

Nicki: It is time to make your health an act of rebellion. We're tackling personalized nutrition, metabolic flexibility, resilient aging, and answering your diet and lifestyle questions. This is the only show with the bold aim to help one million people liberate themselves from the sick care system. You're listening to the Healthy Rebellion Radio.

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Hello everybody. Welcome back to another episode of the Healthy Rebellion Radio. This is episode. 146 hubs, we've had a couple days of sunshine and life is better.

Robb: It is, but it's kind of weird. I've told a few people this that I motored through the winter really remarkably well. Usually, the seasonal effective stuff just starts kicking my ass.

Nicki: And when he says remarkably well, amazingly well. You literally, for the entirety of this five month winter so far have been fine, until a couple days ago.

Robb: Fuck, a couple of days ago I looked at Nikki and I was like, "I don't want to say I'm on suicide watch, but I don't want to say I'm not on suicide watch."

Nicki: That you was having a rough one.

Robb: The floor just fell out from under me. And it's kind of funny, I've got a little bit of a cold. I would categorize it as a two out of 10. The gnarliest cold ever that you've had. It started off with this little hacking cough, and it went on for four days and it was so low level that it didn't even flag my normal Chris Masterjohn, like, "Oh, shit, I'm getting a cold, go take zinc," kind of alarm. And then it turned into some head pressure and a little bit of other stuff.

I wouldn't be surprised if it's like COVID variant 385 now, but it was right around that time that I definitely just felt cratered. And it was kind of weird, because the sun actually came out and I don't know if it was just... Here's kind of the analogy. When I lived in Seattle, Seattle had this really weird phenomena in which it would be dark all fucking day long, cloudy, overcast, and then out over Puget Sound, the sun would set, and I guess the cloud don't extend far enough out over the ocean to just hermetically everything-

Nicki: The horizon seal. So you could see the sun just as it-

Robb: ... so I would see the sun set and you're like, "Fuck!" And it was a little bit like that. The sun came out and I just came unraveled. It's seeing the finish line in sight and you get a full body cramp and just die within sight of finishing. But I'm doing better. I'm doing better.

Nicki: But you came back.

Robb: Yeah. I'm doing better.

Nicki: You've been spurting all winter, but that day that was the rough one you were able to pull it out, which is good. And now we've got some sun.

Robb: Pullouts are always good.

Nicki: The snow is melting.

Robb: Getting Mike Rowe on this stuff.

Nicki: Yeah, we've been listening to a lot of Mike Rowe. It's actually really fun. We watched some of the Dirty Jobs shows with the girls and talk about the type of work that's being done. And if you had to do one of these jobs from this episode, which would you choose? And so fun conversations there. And then they love when we drive, we live about 30 minutes from the gym in downtown Kalispell, so we're going into town for anything, we listen to podcasts. And lately we've been on this Mike Rowe podcast kick, and the girls really enjoy it. And they love the jingles that he does for the-

Robb: Sponsors.

Nicki: ... sponsors. And then just some really interesting conversations around that too. Actually, this is sort of a tangent, but since we're here, the most recent one is a woman named Celeste-

Robb: Headlee.

Nicki: Headlee, Headlee.

Robb: Headlee.

Nicki: And really interesting, because it's all about how to have a conversation. And apparently she did some TED Talk which has 30 million views, and she's been on NPR. We're not fully through the episode, but we were at a spot when we were

driving Sagan to jujitsu last night, where they're talking about just how people's minds can kind of connect when somebody is truly listening to another person and all of the empathy comes out. And when they look at people's brains, they literally are in sync and kind of just mirroring each other when somebody's really enraptured and listening to somebody else.

And with the advent of smartphones and technology and computers, which obviously are amazing in so many ways, that has really dropped off. And Zoe and Sagan will call their cousins sometimes, and it's really fascinating, we have FaceTime now, we had this conversation in the car, because Robb and I were like, "When we were kids and we wanted to make a phone call, we had to pick up the phone and call. And you have this phone on your ear and you're just talking and you're listening to the person's voice. And there's nothing to look at or do other than talk."

Robb: Really listen to the person.

Nicki: Really listen. And now kids, I'm sure all of you that have kids, your kids probably do this too, but you have these little unicorn or goat or giraffe heads that you can put on the face of the person on FaceTime. So they're basically playing and kind of talking at the same time, but it's not really a conversation. And then they also text and send pictures back and forth, so they're connected via this signal, this wifi signal or cell phone tower signal, but it's such a different kind of a connection.

So we were actually having this conversation with the girls in the car, and how it's amazing that we have this ability to connect in this way, but look at the downsides of it. There's not a real connection. We're not really in the way that this Celeste woman was making a case for connection. So kind of a tangent. And it also relates to a friend of ours who sits on a board of a very, what do you call it?

Robb: August.

Nicki: August university in the United States. He sits on the board of the business school. And they had a board meeting and he called us afterwards and he's like, "I just have to-

Robb: "I have to vent."

Nicki: Do you want to tell this story?

Robb: Yeah. He's like, "I have to vent. You guys are some of the only people I can vent to and not get crucified here." But the thing started off with a gal, nice enough

gal, but she was talking about how the business school and the school in general was going to start developing all these principals that they were based around. These principles were going to be developed from these kids that attend-

Nicki: The students.

Robb: The students-

Nicki: ... they're-

Robb: ... that attend the university.

Nicki: ... principles around inclusion. And I think it was a video or a slideshow that she was sharing, and how there were kids that were saying, "It's important to me that I feel supported and included, regardless of how I choose to show up on a given day, if I feel like today I'm this or that." And along the whole-

Robb: DEI stuff-

Nicki: Yes.

Robb: ... which is controversial, and you sound to some people like a huge dick raising any flags around this. But this woman presented this material and then she went on to get down to more brass tuck type stuff. And she said, "We-"

Nicki: "The kids are now in the stage where they're applying for internships with companies. And-"

Robb: "They're about to graduate and they're going to go out in the real world."

Nicki: And she was saying that they're in the process of developing some courses for these kids because in order to do these internships, you need to be able to make a phone call. And these kids do not know how to make a proper phone call.

