



Tim Gray

Biohacking Is A Mindset- And Not What You Might Think

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Hello, welcome back to the Optimal Performance Summit. I'm your host, Dr. Patrick Porter. Today we have a very special guest from across the pond. He's, he's leading biohacker. And he started his journey nine years ago when he had health issues that no one can really help him with. So he started to discover and basically do some research on himself and he became a bio hacker. So Tim Gray, welcome to the summit. It's nice to meet. You. Tell us a little bit about your journey. I mean, what happened that caused you to say, Hey, I'm going to go off the menu here. I'm going to start experimenting on myself in tracking yourself, what are some of the tools you use to track and to make sure that you're getting these optimizations you're talking about?

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I mean, initially, I just started out with immune issues and digestive issues and brain fog and loads of different things like that. And the doctors were testing me and they couldn't figure anything out. They said you find on paper, but there was something new rather than being a very busy business guy that was 200 miles an hour running multiple companies. Going to being super sick and no one knowing what's wrong with you, I started researching myself. It just came, you know, came to a point where I was just like, I couldn't believe that they shrug their shoulders and said they can help me. So I started researching all the different symptoms I had, and mapping them out with post it notes on the wall and figuring out what all the all the symptoms were and how they all connected together, and then started tackling them one by one to figure out what the root cause was. And it turned out that I had mercury poisoning from



lots of different amalgam fillings and had in my mouth for many years and looked into mercury collation found the functional medicine doctor and realized that there was more than the traditional doctors out there and started improving myself and tracking the results of various tests along the way, but since then, obviously the biohacking space which I found out about about five years after I'd been in this space, or should I say working on my own health. The biohacking spaces had loads of emerging technologies, supplements and Various other things that have popped up that have changed the space very quickly. The only example of that is the aura ring. Everyone seems to have a Fitbit or one of the new Garmin watches but this is just a tiny little ring. And this checks for heart rate, your heart rate variability, your deep sleep, REM sleep, light sleep, body temperature, respiratory rate, activity and everything and you can charge it once a week and it's amazing, is pretty much the biohackers Gold Standard biohack really

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I know that you you're really interested in circadian rhythms. We used to call it sleep studies and things of that nature. Why don't you go into a little detail because one of our other participants, which people know Dave Asprey, talked a little bit about asleep cave. So let's hear your impressions of what that is about where your research is taking you right now.

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Yeah. And so I often talk about the fundamentals of health, which are the five fundamentals in my opinion, and that's just based on my journey of what I think have been the most important things. That if I had nailed those things before I'd started anything else, then my health journey would have been a lot quicker. And I've been bearing in mind, it's taken me nine or 10 years to get to the bottom of a lot of different things. So number one that was always sleep optimization, because when we sleep, we reverse the damage that we've done during the day using the energy that we have collected, either whether it's fire the sun directly, or via plants and meat that we have eaten that had collected the sun, if that makes sense. So, again, it's photon energy. And so I always talked about sleep optimization, but after reading more and more and more about circadian rhythms and ancestral health, I guess, and bringing the Paleo mindset into the whole piece, realize that actually, sleep is obviously important to optimize but if you're thinking about your circadian rhythm, ie the 24 hours of each day and what you're doing the timing of it, that's even more important.

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An example of that would be

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your eating window. Now everyone talks about intermittent fasting and how how much should



