

Andy Deas: *Six listeners can't be wrong.*

Robb Wolf: *Yeah, six listeners cannot be wrong.*

Robb Wolf. Andy Deas. *The Paleo Solution. Holy cow!*

Andy Deas: Robb Wolf, Andy Deas back with a special edition of *The Paleo Solution* and today we are honored to be joined by Tim Ferriss. What's going on, Tim?

Tim Ferriss: Oh, a lot is going on but thank you so much for having me.

Andy Deas: Thrilled to be here.

Robb Wolf: We're stoked to have you. This is a guaranteed disruption of everything good that you've ever done. This is where everybody goes to jump a chart just coming on the show.

Tim Ferriss: And....

Robb Wolf: Yeah.

Tim Ferriss: Well, right on schedule then.

Robb Wolf: Perfect, perfect.

Andy Deas: First off, I found it would be interesting to maybe Robb, Tim, you guys can actually tell the listeners how you guys first met or introduced to each other. I think that would be interesting to hear.

Tim Ferriss: Fantastic. Robb, you want to tackle that one?

Robb Wolf: Well, my publisher Erich Krauss, publisher of *Victory Belt* -- Tim, I forgot what the connection is that like he knows your brother but in the process of writing my book there was some communication between you guys and then you were kind enough to do away a very controversial blog post on your *4-Hour Workweek* blog talking about how to keep feces out of your bloodstream and all that which that generated pretty good bandwidth on that thing.

Tim Ferriss: It did you well, yeah. I actually really came to know Erich because I trained with Dave Camarillo, or Dave Camarillo as I'd like to call him, at AKA, American Kickboxing Academy which is a Jiu-Jitsu kickboxing in MMA gym, where Mike Swick and Josh Koscheck who are going to be fighting GSP UFC soon, where all those guys trained. So I knew Dave very well and Dave was doing a book with Erich and we did a number of photos shoots together where I was getting thrown on my head by Dave.

Andy Deas: Awesome.

Robb Wolf: I've been tossed ass over tea kettle by Dave too. We have another connection there from both of us being brutalized by a Dave Camarillo so that's pretty cool.

Tim Ferriss: Yeah.

Robb Wolf: And then in case folks don't know, like if you've been living under a rock or like you just escape from some sort of a third world prison, of course Tim Ferriss is the author of *The 4-Hour Workweek*, a *New York Times* bestseller, has been featured in *Wired*, *Business Week*, *Harvard Business School* like basically anybody who is anybody who looks at

trendsetting usually looks to Tim to figure out where the winds are blowing and what's going to be new and hot and happening. So it's a huge honor to have you on here.

Tim Ferriss: Wow. The honor is all mine. I appreciate you having me on.

Andy Deas: And Tim, just so you know, if I ever happen to see you walking around somewhere, I was told that I'm supposed to sneak up behind and kick you very hard in the traps and say gotcha.

Tim Ferriss: Okay. For those who are listening, we'll get into the meat in a second. That is an anecdote from Kelly Starrett of CrossFit SF fame who is fond of walking up behind me. He is not a small guy. He is a very strong like 200 and I don't know. If you want to get punch in the face, you have about 15 seconds to get away once you do that to someone. So I got him back with like the ultimate professional wrestling like 10-foot drop trap slap after he did that to me.

Robb Wolf: Nice.

Tim Ferriss: So it's his turn.

Andy Deas: All right, cool. So why don't we start with the questions. I will read most of the questions and Tim, we'll let you go first; and then Robb, you can share whatever limited knowledge you have about anything health-related.

Robb Wolf: Yeah. I will ruin whatever Tim has articulated to us, yes.

Andy Deas: Perfect. All right, first question, Tim, is what actually motivated you to write The 4-Hour Body?

Tim Ferriss: So the writer's world associates me with time management, productivity and measuring inputs and outputs as it relates to businesses and startups. The physical tracking actually predates all of that by at least 10 years. So I started recording all of my workouts at about age 18 and still have most of those workouts. I have about six feet of notebooks in San Francisco and then I also have digital copies more recently. But the book I always wanted to write was something along the lines of becoming superhuman through the general title of The 4-Hour Body. What I was waiting for was access to the best scientists, the best doctors, the best athletes, the best coaches, etc, that I could find and The 4-Hour Workweek was what gave me access to those resources. So the motivation is really simple. I do think that you can produce dramatic changes in the physical body including many things that are assumed to be genetically fixed with very, very small changes and so this 4-Hour Body was a three-year exploration of trying everything you can possibly imagine and the outcome is what you guys have seen.