Robb: And this is to secure the internships, many times the internships involve some amount of calling and interaction. And these kids are just... And this is not quite an Ivy League school, but it's a top 20 university in the United States, definitely, household name, the kids going to this school would be the elite of the elite and whatnot. And they are incapable of picking up a phone and cold calling and facilitating an internship to further their careers, which is horrifying in and of itself. But our friend raised his hand and just made the observation that, "We are poised to develop a system where these children, effectively, adult children, but children-

Nicki: They're adults, but young adults.

Robb: ... are in charge of creating our principles and charter ostensibly, but yet they are not able to navigate making a phone call to facilitate their own internships." And he just said, "Do we see a conflict here?" And apparently it was kind of a pin drop moment in this meeting, where the evil white male asks the thorny question. But what was interesting is a good number of people came up to him afterwards and said, "That really needed to be said. And this is a big deal and this is really important."

And the DEI stuff I think is a poison if I'm honest, and people can hate me for that. But it's just reaching a point in our civilizational unwinding that we just... One, if people hate me, they may not have that much time to hate me because everything may collapse anyway. And then, two, if we're going to do something about this, we really do need to look at reality. And it circles back around the point that Nikki was making about this Mike Rowe, Celeste Headlee piece.

Nicki: Just the way that people communicate now. Because after we got off-

Robb: Or don't.

Nicki: Or don't. Because after we got off the phone call, I was like, "Okay, why can't these kids make a phone call?" And then that's when we started reminiscing. Somebody would call our household and I was taught at an early age if I picked up the phone like, "Violetti residence, this is Nicki." You learn how... And if we had to call our friends, sometimes the parent would answer, "Oh, hi Mrs. Fitzpatrick, is Kelly there?" You had these-

Robb: Baked in the cake.

Nicki: ... baked in the cake, you learned from a young age how to do these things. And same thing, your first job, the phone would ring, you answer it. And instead of just this texting, it's so much more impersonal. So it's sort of this technology, while amazing on so many levels, has kind of hamstrung human communication. On the one hand, I can call my dad and see his face on FaceTime and show him the dogs and the kids and that's amazing on the one hand. But then in so many other ways, I feel like communication has become hamstrung.

Robb: Clearly slid. And one of the points that they made is just empathy scores. Interestingly, right around the time that the internet and smartphones exploded, it cratered at the same time. And the whole correlation/causation, but it's a pretty tight fit and it's interesting. And I think it's just another brick in the wall of the situation that we face now with opportunities and really significant challenges attributable to technology.

Nicki: So I wasn't really planning on talking about that, but it sort of came out. So I will link to that Mike Rowe episode. And if you guys aren't already hooked on his podcast by now, you definitely should check out some of his stuff.

Robb: If nothing else, he-

Nicki: It's very entertaining.

Robb: ... many naughty non-sequiturs, and it's hilarious, I think.

Nicki: Even on the show, to the point where it's like it's a family friendly show, but it's like, Robb and I are constantly looking at each other like, "Did he really say that?"

Robb: Well, he manages to weave in, "It's only the tip," usually at least once per episode. So it's pretty good.

Nicki: Or something about balls. Anyway, very entertaining.

Robb: Moving on.

Nicki: Very entertaining. What else? We were going to just touch on, it's been quite a week with our domestic banking system. Actually, the global banking system, because we've had-

Robb: Credit Suisse.

Nicki: ... Credit Suisse now. So I'm not sure what to say on that other than I think most people understand the fractional reserve banking system and how all of our money is not ever in a bank at a given time, because banks make money by lending out some portion of it to businesses and individuals. And that's the business they're in is loaning money.

Interestingly, with all of this, I saw that, was it 2020 or 2021, that the Federal Reserve made it such that used to be like banks had to keep 10% on hand, something like that.

Robb: Something like that.

Nicki: The fractional reserve was you deposit a \$100, they keep 10 of your dollars there, and they loan out the 90. That got changed to zero like a year or two ago. So you deposit a \$100, and the bank can loan that entire 100% out. Anyway, obviously, well, not obviously, but if you've been following what has happened, what has kind of cratered Silicon Valley Bank and some of these other banks, and

a lot of banks actually, is a result of just the Fed increasing interest rates super high in a short period of time. And these banks having bought these-

Robb: Well, the other folks have covered this better than we will, so we're going to probably make a hash of this, but we will provide some links. Banks, were counseled that-

Nicki: "Inflation is transitory, so-

Robb: Highly transitory, so-

Nicki: ... we're not going to be raising rates. So go ahead and buy these kind of hold to maturity, long-term bonds." And that all kind of backfired when inflation wasn't transitory and interest rates were raised significantly.

Robb: And Balaji, whom we've mentioned before, and we will mention-

Nicki: Balaji.

Robb: ... here. Just wait for cross side bottom next week there, miss. God, I totally fucking lost my train of thought now.

Nicki: Are you talking about his big claim?

Robb: Well, he just made the point that maybe this was intentional, this cratering of the banks. Because what appears to be in process is possibly the expunging from the surface of the Earth regional banks. And again, other folks do a much better job of unpacking this whole thing. What are the... Patroykin dolls? What are the Russian dolls called where there's one within another-

Nicki: Oh, yeah. And they stack-

Robb: ... within another?

Nicki: ... between each other. I don't remember.

Robb: I forget the term, but it feels like that, where it's like there's so many layers to this, I get lost in understanding where this starts and stops. But very credible people and people from very different walks of life and perspectives on the banking system seem to be kind of in agreement that the local and regional banks are in a lot of trouble. All the banks are in a lot of trouble. But the impetus is towards trying to shore up and bail out the really big banks.

Nicki: Well, because I don't know, if it was Yellen or who, but made basically, if you're in a large bank, your deposits over \$250,000 are going to be covered. And so what's the... Sounds like a great idea, with the best of intention. So what could possibly go wrong? So then anybody with significant deposits, and you're mainly talking businesses who make payroll, who have hundreds of employees that have well over \$250,000 of outflow weekly.

These types of businesses, and anybody actually who's a little bit nervous about the current state of affairs, will move their deposits to larger banks for that extra safety net, which, what does that do? Then it centralizes and consolidates banking options into a handful of big banks that are ostensibly more-

Robb: Secure.

Nicki: ... secure.

