



Transcript of “David Waknine: Adversity, Filming A Documentary & Weight Loss - #209”

Bulletproof Radio podcast #209



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Dave Asprey: Hey everyone, it's Dave Asprey with Bulletproof Radio. Today's cool fact of the day is ants only rest for 2, 8 minute periods a day. Only during 1 of those periods is there a decrease in brain activity in black and red ants that resembles sleep. If you're a soldier ant, there's more activity during your rest periods. They apparently never sleep at all. Which is one reason you probably don't want to be an ant. There are others.

Today's guest is a pleasure to have on the show. He's a guy who closed out the Second Annual Bulletproof Biohacker Conference with an audience of more than 500 people. Former Golden Gloves boxer and star of a documentary project called "One More Round." The guy I'm talking about, if you're a fan of Bulletproof or you went to the conference, you already know. I'm talking about David Waknine. David, welcome to the show.

David Waknine: Thank you, David.

Dave Asprey: You've been an artistic director for more than 285 plays globally. You also have this side of you where you're a fighter. For people who haven't heard of you, you're substantially overweight. You decided in your 40's that you're going to go back and fight a pro fight. It's a shocking real world come back story. You're right in the middle of making it happen.

I wanted to interview you today and talk about what your motivation was for doing something that honestly, could kill you. You take a punch from a pro fighter and you're not ready for it, bad things can happen. Why did you decide to go back into the ring in your mid-40's after having been pretty far out of shape?

David Waknine: The major deciding factor was losing Eddie Tyler who was my trainer and father figure. Almost like a brother to me and watch him pass away his last 8 days at the hospice made me realize something was missing in my life. I was almost like dead man

walking for many, many years. There was a lot of doors that weren't closed.

I was ranked in a world as an amateur and I walked away from it. I seem to walk away from a lot of things that I was doing well. No matter what I did, I just never felt alive. Going back in the ring at this age was an incredible task. Some thing that Eddie and I could cherish. That fight could stop the inner fights within me forever.

Dave Asprey: On stage at the Bulletproof Conference, you talked, quite openly, about how you had a really emotionally distant and un-supportive upbringing. Had some serious trauma as a child in Morocco. Do you think those early traumas lead you to focus on adversity through going into the ring? Or is there something deeper going on with you?

It was pretty amazing. I've seen your trailer and we're going to link to it here in the show notes on the Bulletproof site. You're working your ass off, to be perfectly frank. Way more than a normal guy who wants to lose 70 or a 100 pounds. You're pushing to go from like, "Well I'm pretty darn healthy." One of your mentors dies but have you thought about where the decision to go that far into that direction comes from? Do you think it's your childhood or is it something else?

David Waknine: It's a combination of things. At least for me, I came to a point in my life where I wanted to not only bury what happened but really face them head on and come to peace with it. That's Morocco, what happened to me in Morocco, the upbringing I had with my family. Also the fact of walking away from things and Eddie. I felt very guilty watching Eddie pass away and walking away from my career when at the time that's all he had. It was a compilation of things.

Through this journey, the physicality's obviously, extremely hard. The mental challenge has been twice as hard. You're in a dark tunnel and there's no light. You keep pushing and pushing and hoping you'll see that light. All along you're walking in this gyms

and you have these 20 year olds are trying to take turns at you. Your mind wants to go somewhere your body can't. You keep pushing, struggling and hoping that something will happen.

Dave Asprey: You've got a lot of courage. You're willing to talk about some of your formative experiences. Also to go out there, going to the gym where there's guys half your age who are frankly trying to kick your ass. You've definitely got something special going on there. That willingness to drive and push yourself. You've also got this enormous problem to hack in that it's not just age. It's age plus your health status.

The reason I'm particularly interested in how you're doing this is a lot of listeners for Bulletproof Radio are in a similar situation where there's a lot of stuff they could've done, they didn't do. We all make trade offs for family or for career. You hit a certain point where you're like, "I still could do that." But it feels insurmountable. You're like, "I don't care if it's insurmountable. I'm going to do it anyway." I'll make a movie about it at the same time. Which is way cool. I can't wait to see One More Round when it comes out. Out of all the things you're dealing with; age, physical problems. What's been the single most toughest hill for you to climb?