Robb Wolf: It's awesome. You know, we were seeing such powerful interface with this ability to track genes like the 23 me and different things like that so you can get a baseline of like what are the genetic bag of tricks that mom and dad gave you but then tweaking the epigenetic factors that go into that diet, different exercise intensities, sleep supplementation, pharmaceuticals like the whole list of things you do really amazing job of both ferreting out the research to look into where you should go next but then also just being detailed and oriented enough to track what's happening so it's not a slapdash thing like you really get some good metrics on that. It's very cool.

Tim Ferriss: Yeah. I appreciate that. I mean I really wanted to be able to show the numbers and to also measure the right things so that I could then replicate, hopefully replicate the results with other case studies whether that be mothers or a 60-year-old man or whatever it happened to be and it's important to track. So I mean I did thousands of blood tests. I

really did not want to leave anything to guess work or chance. So I'm pretty happy with how things turned out. It's the most important thing I've ever written in my opinion.

Robb Wolf: Nice.

Andy Deas: And it had the nice choose your own adventure flavor which you know I will forever miss reading those books.

Tim Ferriss: And just a side note because there's a reason that I'm so fond of that. I actually grew up next door to the creator of Choose Your Own Adventure books series and he would test his books on me and my younger brother. So if you read some of the really old volumes of the Choose Your Own Adventure books, my name and my brother's name are actually in those books as a thank you for us testing them out.

Andy Deas: Oh, right on.

Tim Ferriss: Yeah.

Andy Deas: That is very cool, very cool.

Tim Ferriss: Yeah.

Andy Deas: All right. You cover a pretty remarkable amount of material in The 4-Hour Body: fat loss, muscle gain, hormonal optimization, life extension, Robb savored orgasmic bliss. What was the most counterintuitive or impressive protocol that you experimented with during this three-year process?

Tim Ferriss: Oh, man. There were a lot. I would say there were few and I'll give you few examples that are different categories. So the first would be just biomechanics. Swimming. I could not swim for about 30 years and I went from being able to swim about two laps to 40 laps or so per workout by tweaking the biomechanics with the help of a gentleman named Terry Laughlin. That was the largest transformation in terms of overcoming lifelong insecurities and embarrassments, things like that. Now I can do a mile open water in the ocean, no problem, just to relax which is mind-blowing for me. The second would be related to lifting which was a domain. I assumed that I knew quite a lot about which is always dangerous. But I had a lot of success with training in the weight room and in one case I put on 34 pounds of muscle in 28 days. I was supervised by a PhD at San Jose State University. But the most impressive to me was the deadlift protocol that I borrowed from a sprint coach who had trained one of his athletes to break all of Marion Jones' records and then go on to be the first professional track athlete out of high school, and his deadlift protocol involved pulling from the ground up to the knees and then dropping the bar and doing sets of two to three and using that approach with very long rest in a row. It is very much a powerlifting-like protocol but only with limited weakest range of motion, one from pulling let's just say 300 pounds off the floor because I have very small weak hands. It's pretty embarrassing but it's true, and pulling about 300 for let's say two wraps to doing -- I did rack pulls the other day with about 630 pounds, I video this, with a double overhand grip with no wraps. Now for world class powerlifters, is that impressive? Or even a national level powerlifters, is that impressive? Absolutely not. But for most people and certainly for people who were pulling 300 pounds a few months prior, that is an astounding rate of progress. So that impresses me quite a lot. And then I'd say, in one more category, dietarily fixing a selenium deficiency that I had identified through some testing, a 2-1/2 hours testing, fixing that with Brazil nuts among other things help to triple my testosterone and I think it more than double my bio-available testosterone and that also, the magnitude of that effect with such a small change really, really pointed out the potential in making this tiny tweaks. So those would be few examples.

Andy Deas: That's cool.

Robb Wolf: You know, we talk a ton about I guess kind of an economics approach to kind of performance health among Gevity on this program and it's interesting, you know, when you're talking about swimming we're looking at kind of a work capacity-oriented thing which the full emergent swimming that we often brings to this whole deal is just so technically proficient that no matter what engine you have you'd end up eking like just massive efficiency out of that thing; and then the Barry Ross deadlift protocol developing maximum strength, maximum power generation of what-not is very much like neural-based in not blowing yourself out; and then there's a nutrition piece, if you've got even a moderate deficiency then it's going to manifest potentially in a catastrophic manner like you're talking about with the low testosterone.