Robb: And certainly will be better protected by the Fed and the government. But then-

Nicki: As we know, centralization, okay, so then we're losing what do regional and community banks do? They loan most of their money to the local communities, local business owners, local farmers, ranchers, people that are building things locally. And so I was telling Robb, so what does this mean? This means somebody who wants to start whatever business here locally in Kalispell might need to go to Chicago and sit down with... I know they're have bigger branch things-

Robb: The fundamental-

Nicki: ... locally, but it's just different. You don't have that same-

Robb: The breakdown that we had was that local banks lend about 80% of their assets to local endeavors. The big banks lend less than 10% of their endeavors at a local level. So you've got a local branch, less than 10% of it goes locally, and a huge amount of it goes internationally, which has a whole other layer of challenge and whatnot with that.

And then woven into all this is a massive crackdown on crypto. And what appears to be a concerted effort to make it difficult, bordering on impossible, to either put assets into crypto or if you are in crypto, to then get them back out, and turn them into real dollars.

Nicki: That hasn't happened yet, but that is what a lot of people see coming. Like Signature Bank, which was the third bank in the United States that they closed, was not underwater, had no solvency issues, it was just sort of... I don't know,

there's people writing lots of articles and talking about this, but it appears to have been a hit job, mainly, because it provided-

Robb: A transition point-

Nicki: ... services to crypto businesses. So anyway, lots going on. I did have two things I wanted to-

Robb: Could I throw something else-

Nicki: Yep.

Robb: ... out here really quick? So I had posted some stuff about this and some people got frisky with me. They're like, "Oh my God, this is just a bunch of fear porn. Why don't you tell me something that I could do instead of just trying to scare me?" And I kind of took this person to task a little bit. I'm like, "Well, listen, I don't know how long you've followed us, but to some degree, this was the whole impetus behind the Healthy Rebellion. We talked about financial stuff from the get-go. The reason why we were formed is because Google kind of made our website disappear from the interwebs. And our goal has always been our charter is to help people become more resilient and to just, if nothing else, to understand what the risk liabilities are out there. So if something catastrophic does come down the pipe that you're not surprised. It's still going to suck, it's still going to change things."

"But when people are caught completely flatfooted, when they're blindsided, it may be days, weeks, or months before they're able to get their shit together and start figuring out a plan of what to do, and that may be too late, or your suffer profile is going to be much worse." And so I detailed some things for her and she kind of backpedaled and was like, "Okay, I get it. Thank you. I appreciate it."

And it's the same stuff and everybody's situation is different. If you live in an urban city environment, you maybe have lesser, or maybe you have more options, but you think about food, you think about water, you think about power, you think about social connectivity and social capital. So if things do get weird or do get tough, you've got people that you can rely on and they can rely on you.

That is the same regardless. And this is something that by God, we all need to put more effort and more thought into shoring those things up. And if you've got some financial resources, maybe you diversify a little bit into some crypto and we're going to provide some links to that. But it's the same thing, the resilience, and this is, again, circling back to why it's a shit sandwich that these regional

banks potentially are going the way the passenger pigeon, we're shifting a stool that used to have a 100 legs on it that was super stable to a stool that's got a leg.

And there's an interesting kind of historical thing that people who used to work in dynamite factories, they would have to watch the machines do their thing, but they developed a stool with only one leg so the person could kind of sit down, but they had to stay awake enough to not fall off the stool. Because they had to pay attention to make sure that something didn't go sideways, and then the factory would blow up. So I guess there's good to being poised and ready to act, but it's a highly unstable process. And all of our systems, this consolidation of our food systems, financial systems, the ability to have no public square to voice our thoughts and concerns and just ask questions, this is all the same goddamn process. It's all a centralization process.

Nicki: And even for those of you listening, you're like, "Oh, what does it matter? Crypto, I'm not into that. I don't believe in it." That's fine, but especially if you live in the United States, maybe you care about just keeping the amazing technology and innovation here, instead of pushing it offshore, because that's essentially what's going to happen. If the regulators crack down on everything and say, "Crypto is illegal in the United States." It's not-

Robb: It's not going away.

Nicki: ... going away.

Robb: It's just going away here.

Nicki: There are other countries that are very crypto, very receptive to it. I do know that Florida and Texas have both passed some sort of legislation like advocating for it in their own states or making it sort of a safe haven. So those two states, at least, so far look to be in a better spot. But it's not going away. And so it just means that we will push all of that ability to create those jobs and all of that innovation offshore. And then-

Robb: If you think that we steward the world maybe a little bit better than China and Russia and some other places, then we should maintain some control of that. And this is some of the stuff that we're poised to lose control of. And this is maybe sounds kind of conspiracy theory, but my goodness, how many conspiracy theories have come to be true over the last couple of years?

But just a little thought experiment. Let's say that our financial system has been a house of cards for a long time, we've had little rays of hope of some people like Ron Paul maybe being able to get in and sound some alarms and change some things. And none of that has happened, and it's just been a kick the can process.

And we're stuck between the jaws of these two dilemmas of hyperinflation on the one hand and a debt default on the other. And both of them are really gnarly. And the people in charge know this, and honest to God, crypto or even if we just said, "Okay, look, this is going to hurt, but we're going to shift everything to a gold backed standard, and our quality of life is going to take a step back for some period of time."

It would. Our purchasing power would be dramatically curtailed for a period of time. And the irony with that is it's like two years. It would be a bad recession, and then you move forward. But you got to go back to some sort of a sound monetary system. Could be gold, it's not going to be gold. Could be crypto, might be crypto, because Bitcoin and things like it exist throughout the world and they're not going to be able to curtail this everywhere for everyone. But the people in charge know where we're going, and they are purposefully choosing to not-

Nicki: They want choosing the thing that they can control.

Robb: Yeah. And if it plays out the way that it is played out everywhere else, every single time... There's a book called This Time is Different: 500 Years of Financial Falling, and it details 500 years of people debasing their currency and where those things go. The folks in charge, whether they're they're Republican or Democrat, know where the fuck this is going and they're purposely choosing to enact the most pain on us. It's going to fall on us. It's not going to fall on Wall Street, primarily. It's not going to fall on our politicians, primarily. They're going to be the flotsam floating on the cesspool that is the after effects of this thing.

Nicki: Reminds me of a video I watched recently, Matt Thornton, who's the founder and president of Straight Blast Gym, SBG, the jujitsu school that we're a part of, he shared on his Twitter a few weeks ago a video with Peter Boghossian.

Robb: Boghossian.