David Waknine: It's funny David. At different times through this ... We've been shooting for 2 years now. We're hopefully wrapping the film in August or September. There's been adversity all along. At one point it was my weight. Another point it was massive injuries. I just went through a 4 hour operation on my foot. Another point, you go through financial crisis where for 2 years I had to turn down every single job, put all my funds into it and try to get investors in it. You have to wear your producing hat and at the same time you have to be the subject matter. Depending on the month the obstacle changes.

If I was to say overall, the mental challenge has been the hardest thing. Going back into your past, sitting down with your family and trying to have a conversation when there's never

communication in forty five years. Sit down with your psychologists, facing your past, trying to overcome, understand it and move forward from it. Seeing your daily habituals and try to change who you are. We're creatures of habits. It's really hard to change who we are. Trying to change that. The mental has probably been the hardest.

Dave Asprey: Do you draw a line between mental versus emotional?

David Waknine: It's a very fine line. Some things cross over and some things are strictly mental. Some things are, you get up and you struggle just to be positive. Or it's not so much emotional it's more of a mental struggle and sometimes you can't. Sometimes you get up, you're in a bad mood and it takes you half a day before you get out of that mood.

Dave Asprey: What do you do on a day like that? You wake up, your body hurts, you feel old, you got a headache and you go, "Man, I don't want to train today. I just want to ... I don't want to do this anymore." How do you psych yourself up to get up and do what you're going to do?

David Waknine: I first start by yelling at my producer Ashley. No.

Dave Asprey: An honest answer.

David Waknine: No. The worst part about it, it's not wanting to work out. It's when you get up and everything hurts. You get up and everything hurts. Through many years of boxing, playing soccer and being a very assertive teenager I've acquired a lot of past injuries. You have all these injuries. You just suck it up. You get up and you suck it up. For some reason, when I start sweating, when I'm in the gym and I start working out, the love comes back. There's boxing, I'm sure you've heard of, is an extremely addictive sport. I missed it. I didn't realize how much I've missed it until I'm back in there duking out, sparring and working out. You don't. You get up and this is something you have to do. It's my job. You get up, you go and do it. That's it.

Dave Asprey: Now, one of the reasons boxing may be addictive ... I'm not a boxer. But I've done a lot of work with Stephen Kotler, who's the key note at the Bulletproof Conference, the same one where you were the final speaker. He talks a lot about flow-state. If you're in the rain, you got your hands up. If you do it wrong, you're going to take one in the face. Are you in a flow-state whenever you're sparring? Where things slow down and you're in the zone? Or is it not quite that extreme?

David Waknine: It's funny. I was just talking to a friend of mine and he said to me, "The weirdest thing that I ever see when you get in the ring is you get extremely, extremely calm." That happens also. God forbid, I'm outside and some body approaches me. I get extremely calm because the best way to see punches come, to avoid, and to think in and out of the ring when something attacks you is when you're in extremely calm state of mind. I'm probably the calmest I've ever been, when I'm in the ring. I would be in that flow-state.

Dave Asprey: It doesn't make a lot of sense but when there's enough danger, calmness is the only answer. That's where a lot of athlete's are going. I first noticed that when I was, late teens early 20's, I was one of the early guys into the mountain biking. I would do these downhill things, 25-30 mile an hour on rough terrain. If you stop paying attention, you're pretty much going to die. You pay attention so well that you can be calm.

It may be even worse for people with a little ADD or some other mental characteristics like that. Suddenly like, "All right, you can just do it." Same thing driving faster than 75 miles an hour is probably good for you if you're someone with a brain like that. Not bad for you.

You go into that and you seek that in the ring. You've identified that it makes you happy. But you're 45. You're going to do a pro-fight, hopefully in August or September. You're looking to schedule it, it looks like in a few months in June. You're going to have your fight. Win or lose, I doubt you're going to want a successful pro-career with the number of injuries you have at 45.

You're going to go back and you're going to do what you didn't do the first time. I've got great respect for you doing that.

How are you going to keep yourself in that state after that fight? How are you going to keep from gaining some of those pounds back? How are you going to take these changes and make them permanent in your life?

David Waknine: I figure the diet is a way of life because it's not really a diet. I see it as a way of life, eating healthy. Something had shut off 22 years ago where I just didn't care. I didn't care about working out, looking good, eating right. I just didn't care. Today, I very much care. Something is flipped through this journey that made me realize I do want to eat right, be healthy, keep going to the gym after this fight. Of course, I'm not going to fight again. But I will go spar, box, move on and do my road work, feel good and look good. Most of all, I feel great when I eat right. When in the past, I would feel like crap but it was such an every day thing I didn't really care. Food became my best friend. Being alone and pigging out in front of the TV was my best friend.