Tim Ferriss: Right, right. Exactly right. In all that it entails getting an accurate baseline, and I don't want to get into too much of the nitty-gritty of trending and tracking, but it can be very simple but many people when they do track, track the wrong things. So in the very beginning of the book, from the very outset it's like let's set our GPS to the right coordinates and that makes all the difference in the world. So agreed. I think the economics model is very helpful and people who read The 4-Hour Workweek will actually see this new book as a collection of the second generation of 4-Hour Workweek principles but they're just applied to the body. The same principles apply to business and to all that.

Andy Deas: Awesome. Tim, how did you come up with your list of folks that you wanted to work with for this book? What's fascinating to me is the depth and breathe and kind of the variety of some of the folks that you interacted with. What inspired you to come up with those names?

Tim Ferriss: Well, it was usually branched off of a few different sources. So the first was interacting with the best in their fields I knew already and I would ask someone, for example I know Pavel Tsatsouline from my Kettlebell certification, I'm RKC1, RKC2 most recently certified. So I'd ask Pavel who are the anomalies, who are the people using unorthodox approaches to get a disproportionate results from small changes or very time-efficient protocols and I would get his list and then I would go through that list and contact a handful of those people and ask them the same questions and it usually came through referral but I also went to Twitter. I mean I have -- I don't know, 170,000 followers on Twitter and about a million units on the blog a month, and many of the people who read the blog are high level athletes or coaches. To give you an example, when I put up my first blog post on swimming, this was during the Olympics, in the first 50 comments or so there was a note from a silver medalist giving a tip and then there was a note from the national team captain or a coach rather and so it's a combination of using those two approaches.

Andy Deas: Cool, very cool. Noticed that you've tinkered with loads of variables in your eating, macronutrient cycling. Have you played with the Paleo approach and did the grains' chapter in Robb's book that you posted to your blog inspire any experimentation?

Tim Ferriss: I have. I've actually experimented with Paleo for years because of once again my exposure to the guys at AKA, a health-crazy training academy, because they had a lot of exposure to CrossFitters early back in the day, about 2000. So I've experimented with it for years. I tend to take a slightly moderate approach. So you will notice oftentimes I do consume some beans or some lentils depending on how they're prepared to limit the damage. So I tend to vacillate between strict Paleo and something that includes some legumes, but I don't eat any of the refined grains or starch except for one day a week I do have my chocolate croissants and I apologize to you guys for that but I cannot help

myself honestly. I need my chocolate croissants once a week. So my GI tract hates me for it, but I like my chocolate croissants.

Robb Wolf: Who doesn't like a chocolate croissant? Good God.

Tim Ferriss: I know that's true. It's true. But yeah, I can think that there's a lot, certainly a lot of logic and rationale to the Paleo approach to eating so my first recommendation, I just gave that exact prescription to someone last night. I had experimented extensively with it.

Andy Deas: So the key question then is how many chocolate croissant are we talking about? Is this like the rocks, like I have five dozen donuts on Sunday and then the other six days I clean? What are we talking about here?

Tim Ferriss: This is pretty much the binge of all binges. Yeah, I mean it depends on how strict I am on the other six days. So when I was doing for example the cyclical ketogenic diet which is a pretty fascinating diet, it's hard for most people to follow, it's very similar to what Andrew Shane also prescribed. It's combined with training like gene depletion and so forth and so on. But if I'm doing a strict ketogenic diet, especially when I was doing it at the time which was 1998, '99 when you didn't have the available options that you have now for that type of diet, it was pretty miserable. I mean it was not that much fun and so I would really binge. These days realistically we're usually talking like two chocolate croissants, some grapefruit juice and a big cup of coffee so it's not too crazy, but that's not counting dinner. I won't even get into dinner. You guys would just, you'd not be pleased with me with my dinner on my binge day.

Robb Wolf: So long as there is bacon, hookers, and cocaine somewhere in the mix then it's all fine.

Tim Ferriss: That's actually the pizza that I ordered. It has those toppings.

Robb Wolf: Perfect. Okay. It's all good. That stuff all cancels out. It's been proven.

Andy Deas: That's probably a better improvement over my old Body-for-LIFE days when on Sunday I'd have two pounds of Twizzlers. Those were good Sundays.