Nicki: And he was on the Dave Rubin Report, and they were having a conversation about all sorts of things, but one of the comments that Boghossian made was that, "We need to stop thinking about things from the perspective of that that's a lefty idea or a right wing idea or that person's a lefty and vice versa. And instead it needs to be is this moving us towards more authoritarianism or away from authoritarianism?" And I just thought that was a really great frame and lens to look at policies, look at candidates, look at all of this stuff. It doesn't matter... Maybe you see yourself as on the right or on the left or in the center, whatever, those labels kind of are-

Robb: Passé.

Nicki: They don't mean anything, because, frankly, people could be in any one of those labels and be going for things that are pushing us towards more authoritarianism. And so as citizens, I think, I don't know, it really rang true for me, as citizens, we need to look at things. Is this pushing us towards authoritarianism? And if so, that does not get my vote. Anyway.

I wanted to read a little bit, this guy that I follow on Twitter, Ryan Selkis, he's a CEO of a company called Messari, which is a crypto company. His handle on Twitter is twobitidiot. And he wrote this letter to a bunch of his congressional leaders, and it's kind of making the rounds on the crypto Twitter space, because of how he just nailed it with the letter. It's very comprehensive, very... Not everybody in the crypto space is on the same team.

It's kind of like the paleo and ancestral health space. You've got the keto people, you got the paleo people, you got the carnivore people, and even though everybody should be on the same team advocating for regenerative agriculture and less processed foods and all this stuff, because people are choose teams and choose sides, there's not a cohesive voice advocating for that. And it's very similar in this crypto space. People have their teams. They're Bitcoin maximalist or they're ETH people or their whatever.

And so I just wanted to read a section from his letter, because it kind of explains what we stand to lose, potentially, if our United States regulators end up squelching this industry and pushing it all offshore. So this is just a section from the letter which is like four pages. And I'll post a link to this in the show notes so you guys can check out the thing in its entirety.

So it says, "It's not just about finance, either. Uses for digital assets and their underlying blockchains already extend far beyond financial applications. Policy makers should recall the lessons of the early internet and avoid writing off budding experiments too quickly. As early as the mid-'90s, hints of products like a global encyclopedia, mobile GPS, and video streaming services were identifiable potential uses for the open internet. Yet, Wikipedia, Google Maps and YouTube were not founded until 2001, 2004, and 2005, once internet infrastructure was significantly more mature."

"There are ventures using digital assets to crowdfund R&D for rare disease drug discovery, a market where incumbent biotech and pharmaceutical companies have limited incentive to explore and commercialize treatments. In the creator economy, artists, journalists and niche entertainers are using digital assets to support their livelihoods in ways that were previously impossible. Pro-democracy voices in Hong Kong used a digital assets platform to preserve 4,000 articles from Apple Daily, a publication shuttered over its dissent from the Chinese Communist Party. Countless applications beyond finance have emerged as digital assets have

been used to secure wireless services, consumer digital IP rights, online identities, social media, messaging."

And more so the point being that digital assets will not be uninvented, and he made the point, just like all of semiconductor production was offshore and then we're trying to bring it back onshore once it became a thing, we're risking doing a similar thing. So I think that's all I wanted to say on that.

I did want to share, so we did that freedom to transact episode a few episodes back, Punk6529, he is ever innovating and creating and helping to push, steward this industry forward. And I'm linking to something called the Digital Rights Charter and it's a much needed document, which is sort of statement of human rights for the digital realm.

So I wanted to read why it's needed and that way maybe you'll read the whole thing, which I will link in the show notes also. But I think when you hear the purpose of this and why... And this is where this guy is thinking so far ahead on all of this stuff. Because here we all exist, we're already online, Google own most of our... Google, Facebook, whatever companies and platforms you use regularly, they have a bunch of data on us and there's no charter, there's, up until now, no comprehensive way of looking at what rights do we have in this digital realm. We have physical rights-

Robb: And just carve them out.

Nicki: And carve them out. Hasn't been done, which is shocking. For many years have we all been living in an online world. Yes, we have our in real life world, but so many of us work, communicate, play, there's so much that happens online.

Robb: Well, you mentioned this in a previous show, but the using, say, your Apple Connect or Google Connect to log into XYZ platform, whether it's your banking or-

Nicki: You have a sign in with Apple or-

Robb: Yeah, the sign in.

Nicki: ... sign in with Google.

Robb: And none of that is really well-defined as to, "Well, what are my rights around this?" The individual companies define this and sometimes they have our best interests at heart, but not really all that often. And so this is a first stab at kind of a digital bill of rights that is immutable, and puts the individual first ahead of the corporation and their interests.

Nicki: And he put this out as a first go and wanting people to share it with their states and their legislative bodies, countries, people should be working all over the globe to create a more-

Robb: Can I read one little thing that-

Nicki: I'm going to read the whole thing.

Robb: Oh, you're going to read the whole... Okay.

Nicki: I'm just going to read this on the FAQ page. Why is the Global Digital Rights Charter, one, needed? And this is one, because it's the first version. Digital spaces, realms, are now the default professional and social spaces in developed economies.

In 2023, we work, play, socialize, advocate, communicate, transact, earn a living, express our political and social views, fall in love and marry, and keep in touch with our families, primarily, in the digital realm.

For better or worse, almost every digital service is run by a company, so the default rights models, and norms, in the digital realm are that of a customer, not that of a citizen. This means that even though, in theory, our existing constitutional rights apply in the digital realm, in practice, given the high level of corporatization of the digital realm, we have vastly fewer rights in the digital realm than in the physical realm.

There's also some level of tension between the state/corporations and certain digital public commons. This tension existed in the 1990s with open source software and exists today with public blockchains, cryptocurrencies. We believe there should be no tension, digital public commons are good for everyone and good for society, and are broadly within the democratic tradition of a constitutional democracy.

Our view is that public spaces, public commons, and private spaces should exist in the digital realm as they do in the physical realm, and the state should protect and encourage those spaces. In the physical world, you are allowed to own a home, own a piece of art, walk on a public beach, public park or public street and, in all cases, your right to do so cannot be abridged without the important due process protections that modern democracies offer. By contrast, you have significantly fewer rights in a private shopping mall or in a private office building, the owner can ask you to leave.