Dave Asprey: By the way, I haven't asked you outright. What are you eating these days as your training?

David Waknine: Sometimes I go through a mute periods where I'll juice for two weeks. I'll go through a cleansing. I'll go back and just have the right amount, 40% protein, 25% carb, 20% fat. I'll up the proteins with shakes. Overall I'll have about 55-60% protein throughout the day.

Dave Asprey: Wow. That's a lot. That's because you're trying to put on muscle mass?

David Waknine: Yes. Also, I'm so sensitive to carbohydrates and sugars in general. Unlike other people even though my metabolism has raised, I look at bread and I get fat. I have to be very careful with that. I try to have about 3 meals and 2 snack throughout the day. Like now, I just had this foot surgery so I have to let about 5 weeks for the

bone to heal. After that, I'll cleanse and drop 20 pounds just juicing. Purely, 80% vegetables, 20% juice.

Dave Asprey: Wow. When you do that though, you're also training for muscle mass so you can cut 20 pounds with juicing. Are you going to lose physical performance when you do that?

David Waknine: I'm doing it while I'm still recuperating on my foot. You have a 12 week recovery. The first 7 weeks I make sure I eat proper protein for the bone to heal. The ladder 5 weeks I can't get into the gym anyway. I'll do a one workout just swim, juice and physical therapy. By the time I get to the gym, I'm down around 210. I can do my 2 work outs a day and eat properly again.

Dave Asprey: Have you started taking supplements to speed bone healing?

David Waknine: No. I take the general stuff, multi-vitamins, glutamine. I usually take that when I start working out.

Dave Asprey: You might want to check out vitamin K2 and vitamin D3. Those things do speed bone healing. Take some magnesium, boron silica. Stuff like that is shown in studies to increase the rate bone deposition. You can probably shave your recovery window down by a little bit. Or have a stronger, more complete recovery afterward. Potentially adding glutamine, the amino acid in higher amounts away from other foods, could also speed wound healing. There's a couple studies about that. I've looked at the post surgical recovery protocols for my own use. I've had three knee surgeries. If you're injured and you want to come back quickly, it's interesting how you can tweak those little variables just like you can tweak the number of work outs per week or the intensity or the timing and maybe get a little advantage.

David Waknine: Definitely. I'll definitely look into it. Thank you.

Dave Asprey: Sure. Do you know who your going to fight? Who you want to fight?

- David Waknine: No, I don't. The guy could be 20 years old, the guy could be ... I don't know.
- Dave Asprey: You're not going to go on TV and call him out like, "You! You're a punk ass kid! I want to beat you down!" No? Nothing like that?
- David Waknine: No. I don't have any enemies. The promoter would set that up.
- Dave Asprey: If you had your dream fight, who would it be?
- David Waknine: It would be the guy that I lost to in the finals in the Golden Gloves when I was 23 years old.
- Dave Asprey: Have you tracked him down? No?
- David Waknine: I've tracked him down after the fight. He had went into the Air Force. But didn't want to fight.
- Dave Asprey: Bummer. You actually asked him and he said no.
- David Waknine: I did. I asked him a few times.
- Dave Asprey: That's too bad, though.
- David Waknine: I have to live with that loss for 20 years.
- Dave Asprey: That's pretty remarkable. You haven't figured out who yet. Your promoters going to work on it. You're basically putting all of your energy, all of your willpower into this. How is that effecting what you do in your artistic director side of things? You've had a successful career there. It seems like this would take ... 2 work outs a day and that much protein would be really hard to do.
- David Waknine: As far as the theater is concerned, I've walked away from theater in July 2011 and we focused strictly on movie and film. We have about 12 series, 1 hour dramas and a few features that we were slated to do that I couldn't go forward with. This is a full time job. You get up at 6:30 or 6:00 in the morning doing your first run. You

come back. You get breakfast. You do literally 45 minutes, you got your second work out.

The filmmaker hat comes on and I got to watch post, what they do. We have a lot of sponsors I have responsibilities for. We make promos for. We do different things for that help us through this journey. Like I said prior, financially this has been ... I didn't think this journey was going to be as extensive as it got. I thought I'd go in, I'd wrap this up in the air. Full of shit, I was. That's not the case. The movie got way bigger and more responsibility on my part. I had to put a pause on everything. Hopefully, when this film comes out Sundance, Toronto, or Con then HFC Pictures will revive.