you eat? How often should you eat, etc, etc. Well, there's no right or wrong. But one thing that I did read it was based on Dr. Sachin Panda, his work was that after sunset or around sunset, we produce 50 times less insulin than before. Now, if you eat after sunset, that means that you're not going to produce the insulin that you need as quickly as you need, which means your blood sugar will be higher through the night mean that you'll be storing that as fat through the night and your body will be working to do that. As opposed to using the energy that you've collected your blood, obviously your blood sugar has come down, and then you're in that state of fuel and using that fuel to repair. So one thing I noticed in the data and this is why tracking is so amazing. I noticed that if I ate before bed and Directly before bed and this was a test many times, it would take me nearly four hours, nearly four hours for my heart rate to come down. And my heart rate variability to go up. And a lower heart rate is obviously good heart rate variability being higher is obviously good is one of the best indicators for health overall. And so I thought well, interesting, should I be eating four hours before bed so that in theory, that would mean that my heart would then be more relaxed and ready for sleep. The interesting thing was, it wasn't I actually now don't eat after 5pm and, and I sleep at 10:30/11 o'clock. That the other thing is that within that sleep pieces I used to talk about one of the most important things would be a blackout blind so that your room is completely black so that you don't know when sunrise is so that your body doesn't get woken up by the sun. And face masks don't do the trick because our skin is photo receptive as well. But the interesting thing is if you optimize your circadian rhythm you eat when you should do based on ancestral health, which is you wake up and in in the ancestors would wake up, they're going collect some food, or run off to an animal to kill it, which would mean they're high intensity exercise first thing in the morning, around eight o'clock after sunrise, which woke them, we would then prepare it and eat it at lunchtime and then probably keep on eating it through till about 5pm 6pm the female in our lives would be in the cave, feeding the family and have a bit more store of food there to eat, which would be in the cave for a day or two which would prevent these days we have sauerkraut, and we have fringes. The fringes keep keep our food sterile, almost the sauerkraut is the replacement for that which is just seems crazy. But obviously we don't want to get through too much food and kill the planet even quicker. So it makes sense. So, so basically, yeah, you'd have your high intensity exercise in the morning you would eat at lunchtime and through to the afternoon the sun would then set and you wouldn't be able to see very well, and you'd probably have campfire. And then once that's gone, then you would be asleep and everything else would be asleep too. So if you time your food right if your time your exercise right if you time your supplements correctly as well.

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And time when you go to bed properly, the sun will wake you every day exactly as we will built and programmed to be, which is why circadian rhythm optimization is significantly better than sleep optimization. So really focusing on doing the right things at the right time. And the book

was actually called circadian code by Sachin panda. And there's many other references and things out there as well. But that was the one thing that stuck to mind that really underpinned the other things that I talked about such as hydration, which is number two, hydration optimization isn't just about drinking more water. Now most people drink bottles of water everyday they're carrying around a massive great two Gallon Bottle with them everywhere at the gym. Adding in electrolytes, which are two or three different minerals as opposed to full spectrum, but they're drinking more and more and more and peeing more and more and more. And that's because the water isn't mineral rich. Now if it's mineral rich, like we would drink from a stream like our ancestors would have done, it would be mineral rich, it would hydrate us we'd hold on to the right fluids, we'd be hydrated from the inside out, as opposed to flushing more and more of our electrolytes out of our blood by drinking low mineral water. And it's interesting because the water industry knows this, that consumption makes money and the lower the mineral content the more people need, which is such a shame but you know, this is the world we're in unfortunately. And so the timing of when you're drinking as well is important. A lot of people say don't drink after a certain time at night. I don't agree with that. I think if you have the right balance mineral water, or add the right minerals, which is Celtic sea salt, because it's the most bio identical I guess to our our blood in terms of mineral content. Then you will retain the water properly and your hormones will be correct. And you will sleep properly. So you won't need to wait to pee during the night on the assumption you haven't drunk loads. So that that really fits into that. So outside of your eating window, it should be eight hours roughly a day. If you wake eight and you break your fast then then really you shouldn't eat after 4pm You shouldn't have anything other than mineral rich water after 4pm and stop drinking about eight or nine o'clock. That will also help your hormones come into balance very well because eating within a window means that we haven't got high insulin at a certain time, which means it's not stressing our adrenals from having to produce more hormones out of, I guess out of whack in the circadian rhythm. The other thing is, is that sunlight grounding are two of the most basic things we can have as humans. And yet, we don't do it. And whenever I speak about this, I say to the crowd, what was The last time you got your shoes off and stood in the garden, and some people say this week, and when I say how long for in this hour, five minutes while I'm the washing out, some people say they hadn't for months. And yet we evolved without shoes or with leather on our feet, which is conductive. And when I first heard about the grounding movement, I thought, wow, this is just where we're and rubbish and there's nothing in it until I could quantify it with a multimeter and testing my body voltage with my foot on the grass or not, and with various grounding products. So what the basic science of it is, is that when we connect with the earth of the ground or soil or in the sea, which is even better, and we get free electrons from the earth, and those free electrons pair with free radicals, and that reduces inflammation helps promote healing. If you look at blood under a live blood analysis microscope, you'll see that the red blood cells become equidistant opposed to clump together so circulation helps which promotes healing.