Right now the digital realm primarily consists of the equivalent of private shopping malls. We have no objection to shopping malls, but it is important that

you can also own a piece of art privately, have a private conversation in your home, or share a public park with others in the digital realm as well.

The GDRC, Global Digital Rights Charter, is not an anti-government or anti-corporate statement, it is a pro-human rights, pro-democracy, pro-society, pro-private ownership, pro-humanity statement. Every one of us is firstly a citizen and secondarily a consumer or user. Right now, the balance in the digital realm is far too weighted towards the latter.

To put it simply, we believe that the traditional rights of a constitutional democracy, speech, privacy, ownership due process, and so on, should exist, not just in theory but in practice in the digital realm.

So that's just the part two of the FAQ on why it's needed the actual charter, I'll link to all of that in the show notes. And this is something, people ask, "What can I do?" Share this, post it everywhere, send it to your state representatives, anybody that you know who can help move the needle. We just need to spread this far and wide.

Robb: And people don't even know that this is a problem yet. They maybe have-

Nicki: No. No.

Robb: ... an inkling of it. They're like, "Oh, all this stuff sucks." But this is, in so many ways, the difference between what has made Western liberal democracies the relatively wonderful places that they are, relative to other ways of doing things. If you don't have sound currency, if you don't have property rights, if you don't have some delineation of individual personal rights, then you are subject to the whims of whoever is in power. And those situations are terror. And this is ever more rapidly the reality that we face in this online world.

Nicki: Yep. I will also mention that 6529 and his artist turned this charter, obviously, it's on a website, digitalrightscharter.org, so you can go there to read it, but you can also, if you are into NFTs or if you are curious about minting an NFT, they've created it as an NFT, also. It's completely free. You can mint it from the website, also. There's been 11,163 minted so far. So if you want to just have this in your digital wallet to show that you were early in believing that this is a very necessary part of our-

Robb: Civilization.

Nicki: ... future. Yeah, exactly. Okay. I think we're done with all of that up ahead stuff.

Robb: And you know what, if anybody is still reading, if y'all find this stuff helpful, let us know. If it's not helpful, also, let us know. I feel like this is the most important stuff that there is. And then we circle back into concerns of health. And we're going to talk about a news piece that looks at climate change, which is kind of health and some of our charter around sustainable food systems and whatnot. But if y'all don't want to hear things about this, let us know, and then we'll know from there. But it's-

Nicki: It's hard, because, for us, it feels like this is so important. It's happening now. If there's anything that we can do to help push these freedoms forward, like our episode on freedom to transact, that is a foundational freedom that must be preserved. If all of this stuff with the banking system goes further south, if the Fed, theoretically, is releasing some Fed now payment thing, if that turns into a CBDC, a central bank digital currency, that is surveilled and monitored and controlled, and-

Robb: It's kind of game over. We are all-

Nicki: And we're already on the fast train to that stop. And so that's why we're talking about this stuff so much.

Robb: Yep.

Nicki: Because we don't want to go to that stop.

Robb: It's funny, some people do. I'm still shocked at the amount of people that are supportive of the continued [inaudible 00:40:36] being brought upon people who donated to the Canadian trucker story and whatnot. And clearly you're not going to change everybody's mind, but this is going to sound kind of arrogant, but it's kind of on us. The folks that I think have some inkling about what's going on to save western liberal democracies, so that they function at a high enough level that the people that have grown to hate Western liberal democracies can still hate them, because they still exist.

Because, otherwise, what we're left with is this totalitarian kind of dystopia that people already live it today. There's a billion plus people in China that live it every day with social credit scores, and you will dot the I's and cross the T's, as per the [inaudible 00:41:35] of the ruling party. Or-

Nicki: You will scan in your face everywhere you go, and you are completely tracked and surveilled and...

Robb: So shifting to-

Nicki: Shifting to our news topic, which isn't really a news topic. Well, it came into my inbox in a newsletter from Diana Rogers. And she said this was the thing that made her cry so hard that she started laughing and I clicked on it, and I almost started laughing too.

All right, this is a company, so it's just a website that we're linking to. It's not an article. It's a product called ZELP. ZELP Stands for Zero Emissions Livestock Project. And it develops cattle wearable technology to neutralize methane, improve animal welfare, and get organizations closer to net-zero. And the picture that they have, they have a picture of a cow wearing this contraption. It kind of looks like CPAP sort of esque machine. It has, its nostrils are covered by this device, and then there's tubing that goes up and over the cow's neck, and then a thing that hangs underneath its neck, which is some sort of canister, apparently, collecting the methane.

I haven't read exactly how it works. But you look at this, and I think probably from somebody from the masses would be like, "Oh, great, yeah, this is getting rid of all of this dangerous methane that cows are producing. And isn't technology great that we can save the planet with the stuff." And I know that all of our listeners who are very steeped in regenerative agriculture and the importance of grazing animals for our soils, and the fact that it's all part of a cycle, and cows really aren't causing climate change would look at this and laugh or cry. Where do we want to go with this?

Robb: Just kind of pointing it out. And I guess the concerning things here is that this is yet another thing that... And maybe it's good that the whole financial system collapses, because there won't be any funny money from VC investing in bullshit like this. We might all be eating our own pets by that point, but it's a entirely different story. But there is some desire for schadenfreude on this stuff, because I know that there are going to be people in the tech scene, very smart people, people way smarter than I am, that are going to buy this hook, line, and sinker, because they don't understand the fundamentals of ecology carbon cycles.

And there are so many people that just get verklempt and enamored with this idea of technology being the solution to all ails. And again, this is what's so annoying about this, is to the degree that we need to take action around climate change, creating a complex respirator product to put on cattle to collect methane, and suggesting that that's a carbon positive story is ridiculous, because I poked around this website everywhere. There's no lifecycle analysis that shows that all the shit that goes into making this stuff and the filter cartridges and all the rest of it ends up being a net carbon positive.

And again, this is within the context of methane being part of the carbon cycle. And then are we going to hook these things up on shellfish and on termites and on old growth forest-

Nicki: Reindeer.

Robb: ... and reindeer? And what this does is it gives people a sense that, "Man, I'm doing something. I'm moving the needle forward." It's like, no, you're not. You're lying to yourself. And then anything that we should be doing that could actually help the developing world to get out of abject poverty and move their lot forward and to be more efficient with both energy and resources, this is a distraction around this. But...