Dave Asprey: You've really got a lot more riding on this fight than just winning or reconquering an old loss. You've also got a lot of your career on the line for it.

David Waknine: Right now, David, this is my entire life. Literally.

Dave Asprey: What's going to happen and you fight and you don't win?

David Waknine: I'm going to win.

Dave Asprey: I like that answer.

David Waknine: Winning or losing is irrelevant to the storyline. When I first started this, I didn't really care if I won or lost. I wanted to get in the ring. I wanted to go through this journey and overcome my demons. I felt if I got in the ring, it'd be my last fight. Win or lose, doesn't matter. I lost my brother about 11 months ago. Somewhere between 11 months ago and today, something just clicked. I need to win. I will win. I can't see it any other way.

Dave Asprey: That manifesting things into reality thing certainly seems to work. What are you doing from a coaching perspective? Who coaches you? How do you rely on experts in order to help you, I don't want to say cheat because that has a negative connotation but I'll say it anyway. How do you cheat within the rules? How do you take full

advantage of the opportunity you have? Who's on your team?
Who's in your corner?

David Waknine: We have Dr. Andrew Yellen who's my psychologist. Cynthia Loy Darst, who's my life coach. Pineda Juan Martinez who's my trainer. It's been pretty amazing because through this journey I went through numerous trainers, maybe 3, 4. It was really hard for me to team up with somebody after what I had with Eddie. It was very different. At that time, I was ranked. I was young. People were coming out of woodwork to want to train me.

Today, I'm a 45 year old guy. They know there's no future. They see the story and they get moved by it but Juan Pineda Martinez has been awesome. It's probably the closest thing to Eddie. It's really helpful when you got somebody in your corner that believes in you and you guys have that tightness. It really makes you want to work out harder. It makes you want to get out and succeed in every corner. As far as my training is concerned, it's Juan Martinez. As far as my mental and vision for this journey it's Cynthia Loy Darst and Dr. Andrew Yellen.

Dave Asprey: What are the other places that you go to to track your performance, help you know your training is going the way you want to go? Are there blogs? Are there other experts who research you rely on? How much of your time of your time do you spend on hacking yourself like that? Or is that something you've mostly put in the hands of your trainer and your doctor?

David Waknine: Dimatize has been a great sponsor that jumped on board and not only helped us financially but they also helped us by sponsoring all sorts of pre-workout powder. The glutamine to a protein powder to all sorts of stuff that would make sense to you more than me. They tell to take them and I take them. I feel better. It's all natural. Which is something that was really important to me. There's also Beverly Hills Rejuvenation Center. Dan and Devin who own it have been with me since the very start and been tracking my every move. Making sure I'm in a healthy state. They've been really awesome.

Dave Asprey: What do you typically do when you go to Beverly Hills Rejuvenation Center? It sounds like an interesting place. Maybe I want to go there.

David Waknine: You go in and you get a spa ... What they do is a whole body check up. They check for whole blood tests. Almost every month I go through a full blood test. Making sure that all my hormones are intact and what's not missing, what's missing. If I should eat less meat, eat this, my cholesterol is high. If I should get a certain doctor on board because my blood pressure is high. When I first started this journey everything was wrong. My cholesterol was high. My blood pressure was high. I was borderline diabetes. I was a complete mess. The first blood test was with them and they were able to guide me through it.

Dave Asprey: How's your blood pressure now?

David Waknine: It's normal. It's perfect.

Dave Asprey: It's perfect? It's normal? Cool. If it starts trending the wrong direction there's a cool training. It's called [Zona plus](#). It's something I got on the website. It's based on fighter pilots. You do this grip strength training. It has a little computer feedback device and you squeeze it for 2 minutes. You squeeze just hard enough. Not too hard, not too light. It trains your nervous system to lower your blood pressure. It's the coolest piece of biofeedback tech that I've ever seen. It's got affects on blood pressure.

It's interesting when you go to a place like Beverly Hill Rejuvenation Center, anywhere you're getting data. You're on the extreme edge of bio hacking if they're getting data every 2 months. That's more than most people. I probably do mine every 4-6 months depending on what day that is. I tend to get a lot.