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Also, if you ground at the right time of day in the morning with the sunrise, actually, from some pieces that I have read, and I don't know how much science is backing this particular thing, but it kind of makes sense is that the flow of free electrons is different at different times of day. So our body knows what time of day it is on an unconscious level depending on when we're standing where we are on the planet, which sounds crazy, but it's possible considering it's one big magnet, this planet. So there's also that so with the sunlight, we're getting positive photons from the sun, obviously it with is energy, which basically fuels everything on the planet. And if you put a plant under a tarpaulin it won't grow. It won't. If you put something on the grass, it will go yellow. And yet we're expected to live in close in enclosed buildings with protective glass to stop the sunlight getting in and expect to grow properly. Sunlight, sunlight actually helps balance hormones grounding also helps balance hormones. So if For instance, you have high cortisol in the evening, often, for various reasons outside of outside of whack with your hormones. Grounding actually has been shown to bring cortisol levels down very, very quickly. So if you implement grounding in the morning, when you go out for your coffee, for instance, breaking your fast with your shoes off in the garden, getting the clear sky sun on your skin. And then again, for as long as you can each day, I do at least 14 minutes on the grass and then before you go to bed, even if it's 10 minutes out in the grass, and shoes off in the grass that will reset your body and you will know it will know the beginning and the end of the day and that will help you now people that have had sleep issues have worked with many people and some very successful people in this face. I've discussed this with them. The only things that they've changed is their eating window and their grounding in the morning with sunlight and grounding before bed. And their stats when they track it had been significantly different. So that's really why the main fundamentals, along with oxygen and breathing and breath work, which I won't go into right now, kind of all pieced together within the circadian rhythm based on ancestral health. So that's the type of thing that I connect together with the fundamentals.

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That's great. Yeah, we do have a client over who's a friend of mine wrote the book, earthing and the movies and we had him on he's on the summit too. So if you're listening to this talk, and you haven't heard the talk by Clint, Oprah, please go listen, he kind of goes into that in about the the earth actually we're we're designed to be symbiotic with the earth mat, just abuse it the way that most you know we're putting pavements and sidewalks over everything and we also have a school that we talked about in India that I'm part of, it's the creative school and their whole building is grounded in the kids attend class with no shoes on in so they don't have the same problems of behavior. As you might see in other places, you know, where people are, you know, not grounded disconnected from the sources. So I know that if people follow you on Instagram or Facebook and all the other places where you're you're seeing you're you're often seeing doing many things at one time in the biohacking world. It's called stacking your hacks.



Why don't you tell us about a few of your favorite stacking hack programs that you have going?

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Yeah, of course. Well, first of all, I'd love to say, I love Clint. He is one of my favorite people and loves his book and his documentaries and have spoken quite a lot with him. He's also speaking at my summit in London in January, which is awesome. And I'm a big fan. So I just like to just like to say that Yeah, his book. Thing is incredible goes into the deep science of it. And what I did in a couple of minutes is yes, gave a quick, I guess, an overview of it so that people can understand it. It's quantified. In terms of stacking hacks, yeah, that's kind of thing that I really liked doing. Like for instance, I have a hyperbaric chamber. I'm very lucky to have one. And I like to use virtually I like to use my Brain Tap while I'm in Now, I just actually I find it incredible that they go so well together. And that's an example of it. So I'll come back to Brain Tap in a bit. So that's one. So hyperbaric, and Brain Tap at the same time, that really does oxygenate your body very heavily, and then obviously, helps reset your mind. And I find that I'm in that kind of lucid dreaming stage, but still awake, I find it's just absolutely mind blowing. So that's that the other another one I like to do is tie in hyperbaric half an hour before I go to bed, and obviously hyper oxygenate my body, which means that my heart doesn't have to work so hard to pump oxygen around my body while I sleep because my oxygen levels are so high. So I find that I have a higher heart rate variability and resting lower resting heart rate, which is which is really good. I mean, that does for me, indicate that I need to optimize something in terms of my oxygenation, whether or not that's integrating more breathwork or something else going on with my my blood, which I'm looking to in at the moment after that hyperbaric experiment. So that's another one. I also use a red light red light therapy. And I have what's called the flex beam. And it's a portable device, you can wrap around your arm around your belly or something. And I use that while I'm in the hyperbaric chamber as well. Now, for anyone that's listening to this going, Oh, my God, I can't believe you've got something like that in a hyperbaric chamber. Well, mine is actually a soft chamber, it only goes to 1.3. So it's a home use one, it's not a medical grade one that you can't have devices and things like that in there. So it's safe to do so. Whereas the ones in hospitals or clinics, generally oxygen compressed, which you can't have any devices in there and you have to have all sorts of precautions in place. So that's another one. And as well as various other things as well. Like I like stacking nootropics my brain health and Yeah, my brain health and energy are the two most important things to me after immunity. And when I first got ill, my first thing to do was to fix my brain fog. Because if I had a clear mind, I could research you know, I can research how to fix my immune system and and my energy. So stacking nootropics again is a very good one I find meditation or using obviously things like Brain Tap and the hyperbaric and have worked on my gut to help have mental clarity, but specifically around nootropics I like things like aniracetam sometimes one milligram of nicotine, which is a rare occasion, but I do like that, and various other nootropics nootropics as well as that I find that that's really fun because it gives you a very, very sharp mind. You can just have a day



