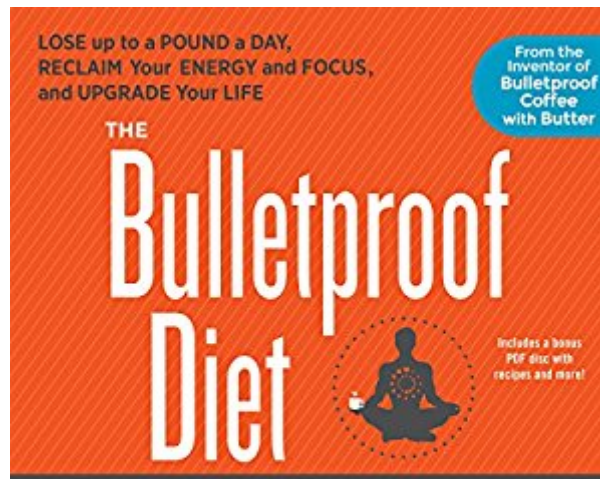


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# The Bulletproof Diet: Lose Up To A Pound A Day, Reclaim Your Energy And Focus, And Upgrade Your Life



**DAVE ASPREY**

FOREWORD BY NEW YORK TIMES BESTSELLING AUTHOR JJ VIRGIN

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## Synopsis

In his mid-20s, 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 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.

## Book Information

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## Customer Reviews

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 flexitarian, 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.

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-Awesome: The 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.

I started listening to Dave's podcast over a year ago and have a lot to be thankful to him for. He introduced me to many great ideas and interesting people that I may not have come across otherwise. I've largely followed the Bulletproof Diet since then and have lost a lot of weight and feel incredible (especially since eating more vegetables and less bacon after losing the weight). I have three reasons for writing a negative review: the book is poorly written, the products he sells can be purchased for much cheaper elsewhere (and may not be necessary) and he tells the same stories over and over to the point where you wonder if something is seriously wrong with him. Just about everything in the book is already available on his blog (some of the recipes I haven't seen before and they looked good). Some of the pages are lifted directly from the blog like most of 'The Bulletproof Guide to Supplements' chapter. The bulk of the book is the 'Bulletproof Diet Roadmap' which mainly lists each type of food and gives a paragraph or two of why you should eat or avoid (the format does not make for an enjoyable read). There were numerous occasions where I thought more information or a reference would have been helpful. If you listen to the podcast at all you will cringe as you read the book, not this story again. They are not even stories anymore they're 'Dave's Mythologies'. On the podcast, Dave can't help himself to bring up his stories once certain cues are mentioned. Sometimes you'll hear the same ones in back to back podcast episodes. Oftentimes the guest seems puzzled and are not sure what his story had to do with what they were talking about. Dr. Mark Hyman was particularly short with him.

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