You've got a team of professionals there who are looking the data and are able to identify when it's going the wrong way. You've got a psychological and emotional side of care. You've got a sport training side of care. You've basically got two focus professionals

and then a team of data and specialists kind of people. They're all in your corner backing you up. Even though in the ring you see your main trainer. Is that common? Are the guys that are fighting using that much data?

David Waknine: I think the guys I'm fighting today are using a lot more. Back when I fought, you had your trainer and yourself. Today, they have strength coaches, away coaches, life coaches, psychologists on board. They have so many different ... Dietitians. Some of them have chefs. Obviously depends on where they are in their career. In general, today a boxer has more a equipped team than the old school. It's not as, "Get out there. Do your road work and get in there and box," like it used to be.

Dave Asprey: I understand that there's been shifts in almost every sport where people are really competitive. Where we have chest strap monitors. heart rate monitors. We have amazing amounts of data. Some amount of the discipline that comes from being a very high level athlete and competitor is not just doing the work but doing the analysis figure out how you can do the work better.

Do you spend a long time with your trainer doing that? Is it, "This sparring match wasn't as good as it could've been" from a data perspective? Or is it that he watches you? He says, "Yes, you're not moving fast enough. You need to go more to the left. You're leading with your right." Whatever the other things you're doing.

David Waknine: It's more the ladder. It's the second part. Juan Pineda Martinez is very old school trainer. There's not much data at all. It's more, "You either need to do that. You need to keep your right hand up." Usually talks in between rounds when he sees what I'm doing wrong and when he sees what I can capitalize with the other person. Of course, when we're not sparring, we're working on different things. Where I can work on my power or things I lack or things he feels I can improve on.

Dave Asprey: That's really cool. I love hearing how things are shifting in hearing how someone who's really pushing hard, who supports you and

how you build a network of people and tools in order to help make things like that happen.

There's some other goals you have going on. Right now, you're working to be a full time athlete so you can finish documenting your story. Your film is pretty far along. You're going to schedule for a fight in June and then hopefully fight in August or September. Assuming you do all that stuff, are you doing Indiegogo? I haven't look into the funding side of how you're making everything go. How are you funding the movie to get it out the door?

David Waknine: Obviously, for the big part of I've used a lot of my funding's. I've put a lot of my funding into it. We've had, I'd say 5-10% of it came from private investors. We've also had sponsors on board that came in and believe in the story. Some are renown doctors that just put their services. For example, Dr. Meyer who just did the surgery on my foot. They would have cost me up in the high teens in the thousands if I didn't have them on board. Different funds came from different where's. We're at our fourth phase.

The budget originally started at \$150,000 to \$250,000. Today it's at \$1.1 million. We've spent \$750,000 of it already. We're still looking for the last \$400,000 to finish the project. You've got to remember though, this is not the documentary we set out to do. We shot in Morocco, France, Israel, Dominican Republic.

A small story evolved to the point where there's been interest in a TV series. We have 3 of the letters of intent from the some of the biggest distribution houses. One of them from Canada, E1 Films, who distributed The Hunger Games. There's been a lot of interest that usually doesn't happen until you finish principal photography. People have followed us.

We just made front page in the newspaper in Casablanca, Morocco. Look at you. I'm talking to you and you're a big deal. We're grateful to be talking to you. It's a lot of things, we've been lucky in a lot of ways. People have been turned on by this story. It's been really humbling.

It's been a mixture. It's one of those things where you think you're going to shut down, something miraculously happens. You get a check or something happens and you keep going. Obviously, the funding was going to be \$250,000 and we had it covered. But as the story grew, it got better. The good thing about this, David, is because it's become a major documentary, now we're looking at theatrical release. Where at one time it was, Netflix, Amazon Brand, Hulu. That's what we were looking at; video rentals. Were now, you're looking major theatrical release worldwide. It's got four different languages. English is dominant. It's got four different languages within the documentary. It touches anybody. It's almost like Rocky. It's not about boxing. It's more about a heartfelt human story and about second chances in life.

Dave Asprey: You've done a lot more overcoming than just overcoming weight and age. You didn't start out with an uplifting story. You're turning what could've been a pretty unhappy life into what is an uplifting thing. It's what is likely One More Round a really good film. Not that I've seen it yet because it's not done. I'm excited to check it out when it comes. If you do have the fight as planned August or September, not sure what month it would be, how long after that would people listening be able to see the film?