where you're in flow state and get so much stuff done with so little energy. It's amazing. So those are the types of things I like stacking.

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Sure, I know you've mentioned a couple times about your dental fillings. A lot of the people on the summit might not work. Realize that they're walking around with this high toxic substance in their mouth. Tell us a little bit about what's what's wrong with mercury typically, and when it starts to leak, what's the damage it can cause

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that is a very, very, very controversial thing to talk about, generally, because standard dentistry, do not believe that there's anything wrong with putting metal fillings, ie amalgam, which has mercury in it in people's mouths. And if you think of this, from a psychological perspective, if they've been putting mercury toxic metals in people's mouths for 20/30 years, when they came into the health space to do good, that's going to have quite an impact on their mental health or, or whatnot. So I understand that not necessarily want to integrate it, but also it can cause issues I guess with let's just say court cases and things like that if it did damage to people's health. So first of all, I just want to caveat that when we're not allowed to do harm, or should I say dentist on we are We are. But unfortunately amalgam metal is partly tin. It's amalgam sees amalgamation of various metals, one of the metals that they use is Mercury, Mercury being the second most sub toxic substance known to man that's not manmade. And yet, we put it in our males within two inches of our pituitary gland which is in charge of so many different things in the body. But it also means that we are having food and various things rub against that Mercury, which gives off mercury vapors, which goes into the gut, which cause not only stop certain enzymatic reactions from happening, which enzymes are fundamentally important for every process of the body. Not only does it do that it competes for the cell with things like magnesium, meaning that magnesium can't get into the cell which means you have tight muscles. It also means that vitamin D and vitamin K and magnesium and calcium don't work correctly and can mean weaker bones and also When you have metal in your mouth, and you can test this with a an RF reader for EMF, you can put the RF reader to your tooth and you'll see that the EMF go up significantly. Now, what does that mean? It means that it's actually made your tooth an antenna for EMF, which now EMFs only have to read Dr. mercola, his book, EMF D or EMF and to see the dangers of it, and now some people say, well, not EMF, not all EMF so dangerous and whatnot. Well read the book. It's incredible, you know, how damaging This is and how little we know about it. Now one thing that I remember Dave Asprey talking about many years ago, actually was he puts his cell phone he put his cell phone pocket in his leg pocket, not he's not near his nether regions. And the bone density changed or he had seen someone that had it in their leg pocket and the bone density and change now, obviously emfs affect the calcium channel. And essentially means that calcium doesn't work properly. And



which means that bones get weakened. And when you see a tooth that's had amalgam filling in it, often the bone around the tooth has been weakened and often recedes somewhat. Now, for me, I've had many dental issues and all of the issues I've had with teeth that I've had to come out