Robb Wolf: That's aggressive.

Tim Ferriss: Usually on Sundays I just inject like 500,000 liters of Humulin R fast acting insulin. I'm just kidding.

Robb Wolf: That goes in the right arm and then everything else goes in the left arm.

Tim Ferriss: Pounds of Twizzlers. Wow. Okay. All right, I'm in the right group.

Robb Wolf: Yeah.

Andy Deas: Awesome. I don't know if you know but we have a pretty varied listener groups so we have some chronic disease folks, high level athletes. Give our listeners an idea of how you go about hacking problems like autoimmune disease, optimizing performance for MMA, kind of what is your process for tackling a given problem. I know in the book you can kind of see pieces of your logic and you layout kind of how you think about things. It would be cool to have you verbalize that for us.

Tim Ferriss: Yeah, for sure. So I will actually leave a little of the autoimmune because I actually feel that you guys know much more about the autoimmune deficiency than I do. My first step honestly is putting people on Paleo or Ketogenic type of diet. If they are having those types of issues, the first culprits I go after are gluten and the usual cast of characters but

besides that I don't really have any domain expertise there. If I were to try the hacket, what would I do? I would call a number of my friends who are on top of their fields, in the medical profession at the very, very top, and I would get their references to autoimmune specialists who are taking unorthodox approaches which at least indicate some flexibility and separation from the established dogma of whatever their specialty is and then I would go talk to them and then ask them a list of questions. The list of questions would include, so this would apply to the MMA fighters as much as it would people who trying to lose the last 10 pounds, I would ask them who are people who should not have [audio break] for those patients who don't respond to anything else. What are the most over prescribed solutions that you feel do more harm than good? These are the types of questions I would ask. You will notice that the commonality is I'm looking for the outliers. So I'm interested in the best in the world, but let's take alter endurance as an example. The best alter endurance runners almost without exception are let's say 6'2" and 120 pounds. I'm interested in speaking to those athletes, but I'm much more interested in speaking to someone like Brian McKenzie, of course another common friend who is 190 pounds and front squats, whatever, 300 pounds and can also run 100 miles. Those are the exceptions to the rule that are interesting to me.

Andy Deas: Very cool. I feel like we have a common thread if we all like the always looking for the outliers' unusual approaches on this call.

Tim Ferriss: Yup, absolutely.

Andy Deas: Robb, are you still here?

Robb Wolf: I'm still here, yeah. You guys stated out for a second but it's interesting on this also when we look at those outliers, usually what we see are some people who are again in that kind of economics approach of not being a massive specialist but having some generalized capacity like having a baseline of being able to launch into any endeavor that you want which is really cool.

Tim Ferriss: Oh, absolutely. I think you find the people who are outliers generally have an approach that depends on testing assumptions and that applies as much to the physical body as it does to language learning as it does to designing the idea or organizational structure for your startup. The questions are the same and the concepts are the same which is why I'm also excited for our body because I think that the way that you train yourself to test assumptions and improve your critical thinking and problem solving applies to a lot more than just a human body.

Andy Deas: Yeah. All right.

Robb Wolf: Just really quick. It's a great testing ground though because you have control over the inputs and outputs in such a moment-to-moment day-to-day manner and then if you -- that's part of why I wanted to ask this question, to get folks a little bit inside your head about how you breakdown these problems and then the fact that they have some ability to use their own bodies as a laboratory, they can start gaining success by using these methodologies and then start applying that to the rest of their life.

Tim Ferriss: Oh, absolutely because the human body also provides a very fast feedback loop for many things. I mean if you're looking at -- okay, some of the changes are going to take some time just as an example. But if you're looking into effects from autogenesis, so one of the things I did was double my sperm count. If you're looking for that, that's somewhere between I believe it's a 60 and 70 a day cycle so you have to wait. But in the gym, if you're looking at strength improvements with a protocol like the deadlift protocol I mentioned, you're going to know if that's working within two weeks.

Robb Wolf: Right.

Tim Ferriss: Certainly if you're following a protocol design to help you lose five pounds of fat per week or something like that, if you have a decent enough weight to lose you're going to know if that's working after 10 days. It isn't going to be months and months of waiting, and like you said that's one of the benefits. You get a lot of feedback, very precise feedback, very quickly.