Nicki: It makes me wonder, I was wondering, looking at this cow wearing this device, I mean, they're claiming that it has no impact on the animals' wellbeing. They have a little FAQ, has the technology been tested on live animals? And yes, they've done trials in the UK, Ireland, Argentina, and Netherlands to improve their design, blah, blah, blah, and to ensure our technology has no impact on the animals' wellbeing, behavior, performance. But how do you really know? How long is this trial? Maybe it affects reproduction. Maybe they don't want to... I don't know. It seems like something covering their nostrils is-

Robb: Well, they're going to have to mouth breathe now. And then you-

Nicki: It's a significant... I mean, we've already seen... I don't know, it just seems silly-

Robb: But-

Nicki: ... and sad. And I'm not finding it right now, but apparently, I don't know if farmers are supposed to buy this thing or rent it. And it's reminding me of Monsanto seeds or something where people get sucked into having to buy the thing from this company in order to keep your thing. It just seems like this... It's not promoting farmer autonomy, or-

Robb: There's a thing, where can I buy climate smart beef and dairy products? So now-

Nicki: Oh, there we go. You're going to-

Robb: So now the busybody Karen consumer is going to be shaking down local meat producers. Do you use a ZELP? Are your animals raised with a ZELP?

Nicki: Let's take it back to what we were talking about before when we have our CBDC and the government controls what things we can buy. If you want to buy meat,

you might need to only buy climate smart beef. If you want to try to buy any other kind of beef, you might not be able to.

Robb: Which may, in fact, be really bad for the animals. It's going to do absolutely nothing for the environment. Maybe significantly worse, because you're going to have all these plastic gizmos with some sort of methane trapping, extracting canisters that need to be thrown away or recycled, or there's a whole lifecycle story to do with that. So-

Nicki: Oh, look, it's not the farts though. About 95% of methane is expelled through the mouth and nostrils of cattle via exhalations and belching. Contrary to common belief, only a small percentage of methane is produced in the cows large intestine and then expelled. Remember, it's the burps, not the farts.

Robb: Well, there you go.

Nicki: Okay. I got it.

Robb: Which at least for the cattle that's true, otherwise, they'd be sticking a hose up their backend to collect that side too. So...

Nicki: I think that would definitely impact their quality of life. Okay, folks. Let's see.

Robb: This might be the last show we ever-

Nicki: This might be the last show we ever do. All right. As you know, the Healthy Rebellion Radio is sponsored by our salty AF electrolyte company LMNT. And when we do these LMNT ads, we frequently talk about athletes, people on keto or low-carb diets, people with POTS, which is postural orthostatic tachycardia syndrome, people with muscle cramps, and how these populations benefit from increased sodium intake. And how LMNT can make it both convenient and tasty to get this sodium.

But these aren't the only people who benefit from LMNT. And today I want to give a shout-out to all the people who work physically grueling jobs, those who work in the heat, on top of roofs, in addicts in human climates, and out in the desert. The men and women who day in and day out builds and maintain all the infrastructure we depend on. LMNT was made for you too. It's time to say no to the brightly colored, sugar filled sports drinks. LMNT has all the electrolytes you need with none of the crap you don't.

And you'll actually feel the difference, more energy, more alert, better recovery from the demands of your work. You can grab yours at drinklmnt.com/robb, that's drinkL-M-N-T.com/R-O-B-B. And for all the chocolate medley lovers out

there, looks like we are down to the final days of chocolate medley, just about a week left and then it will be unavailable. So if chocolate medley is your jam, be sure to grab it before it's gone. Again, that's drinkL-M-N-T.com/R-O-B-B. Hubs, that was a long preamble.

Robb: It was a long preamble.

Nicki: Okay, we've got a couple questions for you all today. The first one is from Israel, from Brooklyn, on high protein and sleeping. Let's see. Hi Robb and Nicki, I started weight training almost a year ago, and I've been mostly following a keto carnivore-ish type of diet. And I'm focusing on keeping my protein intake to a round one gram per pound of body weight. I recently noticed an interesting pattern in my sleep. Those days where I'm strictly low-carb, high protein, I tend to wake up at 4:00 AM, regardless of what time I go to sleep.

I usually go to bed at 10:00, but even when I went to bed at 12:00, the same thing happened. It's always the same time between 4:00 and 4:30, and from then until wake up time, I'm drowsing on and off. The other days when I'm adding carbs throughout the day, my sleep is amazing. I've tried adding a little carb at night on my low-carb days, sometimes a banana, sometimes even a piece of cake, but to no success. I take vitamin D every day, both from the sun, when available and from supplements, 10,000 ui. I'm 30 years old. I work out three to four days a week, body building style. Oh, and I fall asleep quite fast at night, but it's the waking up that bothers me. Hope you can help me.

Robb: Man. Sorry, I'm still like distracted by the ZELP deal. Israel, so without knowing exact amounts of how much you're taking in, it's a little bit hard to zero in on this. But the benefits of carb capping, there may be some overt health benefits to it, but I would say that if you're waking up consistently at this time, it's almost certainly a cortisol release. It's almost certainly a low blood sugar kind of scenario. I don't know if the carbs on the other days are preventing you from getting fully fat and keto adapted, and being able to sleep through the night soundly. Or if this is just overall not quite a perfect fit for you.

And we know that sleep is so damn important, whatever it is that you're doing, so long as we're not overeating, we're eating an otherwise nutrient dense diet, getting adequate protein, and then whatever you do that fosters good sleep, I just can't ignore that. I would lean into whatever it is that you're doing that's producing the best sleep. And, again, without knowing exact amounts of what you're doing on one day versus another, it's kind of hard to tell if like, "Okay, you did a banana on these days and it didn't work. Well, okay, that's like 20, 25 grams of carbs. But on these other days you're having 200 grams of carbs, you may just need to run-"

Nicki: A little higher on the carb side.

Robb: A little higher on the carb side-

Nicki: ... instead of 20 grams-

Robb: ... consistently. If you feel really good at that low-carb side, then you may need to just eat consistently low-carb. And I will say for me personally, one of the biggest challenges that I've had on the being strict carnivore, I just haven't figured out how to eat enough fat. And I know people are like, "Oh, eat fatty meat." And I do. I have tried just frying beef fat and cooking it and eating it and dipping my meat in that fat, and I just get nauseous at some point. I can't eat enough on that.