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with the ones that had amalgam fillings in. Now, when there's even one tooth that's your head out last week, seeing a biological dentist, Dr. Dominic nitrous over in Germany, which is why I'm in Germany right now, actually. And when he took the tooth out on scans it looked fine, except for there was a really funny area in the bone that every other dentist said was fine. And nitra said, No, no, no, there's something what we call a Nico there. It's just cavitating When he took it out, you could see that it was necrosis bone basically. And that there'd been an infection in there for years. And I've had a sinus issue that in the UK that the doctors, the Auntie's can say there's nothing wrong. So for me, the evidence is very clear and the same for many other people. And that's just for metals in the mouth. If you do have metals in your mouth, don't panic. But I would see a very good biological dentist, and a lot of them call themselves biological dentists, but they don't necessarily believe in anything other than an amalgam removal. They need to understand that having cabinet root canals if you've had a root canal done, they said, the dentist will say, Oh, no, it's fine, it's safe, etc, etc. But when you actually take them out, you can see that often they're cysts or cavitations of necrotic bone or serious inflammation that body has been dealing with for years and has been causing health issues. Now, I won't go into too much more detail than that other than saying that there was a document on Netflix called root cause that went into all of these areas about dental health and how cavitations were bad. And if you've had a tooth taken out, it could be causing chronic health issues, and how different nerves in the mouth are actually connected to different organs in the body. But it was taken down from Netflix and banned. Often when that happens. I'd like to explore a little bit deeper. Because there's something going on there and when it involves one of the most toxic substance known to men, I would say that there's something in it. And from my personal experience, there is

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Yeah, there's powerful lobby groups. You have to fight against. I know that when I go to a lot of conferences that are full biohacking conferences here in the US, there's a lot of the groups that do this are in Mexico, just like you're going to Germany, they're not in they don't base in America because they get ostracized or they get ridiculed and but people have magic on one one speaker that I remember her talking about that she could tell what's wrong with you Just by looking in her mouth. It was almost like a psychic blueprint for what's going on with your health. She could look at that. And, you know, you just open your mouth, she would tell you, you didn't tell her anything, but she would tell you what was going on. Because the mouth is so important.



You know, every, obviously everything goes in there. So besides that, with your health, once you fix that problem, what was the next area? I mean, you're still doing it. Obviously, you're in Germany right now. But what's the you have sleep you had you fixed your mouth? You, you use red light? Can you tell the audience We've had a few speakers talk about photobiomodulation. But maybe, from your perspective, what your research has shown and how that benefits you like, whether you're wearing the belt or using it for your arms? What's the main what's the mechanism of action there and what's what are you trying to get out of it as a biohacker?

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Well, I

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The sun is a very powerful thing, as we all know, and we underrated red light therapy, is a concentrated way of getting certain wavelengths of that sun reproduce them. I often say that biohacking and I actually label it health optimization of biohacking because my goal is health optimization. Some bio hackers out there like to have things like chip implants or transhumanism style things on that's not my bag. I'm in it for health optimization and helping the world be healthier and live happier as a result, so yeah, I think red light therapy fits in really well. I do think getting sunlight naturally is significantly better. But if you do need to turbocharge something because you have a deficiency in sunlight, then then it can be very good. I had an operation about two years ago, and the doctor said it would take three months to heal it needed to heal from the inside out and be packed daily. It was a horrendous operation. And I had hyperbaric every day for 90 minutes. I'd back oxygen therapy. And I had red light therapy for 20 minutes twice a day. And it was nearly healed up within three weeks. And the surgeon couldn't believe how quickly it healed. So for me, I'm a firm believer in it. But I do think it's much better to get natural sunlight as much as you can opposed to being in an air conditioned office with no natural sunlight. Which is why I'm British and yet I've got an amazing town.

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Compared to all my, my friends.

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So yes, I'm a big I'm a big fan, essentially. But again, as I say, a lot of these bio hacks are using technology to mimic a natural environment in an unnatural world. So if you don't, if you're living in a city with bad air, you do hyperbaric oxygen therapy. If you're not getting sleep properly, use blackout blinds. If you're not getting sunlight properly, use red light therapy or if you're not seeing sunrise, you Use a satellite, which is again, very, very widely accepted for depression, seasonal affective disorder specifically, if you're, well, even going to the gym is a biohack really, because, you know, we once grew muscles from having to build things and lift things and look



after our family. And but nowadays, we don't have that and yet we still want the big muscles. So we go to the gym, which is classed as a biohack. So, again, everything fits into the ancestral mindset of insight. What did we want to do? Which is why and again, I just like to touch on the health optimization of biohacking is more of a mindset. It's, it's really a systems thinking approach to optimizing your health. And so a common question someone says, well, so does that mean Yoga is a biohack for you? For me? Yes, it is because I say okay, I need to, I need to do some stretches or I need to wake my spine up. Or I need to get a limp flowing or whatever it may be. I go, okay, in which case I will do yoga. And that's the system's thinking approach. And it's the same with Brain Tap. Some people might say, it's not necessarily a biohack. Whereas for me, it's like, well, actually, what's the specific reason I wanted for? How does it fit into the system of my health optimization, it fits in here. I'm a biohacker. So therefore, it's classed as a biohacker. So that's really, you know, how it pulls together. And