Andy Deas: Yup. Cool. All right, Tim, you have a pretty varied athletic background. So what are your current athletic goals and what do you do in training, eating, and living-wise to support these goals?

Tim Ferriss: So my goals tend to be in 12-week increments. I get bored very easily and I just became very jaded perhaps at the prospect of just trying to maintain let's say sub-10% body fat indefinitely as my goal. It just lost its appeal to me. So I have really started experimenting with the swimming, with the running, with horseback archery in Japan which I did for the History Channel, whatever it might be. Right now my goal is over the next four weeks or so to continue to work on deadlift then top that out and then I'll be moving into more of an after endurance phase. I hate running. I mean I really, really do. I don't use that word so much and I really hate it, I really do like HATE running, but for that reason I want to try to do 50-kilometer or 50-mile race and it's going to be hysterical to watch but I am fully confident that I'll be able to do that and it may take a little longer than 12 weeks but that's the goal, it's a 12-week training process starting probably at the beginning of January. Otherwise, I would say that a lot of my goals relate to mobility specifically thoracic mobility, upper back mobility which I think would help me with many other areas of my life and then I will hope to get back into some Brazilian Jiu-Jitsu training. I'm hoping to train with Marcelo Garcia. I've trained at Marcelo's gym before in New York City for a bit. It was just incredible. Oh man, he's amazing. Marcelo is just phenomenal so I would really like to get back and do a little bit of training. I haven't done any training in that type of combat sport in two years or so. So part of that is getting my neck and shoulder girdle ready for the demands of that sport.

Robb Wolf: Hey Tim, Andy and I will volunteer to help you with your running preparation. We will drive a golf cart in front of you loaded with chocolate croissants.

Tim Ferriss: Awesome. I'm ready, I'm ready. Maybe I could just get some type of helmet that would suspend a chocolate croissant in front of me and I could just wear like oven mitts or something so I can't grab it, but I do like the golf cart idea, probably faster that way.

Andy Deas: Yeah, that just sounds like some type of misery that I don't want to be a part of.

Robb Wolf: You can drive and I will dangle the chocolate croissant right in front of him.

Andy Deas: I like it, I like it. Outside kind of your physical goals, what are your current goals and interests? You know, new languages, musical instruments? What kind of other stuff do you like to do?

Tim Ferriss: Oh, there's a long list. I do have a few that I'd love to [unintelligible]. I'm going to Jordan for the first time in February and recently I took my first trip to what many people would consider the Middle East but it was simply to Turkey, Istanbul, and I've never been to an Arabic-speaking country so I would like to learn conversational Arabic and develop the ability to read and write Arabic. So, Jordan would be a good place to do that and I'd like to focus on Arabic. I've never really focused on a language where the writing script is right to left horizontally. I mean I read and write Japanese and Chinese, but they tend to focus oftentimes either vertically or left to right. So I'm excited about that. I know it may seem a little weird that I'm so excited about that, but that will be one. Another would be,

instrument-wise, I would like to get back into the drums. So I would like to take the methodologies that I've refined over the last few years and apply it to the drums. The last time I tried to play the drums was flying blind. I mean I was just following whatever instructions put in front of me and it was pretty haphazard. It was terribly progressive; it wasn't sequenced in any particular way so I'd like to tackle the five-piece drums out again.

Andy Deas: Progression doesn't matter, Tim, come on.

Tim Ferriss: That's crazy.

Andy Deas: We always talk about this idea of this interplay between performance, health, and longevity kind of just trying a triple-point thing. Performance is being whatever you want to do. Health is kind of moment-to-moment inventory of hormones, immune function and other indicators of wellness. Longevity is sort of that health over the long haul. Do you see the technology you experimented with in your book sort of mapping into this idea to some fashion?