And I don't know if this is an issue for Israel, but this is where, God, just having a handful of nuts or anything like that makes this stuff a lot easier for me. But I guess the two thoughts are you, if you really want to go low-carb, you may need to consistently go lower carb, and figure out an increased intake of fat to make sure that you're getting enough fat. So that you're legitimately keto adapted, not over consuming protein, and you can just ride that thing into the sunset.

It's also possible that your body does better with a little bit more carbs, a little bit more consistently. And wherever you go with this, I would just side with whatever's allowing you to have good energy during the day, good performance, good body composition, but most importantly, fantastic sleep.

Nicki: And then the only other thing I'll mention is a lot of folks have found that doing a salt shot before bed-

Robb: Absolutely.

Nicki: ... can really help with the middle of the night wake up, and that's just like a... What did we do?

Robb: About a half teaspoon-

Nicki: A half teaspoon.

Robb: ... of just salt, or you could do an LMNT, or whatever. But yeah, that does help people, because the sodium antagonizes cortisol release.

Nicki: So just in a little splash-

Robb: Scant bit of water.

Nicki: ... of water, so you're not filling your bladder right before bed, but that definitely can be very helpful, also. Okay, this next one is from a concerned sister who wrote in about her brother's situation, post kidney transplant.

She says, longest time listener, first time caller. My brother, 28 years old, suddenly went into kidney failure for no reason anyone has provided a good explanation for, on Christmas day 2019. He was on hemodialysis and then peritoneal dialysis until July of 2022. He underwent a kidney transplant from the best human among us. Phase two of his transplant included, or was supposed to include, receiving stem cells from his donor postoperatively with emerging data showing the reduction of anti-rejection meds with treatment. The trial was canceled 10 days before he was supposed to participate, and who knows what happened to these stem cells.

He's currently experiencing excruciating full body pains and has been diagnosed with medication-induced fibromyalgia. He eats squeaky clean, he's 5'10 and 160 pounds, but has poor tolerance to exercise, because getting hot or sweating makes him itch excessively. He's nearing hopelessness due to the severity of symptoms, and since his clinical trial was canceled, we will never receive those already harvested and cultured stem cells. I can't watch him suffer anymore and I gratefully ask for any suggestions or referrals you could provide. You guys, rock, I found you in 2013, and it changed everything for me.

Robb: I feel like I'm way out over the tips of my skis on this. Again, can't provide medical advice, all the disclaimers, but two thoughts. A ketogenic diet does mitigate systemic inflammation. It down regulates the inflammasome. That might be an option here. Could be a modified Atkins, could be a classic four to one, three to one ketogenic diet, which maybe with the one kidney is preferable, because of the somewhat lower protein intake, although we also understand that high protein intake does not damage healthy kidneys. High protein intake can exacerbate already damaged kidneys, but there's variables to play with there.

And then I do have a link to a paper fish oil for kidney transplant recipients, and something that folks don't well appreciate is that high dose fish oil has been used in certain circumstances around transplant rejection profile. It down regulates immune function in some of the systemic inflammatory process to such a degree that people have been able to dramatically decrease or even forego to some degree anti-rejection medications while using the fish oil.

The problem with all this stuff is that you're effectively then immune compromised. You have a high likelihood of excessive bleeding, because of the profound blood thinning effects. And so this is by no means like a risk-free scenario. I would say that if your brother could get some upside from a ketogenic

diet, that would be the lesser of the risk profile. The high dose fish oil could maybe be something that is used to mitigate some of this fibromyalgia type symptomology.

We know that within fibromyalgia there's metabolic issues. There's oftentimes magnesium deficiency. So if you look at just kind of classic treatment around fibromyalgia, the interesting thing is a lot of it is usually metabolic driven. Doesn't sound like he's got metabolic disease, but maybe he's got some issues around magnesium retention or something like that.

But this fish oil story is interesting to me at least, and that would clearly be something to discuss with his nephrologist and get some real good oversight, if you were to tinker with that. But it could be something that maybe you don't go as high dose as what they do in this paper, but you get some degree of relief at lower doses, and so then you're mitigating some of the downside risk.

Nicki: Let us know if you try that, and if he notices any improvements. I'm definitely curious. Okay, last question this week from Matt on TRT. Hi Robb, I know you've brought up the subject in the past, and chronically, that's kind of a weird, and chronically... Chronicle, maybe that's what he meant to say. I know you brought up the subject in the past and your experience with Clomid. Have your thoughts on TRT, testosterone replacement therapy, changed recently for those of us in the 50-ish region?

Robb: Not really. I have been threatening to do a Substack on this, and I definitely need to do it, because I get questions constantly about all of this. I think that there's kind of a ordering of operations. One thing that I would do is get your blood work done, immediately, and I wish that all of us... And if somebody's younger, you're in your 20s, I so wish that I could have had a really comprehensive blood work profile done when I was 21, so that I could just see, "Okay, this is what I look like when I'm absolutely rip-roaring. I know what my testosterone, dihydrotestosterone, estrogen, estradiol, like sex hormone binding globulin... When I felt really good, this is what the hormone profile looked like."

Nicki: So you can see what has your decline been? But for those who didn't know to do that, you have no idea what your normal is.

Robb: Your optimum... And not just normal, but optimum. Because people can start tinkering with TRT and you don't really know is higher, better for you on testosterone? Is a little bit lower better? Is a little bit higher DHT? A little bit higher estradiol? There's a lot of variables with that. But I kind of order this stuff out, which a lot of people would benefit simply, and you put simply in quotation marks, eat better, doing some resistance training, a little bit of zone two cardio and really improving sleep.

I think that there's a huge swath of people that would see a doubling in their testosterone from doing that. If one is overweight, if you carry too much adipose tissue, the brain, the body doesn't monitor testosterone levels, it monitors estrogen levels. When we carry excess body fat, that testosterone that we do have has a tendency to cascade into estrogen. Then that estrogen is sensed at the brain level and the brain says, "Oh, we've got way too much testosterone or we have adequate testosterone. We're going to down-regulate this, because the estrogen levels are too high." And that ends up being a problem.