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when, when each year or maybe even several times a year, you put together these groups of people in your health optimization summit in you, when you select products in you're looking at them, because there's so many things out there. Do you have a certain system you go through? Are you the guinea pig? Or do you have a certain group of people that help test those things or

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not? I test everything personally, actually. And so yeah, I mean, my journey is very selfish one actually, is that I'm doing everything I can to optimize my health. To be as healthy as I can and live as long as I can very similar to Dave actually he inspired me I consider him my mentor from afar without him knowing it until recently that he inspired me to really push this a lot further. And so I started the health optimization summit, which obviously brings in the best from health and fitness, medical wellness, nutrition, biohacking, paleo keto, all of these spaces with the unified goal of health optimization, and, and the speakers, every single one of them are hunted down by me, and, and really, so that I can use their knowledge to optimize myself. And then second point is to spread that health awareness to others so that they can be empowered to, you know, things that they might not have thought about. And I have, for instance, Dr. Makoto to thank for this and I'll move on to the exhibitor part in a second. For instances newsletters, I read every single one of them for the last 10 years just to keep up to date with everything. That's His work is awesome. And he's really pushing the envelope. From his work I've reversed my mum's osteopenia, and my ex girlfriend's mom's osteoporosis by doing it when the doctors were just giving them another, another drug. So that's the type of thing that can happen. So really, every exhibitor and every speaker is curated very, very, very carefully, by me to see that it fits within the whole health piece. We've got all topics covered, speaking to a level that people can understand not that it's super deep. And it's so for instance, like someone like my mom could be in the audience and understand it, that's what I targeted at. And then for the exhibitors, I look at

the whole area of all of the areas of health that we want, that there are sorry, and say what exhibitors are ideal for us what ones have I used over the last few years, and how they all fit together, which are the ones that have got my seal of approval path personally, and then we invite them We obviously have probably about 150 to 200 applications every year for brands as well and we turn away more than we actually accept. But most of them are reached out to and asked to exhibit just because they fit into my journey. And when people go through my Instagram they can see me using these things and it's not me using it just to keep the exhibitor happy. It's really me using it to make myself healthy. And you know, people often go back through and look at posts from two years ago or something and I'm still using it today. And and I sought support many brands without asking for Commission's or affiliate codes do anything just because when I believe in something, I shout about it because it's bloody awesome. And I consider you guys to be one of those actually, and, you know,

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that's great. We appreciate that, within a lot of people just want to do a hack to do like weight loss or get a little bit healthy. And you mentioned some diets and there's a lot of confusion out there. So maybe you can bring some light to what's the difference between like the We have the Paleo we have keto we have bulletproof. What other kind of diets and maybe you can tell us what each one of those are best for so far, or summit, people are going which diet is right for me, because there's a lot of confusion out there about that. Mm

32:14

hmm. It's a really, really good question, actually. And one thing I've done recently is I've been testing a freestyle Libra constant glucose monitor. So it's for diabetics. realistic, really. But what it does is it tracks your blood glucose around the clock for two weeks at a time or in the US 10 days based on health billing cycles, I think. Anyway, so. So what that is, is I can eat what I want and see what glucose response I have to certain foods. For instance, I know that I can actually eat white rice and it doesn't spike my blood glucose as much as brown rice strangely. Yeah. I put that down to a gut bacteria to gut bacteria, whereas other people are the other way around. Sometimes. I know that I can eat sweet potatoes from Europe and it doesn't spike my blood glucose if I mix collagen in with it. But if I have an American sweet potato, it spiked my blood glucose through the roof. So where I'm going with that is a really individualized approach to diet, what you should eat basically, now. I read Dave Asprey, bulletproof diet many years ago, and one of my first books in the by the biohacking space exactly opposed to the health books. And the diet. I originally thought, Oh, it's just a diet. It's just another one of these diets. But really, the more I've learned about the foods, the types, personalized diets and things, the bulletproof diet really is very close, and I am a big fan of Dave, I am I'm not going to deny it but the diet is so, so good because it talks about oxalates it talks about lectins it talks about resistance starches, which feed gut bacteria. And Dave's a big fan of sushi for the reasons and starch in the rice, for