Tim Ferriss: Yeah, I think so. I think absolutely. I definitely recommend that people select one appearance goal, usually body composition-related, and a performance quality. I think pairing those is very important. I certainly think that having people focused on vanity or performance usually motivates them more than a long term health. But if you are able to look at hormones, I think hormones are critical. I also think, one doctor said this to me and I think it's very true, that you are as old as your joints feel and I think that joint health, connective tissue health is also extremely important because you can certainly have all the muscular strength and capacity in the world. But if you have tendonitis and similar issues in every joint, you're not going to be doing much. So I've spent a lot of time focusing on joints. But I do think that longevity is extremely important but functional longevity and I know you'd agree with that because you see exceptions. I did a chapter on longevity, extending life span and I'm a faculty member at Singularity University which is co-founded by Peter Diamandis, he was chairman of the X PRIZE, and Ray Kurzweil who is very famous for his life extension thoughts but a very, very brilliant technologist at NASA Ames Research Center in Mountain View, California. What you find is that there are quite a few things that you could use to extend lifespan that dramatically, either dramatically reduce quality of life which would be the case with severe caloric restriction. I mean you see people who, this is no exaggeration, I mean look like concentration camp prisoners voluntarily because they think that they're allowed to live an extra 10, 20 years. I think that's a Faustian bargain and I don't think that's a proper approach for most people at all. Secondly, you could do things that have reasonably unknown long term side effects like using immunosuppressant drugs like rapamycin. So rapamycin does extend lifespan in three different mammals that it was tested. Do I think it's a good idea to run out and start chronically using rapamycin? Probably not a good idea, but I do think that the technologies in the book, the protocols in the book, the dietary regimens in the book do map to this very closely. So I do think that that's the case.

Andy Deas: How do you think intermittent fasting and protein fasting might affect this idea of optimizing performance, health, and longevity?

Tim Ferriss: I think both can work very well. Protein fasting or protein cycling is the most interesting to me just because it is the most socially compliant. It's not hard to do. So to protein cycle or to limit your intake of complete proteins for let's say an 18-hour period to trigger certain processes of cellular regeneration or cleaning is really easy. I mean especially if I just have an early dinner on Friday keeping in mind that Saturday is my binge day, have an early dinner on Friday, wake up the following morning, have a glass of juice with perhaps some spinach or vegetable with minimal protein and then wait a few hours and then go to have my binge. Well, I've just accomplish my objective of 18 hours right there. So I do

think there's a place for it. So I have experimented with intermittent fasting, I would like to do more experimentation but I do think both can be used well. I think that protein fasting or protein cycling is usually the easiest for the average person to do.

Robb Wolf: And it seems like a really -- you talked about all these concepts in your book really, really nicely like we've talked a ton about intermittent fasting and I haven't delved as much into these ideas of like say having a specific day of very low or perhaps even no protein intake, but you could easily dovetail like you said a period of sick intermittent fasting and then a punctuated day of very low protein intake and so you get effectively like an 18 to 36-hour window of not only some caloric restriction but also some protein scarcity which again stimulates that cellular auto phases and all the cleanup of like lipofusion and all the little broken mitochondrial pieces in the cells and it's super easy to do it. It doesn't mess up your social life. People aren't going to shun you. You can still pull that stuff off.

Tim Ferriss: Well, absolutely and I think that the beauty of this, at least looking at the literature that I've reviewed, is that you don't have to do it all the time, hence intermittent obviously, to derive the majority of the benefits. I think that one of the issues with many of the extended caloric restriction studies is that they're looking at either simians or looking at apes and yes, their lives are longer but they're not doing any qualitative -- they're not giving these monkeys surveys and asking them on the scale of 0 to 10 how do you feel, and they're like negative 20, not another plate of seeds please. So I do think that there are side effects and I know there are side effects certainly if you look at sex hormones, hair loss, things like that, related to super extended caloric restrictions. Intermittent fasting gives you the benefits without at least a high percentage of those benefits without all the pain and suffering that usually goes along with it.

Andy Deas: Yup. Could you give us a high level overview kind of some of the rehab concepts you cover in the book particularly those concerning old injuries?

Tim Ferriss: Yes. So I've had a lot of injuries, 30 plus fractures. A lot of those are small bones but still collarbones and knuckle raptures, Achilles tendons, shoulder surgery, you name it. There's a progression. So I've reversed almost all of my injuries in the course of experimenting of things in the book. You start with, and I may be getting some of this off, but movement corrections are really looking at fixing hip issues for most people. Then you move to, if that doesn't solve the problem, manipulations of things like ART, so Active Release Technique, where you do need a very good practitioner for that because people can mess you up if they do it incorrectly. But ART where you're removing adhesions which can be very effective -- hi Charles Poliquin who did my shoulders which my God, I mean he was up to his third knuckle on my shoulder which you can imagine how fantastic that felt, but after the fact I gained something like 90 degrees of rotation. It was crazy. Then from there you escalate the protocols. I mean I tried everything from ART to flying stem cell growth factor [unintelligible] from Israel and having this injected right next to my vertebra. I don't recommend that necessarily. It did have few side effects. There's a place for prolotherapy. Some joints or tendon respond better than others where you're injecting effectively sugared water dextrose and few other things to elicit a healing response. It causes inflammation and you're able to initiate a healing response with an injury that has long been forgotten by the body effectively. If you want to escalate a little further, then you can look at things like PRP which is Platelet-rich Plasma where you draw blood out of your body, spin it in a special centrifuge to get the, to separate the red blood cells from the white blood cells and all of the other growth factors and then you re-inject those growth factors locally into the site of injury. This has been used for Super Bowl athletes I mean literally weeks before the Super Bowl. If they have some type of tendon tear, almost always partial, but they'll have PRP injected and then they play in the Super Bowl which is pretty amazing. I tried it all, but you want to go through an escalation. I don't think it makes much sense to jump right into the big guns that you have in your artillery if you haven't tried the basic movement, postural hip corrections for