This becomes a problem too when people just start supplementing testosterone or even doing Clomid or enclomiphene or HCG and things like that. Because, again, if your metabolic health isn't great and we're carrying too much body fat, then we could give somebody a shot of testosterone that dramatically increases their estrogen levels, which is going to absolutely crush their endogenous testosterone production. But it does also become a little bit of a picking yourself up by your own bootstraps. Because when your testosterone is low, it sucks to start exercising, and it's really hard to get any type of forward momentum on that.

So I recognize that there can be some challenges there, but you have to have the diet and lifestyle profile buttoned up for you. Higher protein, probably some amount of carb capping, unless you're one of the genetic outliers that just do really, really well on a significant amount of carbs, good sleep, all that type of stuff. There are some herbal supplements like Tongkat that Huberman Lab has talked about, seems to have a legitimate effect, at least for some cross-section of people taking, say, like total testosterone from the mid 300s and putting it up in the 600.

So not the same for everybody. Doesn't work for everybody. You don't get the same magnitude of effect. But for people who are otherwise pretty healthy and they're just experiencing some degree of age related testosterone production reduction, that stuff can work. And it seems to work really well. Seems to have very little in the way of side effects. Although, full disclosure, we haven't really studied Tongkat for 20 or 30 years, so maybe there's some over risk waiting on the backside of that.

But what I like about that is that it's basically goosing your endogenous production to improve. This is similar with using things like HGG, Clomid, and enclomiphene. Enclomiphene is better than Clomid because it's more targeted and has less side effects. But it's basically blocking, at the brain level, the ability for the brain to sense estrogen, and then it will tend to force an upregulation of testosterone production.

But again, from cholesterol getting pushed into that testosterone production pathway, you're getting all those other side benefits, or at least side reactions, which are likely beneficial for health. And I think that people, again, if they're paying attention to their diet and exercise and they have no other issues going on, you might get a really dramatic increase in your testosterone levels and feel really good, have great body composition, and you might be able to use something like enclomiphene and/or Clomid into your 60s or 70s or something like that.

And then, ideally, regardless of whatever the situation is, I think that punting TRT, testosterone replacement therapy, as long as possible and trying to use some of these other options. And then if somebody starts using testosterone replacement therapy, the big problems always occur when people go super physiological. And so this is, again, you need to do some testing to know where you are, and then know how you respond to a given dose.

But most doctors, although this is changing slowly, but still, so many doctors will give people a giant bolus of testosterone and give them a bolus every two weeks, which is ridiculous. The person goes super physiological for several days. You can have all kinds of side effects with that, not the least of which are blood clots. You're down regulating your testosterone receptor site. Then you end up in a period of time of maybe three or four days where you're normal physiological, and then on the tail end of that whole story, you are sub-physiological on testosterone, because you've gone down the cycle.

It's kind of going from high blood sugar to low blood sugar. I think that doing an everyday or an every other day micro dose or much smaller dose of testosterone, you can use insulin syringes and go subcutaneous. And that works quite well and is much less uncomfortable than doing intramuscular injections. I think that that probably is going to work far better, and it just gives you much closer to a normal daily physiological release and cycle in testosterone versus the giant singular bolus.

And again, I will do a Substack on this, because we get lots of questions and I don't see that many people tackle this question all that well. And there's a lot of detail and nuance, but there should be a really straightforward process for people to do, get diet and exercise dialed in, figure out what your levels are, and then start playing with what optimization may look like for you.

Nicki: And just final a PSA for all of our listeners who are in their early 20s, get your blood work done.

Robb: Go get your blood work done, and bank that stuff

Nicki: Get your hormone levels-

Robb: ... that stuff.

Nicki: ... tested, male or female. Just so that what your youthful profile looks like, so that when you are in your 50s, like Matt here and Robb, or in your mid-40s like me, you know what your-

Robb: You have something to benchmark that with.

Nicki: Yep, exactly. Yep. Okay. I think that's a wrap for this episode. And final thoughts on your side, hubs.

Robb: Pretty good. And again, just let us know if you guys are liking the show. We may not stop if you don't like the show, because we do feel like this stuff's important. I mean, we're never going to make a goddamn dollar off of any of this. We're probably on some watch list. This is just the stuff though of... I don't want to look back and have my kids say, "What did you guys do? Did you see any of this stuff coming?" And me either lying to them like, "No, I got caught flatfooted." Or saying, "Yeah, I knew, but I didn't do anything." I want to at least be able to say I did everything I could.

And maybe it makes things better. Maybe we thread some needles and save this wonderful thing of Western liberal democracies. And maybe we emerge on the backside of all of this chaos that we've had over the last couple of years, and things are qualitatively better. We have a better financial system. We have some rights and protections that are woven into this digital world. And we have a firewall against tyranny, either right or left.

I was the guy that when 9/11 happened and we started getting noise about the Patriot Act, I lost my mind. And I was as vocal about it as I could be, but at that time, there wasn't nearly as much social media. It was mainly kind of message boards. And I remember just absolutely getting taken to tasks that I was un-American, and we need to take the fight there, so the fight doesn't come here and all this stuff. And I'm like, "I don't know what the fuck that has to do with the Patriot Act, and basically destroying the Fourth Amendment." And that was launched primarily by people that we would consider to be right-leaning conservatives.

And then you fast-forward, and during COVID, the Patriot Act was fired up and used against parents who were speaking out at school board meetings about a host of different concerns that they had. And these parents were labeled as a domestic-

Nicki: Domestic terrorist.

Robb: ... terrorist. And the Patriot Act was then weaponized from a largely left-leaning totalitarian group of people. And this is where we really do Peter Boghossian's point about it can't be about right, it can't be about left.

Historically, I've kind of voted along the lines of who is going to enact the least amount of taxes. Because when you give the government more tax money, whether it's local or federal, than they can just do more shit, because they've got more resources with it. And by and large, I've been like, "This is just kind of a good thing to go with." And now I think that standard is like, are you authoritarian or not? And this is our attempt, I guess, at trying to help people understand this and make some action favorably against it.

Nicki: Yep. I like it. All right, folks. That concludes episode 146 of the Healthy Rebellion Radio. Thank you for joining us. Please remember to check out our show sponsor LMNT for all your electrolyte and hydration needs. You can grab yours drinklmt.com/robb. That's drinkL-M-N-T.com/R-O-B-B.

Robb: Bye everybody.

Nicki: Bye everyone.