instance, and he really pulls the best of those diets together, in my opinion, but but the big caveat here is it's very individualized based on what you need. So have you got got issues and certain intolerances, then you might need to cut some things out that you know, would be in any of the diets. For instance, for me, I've cut dairy out completely as much as I used to love cheese. And I was on deti keto for nearly a whole year. And while it was good for my energy, it ruined my digestive system, and I had to trim it back. So now I cut dairy out, and that's for me personally, whereas for instance, one of my friends has done the same diet for a long time is fine with dairy. So really, it's about individualizing and testing yourself personally. But again, like the biohacking side of things, using technology to mimic a natural environment in an unnatural world well Take it back to ancestral health. paleo diet is a good one. But that doesn't mean a paleo cookie or paleo cereal or paleo. This is clean, organic, chemical free vegetable and grass fed or you know, wild herb fed meat that's been on a pasture, eating natural from the land. Test, eat, see if you work well with it and test vegan if you want. I personally think it's bonkers because animals were put here for a reason. And I understand that some people have rules around that personally. And I respect that completely. For me, health comes first to me and I, for instance, I see a lot of people that start on the vegan diet and they go, Oh, this is amazing. My health health improved. And then two years later, their health deteriorating and they're still holding on to their original health increase. But really, they're just getting deficiencies that they're not feeling about and opposed to letting go of it with their ego and going I was right originally I am now wrong and moving on. Again, it's visualized. So I think the bulletproof diet is a big one for me, and I follow it probably 90 ish percent, but ultimately comes back to clean organic vegetables. I don't eat nightshades personally, some people can handle them, some people can't.

36:20

And clean organic grass fed meat from good sources, not just factory supermarket crap, and something that resembles a carrot that has about a 10th of the nutrients in it, you know, and so, to round off on that, I think, test yourself, you can get blood tests, allergy tests, you can have a diary, you can use something like My Fitness Pal to track what you're eating on a daily basis. And I think the biggest thing that catches people out is that they might feel crap three days after eating something not the next morning, but the other women never attribute it to that particular thing for me, it was avocado for two years. I was getting migraines. Once or twice a week at least, and I didn't attribute it to avocado because it happened 48 hours after I ate it. So I was keep on eating avocado and kept on getting migraines. And then I cut out and boom, they're gone. So testing, tracking, making a diary of it and seeing if there's any patterns, using a constant glucose monitor from freestyle Libra is just absolutely like amazing because you can really see how your body deals with these things. And when you can see Oh, crap, I've eaten this sweet potato and my blood glucose spikes so high It's crazy, then you know you can go



Okay, I'm now going to try something else instead of that, like you know, broccoli rice or whatever it may be an add in some collagen powder.

37:43

Yeah, that's great. Now I know you're always experimenting, testing proving things out. what's new on the horizon for Tim? Hmm.

37:53

Wow, really good question.

37:57

That caught me off guard. I'm looking at probably 20 or 30 new things at the moment. One thing I do like is the rise in green light therapy, which I'm just looking into. I haven't seen enough studies on it yet. And I've in I've emailed recently, Alexander one choose one of the leading fire photo fire modulation guy on the planet, in my opinion. I've emailed him about it, so explore it further. So that's one thing. It's known to be good for migraines. And that's one of my family members. I've been looking into it. So that's really something exciting because red light therapy is everywhere. But green light isn't yet.

38:35

Yeah, we've done we've done some experiment with green light with Brain Tap, we found that it's good for nighttime use like we have. In our labs, we have a full spectrum light Brain Tap, it'll be coming out at some point in the future. And green light is used. We shown that it shuts down the brain so you can get that better sleep if you need which a lot of people use Brain Tap need sleep, but we haven't really looked at a lot of greens. We use it also in our for. We have a device we built for putting your feet into for neuropathy. It has green, blue and red light and infrared. And we find that it can also work as an antiseptic. So there's a lot I mean, I think that's a good place to go with with green light. They don't use a lot of it. I mean, when I started with LEDs, there was only red light, you know, and now there's all these different things. Um, tell us a little bit about I know you have they can follow you on Instagram, they can see you on Facebook, but you also put together the summit that we talked a little bit about in you have a free gift for our our summit participants. Tell us a little bit about what that is.