example, first because if you just inject something, if you don't fix those movement issues, alignment issues, then you're just going to experience the problem again a few months later.

Andy Deas: All right, cool. Originally, in one of the chapters you started to dedicate the whole thing to the Functional Movement Screen but then you kind of switch to just focusing on four corrective moves and I was kind of wondering why you made that switch.

Tim Ferriss: The reason I made that switch, and I'll try to keep this concise because I know we have about 10 minutes, is it could have been 100-page chapter very, very easily and what I realize is it's not enough to diagnose problems. So if I use a Functional Movement Screen to diagnose any number of problems with the reader, or help them diagnose themselves, then I need to provide a prescription for each. If you have this problem, then do this. If you have this problem, then do this. What I did instead was interview Gray Cook, who is very well known certainly in that world of developer via FMS, and asks him across the board if you can only prescribe four movements to everyone to fix their most common imbalances and problems, what would they be? We narrowed it down to the Turkish Get-Up, the Chop and Lift, the Single Leg Deadlift and the Single Leg Deadlift with Contralateral Weight Resistance so that just means that you're standing on one leg and holding a weight in the other as you do the exercise. The outcomes are pretty amazing. It's particularly eye-opening when you do the chop and lift and you basically identify -- you split your body into four quadrants so you have upper left, bottom left, upper right, bottom right and you identify your strength discrepancies and you almost find, almost always find what quadrant where you are extremely weak and as soon as you fix that quadrant all of these miscellaneous problems and pains and aches just go away, as well as performance problems. It's pretty awesome. So you know, once again just taking the 80/20 approach. What are the 20% or even less in order that the -- what's the 5% that will produce the 80% of the result. Focusing on that was the driver behind that chop and lift.

Andy Deas: So would you say that of the four you've played with, the chop and lift was the one you get the most out of or is there a different one that you thought was the most effective just for you?

Tim Ferriss: The chop and lift was the most dramatic in terms of finding a discrepancy, finding an imbalance. The Turkish Get-Up is amazing for shoulder rehab and prehab.

Andy Deas: Yup. Cool.

Tim Ferriss: And certain issues with hamstrings, things like that. It's very helpful for pre-workout using that to kind of set the length of the hamstrings so they don't have any tears.

Andy Deas: Yeah. Awesome. Here's a near and dear question to my heart. How useful do you feel the NFL combine tests are as a predictor for NFL success after you spent the time kind of hacking those tests and learning how to improve your scores dramatically?

Tim Ferriss: I don't think they're an accurate predictor at all really. I mean you see people who... They're an accurate predictor of physical prowess I think, but they're not an accurate predictor of how an athlete will respond on the field unless, you know, a 300-pound lion is charging at him. So I think that they are, even though they may not be a great predictor, they are probably one of the best predictors that you could have. Does that make sense? So they're not great but they're probably, of the options you could have, one of the better options and I think that in this particular case and in many cases most models are flawed in some fashion but many of those models are still useful. So in all things, if you take the same player and you improve their NFL combine performance, will you produce a better NFL player? Yes, I do believe that. But if you just look at NFL combine results, will you

be able to say which player is going to perform better over an entire season than another? I don't think so at all. The FMS would be actually a very good predictor of longevity in just the ability to remain uninjured for a player.

Andy Deas: Yeah. To touch on one of the points you just mention there, one of the things that I really enjoyed about the book is kind of your discussion of the flaws in every model but still kind of discussing how useful models are even though 95% of them are certainly filled with a ton of flaws but it doesn't mean that you can't gain and glean important insights from using them. I thought that was a really good point that you talked about it.

