelled to force on everyone I know. The Bulletproof Diet delivers on all counts. I started this book while in bed with terrible back pain because if pain is the truest roadmap to where God is working in our lives, somethings gotta give with my diet and exercise routine. Throughout the course of the next couple weeks I started incorporating minor Bulletproof principles and wow, I'm a new woman. This book not only confirms principles I've known from my own experience that are frowned upon by pop-culture (and the food manufacturing conglomerates polluting our food supply) but also has the "missing links" to fuel my body so I can live fully, engaged, alive, and "bulletproof."

Caroline says

I seemed to be spotting lots of claims but either no or poor evidence to support them. It shows an inadequate understanding of evidence by an author and reader when correlation between two or more factors is held as causation as is frequently done in this book.

I have abandoned this book, some readers might find it helpful but I am not convinced by Asprey's claims. The book starts well and held my attention but soon its general lack of evidence irritated me. I have no doubt that Asprey is an intelligent man but I can't help but this this book is a gross over simplification. Somewhere around the paragraphs recommending endless vitamins/minerals/heaven knows what else in a bottle I gave up.

As others have commented, Asprey's continual selling of his own products gets very tiresome too. I really wanted to enjoy this book as an alternative take on diet and health but it's just lacking.

Eric Vance Walton says

No matter how much I tried to silence it much of the nutritional advice given in this book made my psyche scream, "NO!". If I wouldn't have already been reading research supporting the amazing health benefits of grassfed butter and beef I probably wouldn't even have tried the diet. Disclaimer: I'm not drinking the bulletproof coffee but have introduced 2tbsp (sometimes more) grassfed butter into my breakfast and on my vegetables throughout the day and am eating more grassfed beef and other healthy fats.

The author ranks fruits and veggies according to their overall healthfulness. He explains much of our produce is contaminated by myotoxins which cause health problems as well as brain fog. Much of the advice contradicts what modern (traditional) nutritionists are telling us. On the recommendation of the author I also started taking 2,000mg of vitamin D3 in the morning. All I can say is it sure seems to me like what we've been told is a healthy diet for the last 40 or more years (low fat, low cholesterol) is dead wrong and potentially harming us.

Let me share you a little about my personal experience a few weeks into just loosely following the diet. I'm 43 years of age and not overweight but I've noticed my muscle tone is getting better, my shoulders are more broad and my waist is smaller. I'm sleeping more restfully than I have in decades and my mental acuity and recall have been greatly improved. I'm a writer by trade and my creativity has been off the charts. I could never follow this diet to the letter but can vouch at least for the short term benefits of what Mr. Asprey is teaching and plan on continuing to experiment with his nutritional philosophy. I'm going to get a physical soon and will be anxious to see how the diet has changed my blood readings. This book will give you lots things to consider and will improve the quality of your life.