39:39

Yeah, so yeah, I'm on Instagram at Tim biohacker. And yeah, it's just my journey, the daily cool things I get up to. Brands I'm testing out cool things I'm doing speakers I'm meeting and you know, just the fun that happens along the my journey and the health optimization summit is at a Health optimization summit. And yeah, we're giving away, we have a ticket to give away to one



lucky winner. I'm just trying to think about the mechanisms for that, because we didn't discuss the mechanism so we can cut this piece out.

40:19

As well, whoever,

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wherever does the screenshot and tags on Instagram? He can he can pick it from there. Yeah.

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What we're what we're talking about is

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we can cut this out, of course and edit it. But if you want, you can just say, hey, if those they want to participate, just take a screenshot of the summit now posted on your Instagram kept me at, you know, Tim biohacker on Instagram and I'll pick you'll be one of the people that do that will be picked for this for the summit.

40:48

Yeah. Okay. Great. Great. I did.

40:51

Okay, so I can ask the question again. And then Ted and Andrew can do so. So I know you're always testing things are always getting things but you have the optimal optimal. You have the optimization summit, the health optimization summit that always happens every year. Let me check that again. That's gonna kind of be the first one. Okay, you're fine. Okay. So the health optimization summit. So tell us a little bit about your free gift and what you're gonna offer to the summit participants.

41:15

Yeah. So and I've got one thing to give away, how to get tickets today. So if people go to the health optimization summit page and take a screenshot and share of the event happening, and tag me in biohacker, the health optimization summit and Brain Tap in it. I will pick two people to have a free ticket to the health optimization summit in London. The lineup is obviously has Dave Asprey. We have Joe mercola we have Clint Ober, we have Gerald Pollack, we have vision from mind Valley. the caliber of speakers is pretty much exactly the same as that all the way through, as you'll get to meet all of these guys and test out all these technologies as well. So the tickets are worth about 500 bucks each. So yeah, so just take a screenshot of the



Instagram. There's a few out there on our wall. Take me take the summit type Brain Tap. And, and I'll pick two people.

42:16

That's great. That's very gracious of you, Tim. And I want to thank you for being on this summit the optimal performance summit you definitely someone who's optimizing your life you even dedicated your life to sharing it with the world which we appreciate being one of our summit facilitators and instructors, so anything, any message you want to leave those, those people that are going Gosh, that's not what I thought biohacking was or what do you want to leave him with some message before we end the summit call?

42:42

biohacking doesn't have to be expensive, and it's one of the biggest things that comes up is this stuff is all expensive. You have to be a rich kid. You don't you have to know how to sleep properly. He properly time it properly, rest properly, exercised properly, and And track what you do if you can. But if you get your shoes off, you get in the grass and you breathe properly and meditate. And then use the funky things to turbocharge that, such as red light therapy, such as grounding bedsheets, such as Brain Tap, which again is an awesome one to help turbocharge that as you should, as everyone knows, anyway. And then then it doesn't have to be expensive. You can pick the things that are right for you for your health journey, as opposed to thinking that you can't access all of these things. So I think it health optimization and biohacking is a big thing and you can integrate it easily with the right mindset.

43:38

I was meant to say, those are wise words, and we appreciate that. We're going to be following you figuring out what's next. You're like, you're like Dave Asprey in one sense, where you're investing a lot of time, energy and effort and then sharing it with the world, which is very rare. A lot of people will take these secrets and keep them to themselves and try to have a some kind of competitive advantage over everyone but you're out there. sharing with the world. So you're to be commended on that. And we thank you for being part of the summit. Now for those of you watching the summit right now, if you know anyone out there that's going through health challenges, but just what Tim's talking about today, this summit video is available for the next 24 hours free of charge. All you have to do is share the summit, share it with them, get them on line your family, friends and co workers if they're going through health challenges that haven't seen to get fixed by traditional medicine. And what I mean by traditional is the sick care system, and they haven't really looked into you want to call it biohacking health hacking, whatever you want to call it. Health optimization. I love that term. I think that's a better way to say it in get this message to them. It's free for the next 24 hours. So get them on the call. If you're waiting for the



next speaker. They're going to be right along just just press play. Let's keep learning growing and developing a world of health together. Thank you