David Waknine: After the fight, we go back and shoot 3-4 days in New York, 3-4 days in Pittsburgh, wrap up the Eddie story. Then go to Morocco, wrap up the whole family and all the incidents that happened in Morocco. Then finalize post. I'm hoping that by October-November we'll be able to enter it into major film festivals. Depending on which distribution team is on board, if we sell this film before or not. They'll have a say on that as well. Major film festivals are very hush-hush about keeping everything low key. Not showing more than 8 minutes. Hopefully, the film will come out around November-December. That would be great.

Dave Asprey: Maybe we can hang out at a film festival together. I've got my documentary Moldy about environmental mold and what it's doing to people. A lot of human interest stories. You know because you've been filming for a couple years. But I walked into

this saying, "This is something that will effect a lot of people. That is affecting a lot of people. They don't know about it so I can tell a story."

The amount it work it takes to make a film, my God! I've spent 6 weeks of my life on the road and setting up lenses, cameras and lighting. Holy crap! I had no idea what I was getting into. You must spend a lot of time, You're talking about all these on location things. How many people are working on your production, all the legal rights? There's got to be a dozen people.

David Waknine: Half a dozen in the intimate production; producers, associate producers. You have a whole bunch of cameras aside from your Head DP Patrice and your head camera which is Christoff Ivans. You have over a dozen camera people coming in and out. You have all your attorney's, your legal team and everybody else that comes in and out.

Depending on a shoot, a shoot could be one person and I. They can be 30-40 people and I, depending what you're shooting. Where you're going to shoot, what needs to be grabbed. For the fight, we're probably going to have 6 cameras. That's a crew of maybe 24 people, with sound. It can be small.

I come from a narrative world. I've directed plays, films and commercials. They've all been now narrative. This is my first documentary. What I bring to this is, aside from the story, I bring a very narrated way of shooting it. It's very edgy. It's very much like you're watching a feature film. But it's a documentary, the style of shooting. I'm sure you can tell from watching the trailer it's very raw, in your face, dramatically light.

Dave Asprey: We'll include the trailer in the show notes. We'll link to it in the iTunes and the YouTube video so people can find it.

David Waknine: Thank you.

Dave Asprey: Where can people find out more about this? Is there a URL you'd like them to go to?

- David Waknine: Yes, I would love them to go on the www.onemorerounddoc.com and email myself or Ashley Pontius who's the other main producer about how they can get involved or what they'd like to know, or anything. This is a journey I'd like to share with the rest of the world. Also, to like us on Facebook. It'd be great. People are going there and they help us inspire people. I can't inspire people on my own. I enlist a bunch of people to do it.
- Dave Asprey: Awesome. If you had 3 recommendations given everything you've learned so far, that you like to share with people. If people want to perform better ... If you want to kick more ass, do these 3 things in your life, what would they be?
- David Waknine: I would say, commit to something. Get up and do part of that thing. No matter what, be persistent at it.
- Dave Asprey: Awesome. Very concise. Did you rehearse that ahead of time? Or you just knew?
- David Waknine: No. I just know what I have to struggle with everyday. I know I committed to do One More Round. Everyday, no matter how I feel, I commit to doing something toward it and I'm persistent until I get into that ring.
- Dave Asprey: David, thank you so much for coming on Bulletproof Radio today. I wish you best of luck in your fight. Best of luck in getting One More Round out the door. I'm really excited to see it.
- David Waknine: David, thank you so much for interviewing me. Thank you for letting us be part of Bulletproof. It means a lot to myself and the whole team.
- Dave Asprey: We'll send you some more coffee beans. Keep you all charged on the right kind of caffeine and thanks.
- David Waknine: Thank you.
- Dave Asprey: If you enjoyed today's episode, I would love it if you went onto iTunes and said, "Hey, I like this!" Give us a good



recommendation. Give us a thumbs up. Like the Facebook page and if you want to double down on that, please pick up a copy of the [Bulletproof Diet](#). I'm still working on sales. I'm getting ready to start my next book and selling a few more copies of the Bulletproof Diet moves the needle for how quickly the next book comes out. If you've got a copy, buy 2 more. Please! Totally appreciate it. Have an awesome day.

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[Cynthia Loy Darst](#)

[Dr. Andrew Yellen](#)



[Dimetize](#)

[Diabetes](#)

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Bulletproof

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[Bulletproof Diet Book](#)

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