



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

By Dave Asprey

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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 challenge?and change?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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### Editorial Review

#### Review

“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!” ?Mark Hyman, #1 New York Times bestselling author of *The Blood Sugar Solution*

“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.” ?SARA GOTTFRIED, MD, New York Times bestselling author of *The Hormone Cure*

“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!” ?DR. JEFF “CORNERMAN” SPENCER, creator of “*The Champion's Blueprint*” and 9-time Performance Coach for the *Tour de France*

“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.” ?DOUG MCGUFF, MD, co-author of *Body By Science* and President of *Ultimate Exercise, Inc.*

“Dave Asprey is a biohacker extraordinaire--*The Bulletproof Diet* will make you rethink everything you know about food!” ?STEVEN KOTLER, New York Times bestselling author of *Rise of Superman* and *Abundance* and director of research for the *Flow Genome Project*

“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.” ?STEPHAN JENKINS, lead singer, songwriter, and guitarist for *Third Eye Blind*

“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.” ?JEREMY PIVEN, actor, producer, and star of *Mr. Selfridge* and *Entourage*

“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.” ?PETER H. DIAMANDIS, MD, CEO, *XPRIZE Foundation*, Executive Chairman, *Singularity University*, and author, *Abundance: The Future Is Better Than You Think*

“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.” ?BRANDON ROUTH, actor and star of “*Superman Returns*” and “*Arrow*”

“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!” ?PETER SAGE, *International Serial Entrepreneur & Bestselling Author of 5 Keys to Master Your Life*

From the Back Cover

The Bulletproof Way of Life: More Butter, Less Exercise, Better Sleep, For the Body and Brain You Deserve.

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#### About the Author

DAVE ASPREY is a Silicon Valley investor and entrepreneur, a professional biohacker, and the creator of Bulletproof Coffee made with butter. He is the chairman of the Silicon Valley Health Institute and host of Bulletproof Radio, a nationally syndicated show and #1 ranked podcast with more than 10 million downloads. He has been featured on the *Today* show, *Nightline*, and CNN and in *Financial Times*, *Rolling Stone*, *Men's Health*, *Vogue*, *Marie Claire*, *Slate*, *Forbes*, and dozens more. He lives in Victoria, British Columbia, and Seattle, Washington.

#### Users Review

##### From reader reviews:

##### Jules Thompson:

Here thing why this kind of The Bulletproof Diet: Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life are different and reputable to be yours. First of all reading a book is good nonetheless it depends in the content of it which is the content is as delightful as food or not. The Bulletproof Diet: Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life giving you information deeper and different ways, you can find any book out there but there is no e-book that similar with The Bulletproof Diet:

Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life. It gives you thrill looking at journey, its open up your current eyes about the thing in which happened in the world which is probably can be happened around you. It is easy to bring everywhere like in playground, café, or even in your technique home by train. If you are having difficulties in bringing the printed book maybe the form of The Bulletproof Diet: Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life in e-book can be your alternative.

### **David Lucero:**

Now a day folks who Living in the era everywhere everything reachable by talk with the internet and the resources in it can be true or not need people to be aware of each facts they get. How people have to be smart in getting any information nowadays? Of course the answer is reading a book. Reading a book can help men and women out of this uncertainty Information especially this The Bulletproof Diet: Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life book as this book offers you rich facts and knowledge. Of course the information in this book hundred percent guarantees there is no doubt in it everybody knows.

### **Gary Johnson:**

Reading can called mind hangout, why? Because when you find yourself reading a book mainly book entitled The Bulletproof Diet: Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life your head will drift away trough every dimension, wandering in every single aspect that maybe unfamiliar for but surely can be your mind friends. Imaging every single word written in a publication then become one application form conclusion and explanation which maybe you never get just before. The The Bulletproof Diet: Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life giving you yet another experience more than blown away your mind but also giving you useful details for your better life in this era. So now let us show you the relaxing pattern here is your body and mind are going to be pleased when you are finished reading through it, like winning a casino game. Do you want to try this extraordinary wasting spare time activity?

### **Jamie Durbin:**

As we know that book is very important thing to add our expertise for everything. By a book we can know everything you want. A book is a list of written, printed, illustrated as well as blank sheet. Every year ended up being exactly added. This publication The Bulletproof Diet: Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life was filled with regards to science. Spend your extra time to add your knowledge about your technology competence. Some people has distinct feel when they reading a new book. If you know how big advantage of a book, you can feel enjoy to read a e-book. In the modern era like today, many ways to get book that you just wanted.

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