Robb Wolf: And again mainly it seems like because it gives you a baseline for quantification.

Tim Ferriss: Yeah, absolutely and it's the baseline that's so important and I think that you are not going to duplicate a 10-year observational study as a single person and you don't have to. Part of what I discuss in there, in the book that is, is the limitations of pure good studies. There are lots of limitations and many of the things that people want answers to are never going to be studied with a large core or group over a long period of time. There's no source of funding because there's no commercial interest or there's no researcher who will spend the time to do it because there's no prestige associated with it. So for many of these things, you want to learn how removing dairy from your diet affects fat loss. Do it yourself. It's very, very fast. If you wanted to do a really good job, remove dairy, see how you respond then add dairy back in keeping all the variables the same and see what happens then take it out again and make sure that it's more likely to be causal, A causes B, than just correlative, A happens at the same time as B. For most people, it's a pain in the ass. You have this working, keep on doing it. It's generally this is your approach.

Andy Deas: I'm not sure if we have time left. Last question here, in several portions of the book you kind of discuss some of the glute activation, hip thrusts, reverse hyper movements you played with, and now in the fitness industry these are kind of all the rage these days. What is your opinion on them after finishing the book? Useful, waste of time? Give us your thoughts on this.

Tim Ferriss: My opinion is that they can be useful but they're not the silver bullet for all problems. So I think it's unfortunate that the default response for many PTs would be your glutes aren't firing that's why you have all your problems. Now do I think that's very common? Absolutely. I think that for a population to spend most of the day if not all day sitting down, are you going to have glute issues? Absolutely. Like I do think these movements are very, very important, but I do think that it's in the state of going to that as the cure all. I mean some of my favorite movements would be the Supine Hip Thrusts but also using something like Kettlebell Swing, Glute Activation, and also focusing on, I shouldn't say focusing but including for example the glute medius. So a lot of people will do the glute activation off the floor with the bridges but they won't do any type of glute medius and I found, just as an example, doing just literally a minute or two of expand walks, I don't know if you're familiar with this, I think Mike Boyle really popularized this, but doing one minute or two of the expand walks really enabled me to deadlift more effectively with fewer pains and strains related to my hamstring. So there's a place for it, I just think like anything else people should remain skeptical in a proactive way. So don't take what people say as gospel, and that includes me. I want people to remain healthy, be fully skeptical as they read the book but there is a place for them absolutely.

Andy Deas: Cool. Well, Tim, I think we're out of time. Anything else you want to tell us, tell our listeners about the book before we let you go?

Tim Ferriss: I would say that the book is really intended to be the user benchbook. Like you said, everything is casted. I make no claim to be the expert. I mean there are dozens and

dozens of world class experts that I've learned to learn what I did but I did subject myself to everything and then if it worked for me I test it to other people to make sure it could be replicated. Last but not least, would it be possible to make an offer to send your readers one of the lost chapters of the book? Because I had to cut 100 pages from the book, but if people were interested in buying let's say three copies of the book I could offer them a way to get one of the lost chapters.

Robb Wolf: I'm sure people would be game for that task.

Tim Ferriss: Okay, cool. So if people want to do that, all they need to do is buy three copies of the book on Amazon and send the Amazon receipt to Paleo, this is for you guys, paleo@fourhourbody.com and I will send one of the chapters that were cut in the book and these are good chapters. They just -- the publisher wanted to constraint cost and this relates to everything from genetic testing to spot reduction which ended up working amazingly. I didn't think it would. So if you buy three copies of the book, it makes a good gift purpose and so forth, send the Amazon receipt to paleo@fourhourbody.com. I'll spell it out, F-O-U-R, then I'd be happy to send one of the lost chapters and I think people will enjoy that.

Andy Deas: Awesome. We'll put that on the show notes. Perfect.

Tim Ferriss: Awesome. This was a lot of fun, guys. Thanks for having me. I've been looking forward to this.

Robb Wolf: Thank you, Tim. We're honored to have you on, man.

Andy Deas: Yeah. Thank you so much and good luck with the book.

Tim Ferriss: All right. Thanks guys.

Robb Wolf: I'll talk to you soon.

Tim Ferriss: Happy weekend.

Robb Wolf: You too.

Andy Deas: Bye, Tim.