

# Dave Asprey Podcast Tour + USA Today Best Seller Campaign

- June 2025



# Contents

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<b>Podcast Booked .....</b>	<b>72</b>

# Summary

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# 104

## Pieces of Coverage

Total number of online, offline and social clips in this book



# 157M

## Estimated Views

Prediction of lifetime views of coverage, based on audience reach & engagement rate on social



# 4.55B

## Audience

Combined total of publication-wide audience figures for all outlets featuring coverage



# 11.7K

## Engagements

Combined total of likes, comments and shares on social media platforms



# 99

## Max. Domain Authority

A 0-100 measure of the authority of the site coverage appears on. Provided by Moz



# 65

## Online Pieces

Amount of coverage published on websites, blogs and online outlets



**363**

**Domain Authority**

Domain Authority



**311K**

**Est. National Publicity  
Value**

The cost of the Publicity Value



**311K**

**Est. Local Publicity  
Value**

Est. Local Publicity Value

# Highlights

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**Fox News**

Diet and nutrition experts weigh in on how RFK Jr's nomination could impact how we eat

44.4M 94 245K 387

**KTLA**

KTLA- Dave Asprey - Biohacking on a Budget

5.02M 95.7K

**WellSpa 360**

The Future of Biohacking & What It Means for Wellness Pros

6.02K 38 1.21K

**New York Post**

Exclusive | 'Father of biohacking' warns that green smoothies can 'actually be working against you'

47.9M 93 146K 20

**a+ Singapore**

It Doesn't Have To Be Complicated: Biohacking Icons Encourage Going Back To Basics

13.1K 28 4.44K

**Artful Living Magazine**

Biohacker Dave Asprey's Blueprint for Living Your Best Life | Artful Living Magazine

15.5K 49 492




**Muscle & Fitness**

THE SOLUTION TO TIGHTENING LOOSE SKIN AFTER MAJOR WEIGHT LOSS

When working out and biohacks aren't enough, is expensive surgery the answer?


By Klaudia Balogh



972K 83 4.13K 9

**CanvasRebel Magazine**

Meet Dave Asprey




408K 47 17.3K

**New York Post**

These 4 trends can sabotage your health, biohacker warns — including a faux-superfood that may 'increase man boobs'

By McKeele Beard



45.4M 93 138K 8

**Fox News**

Anti-aging benefits linked to one surprising health habit

Meditation may help extend longevity and reduce stress, says biohacker Dave Asprey

By Melissa Rudy



47.2M 94 269K 161

**KVVU-TV (Henderson, NV)**

KVVU-TV FOX - Las Vegas - Stress is Making You Sick - Here's How to Fix It (Stress...




617K 15.9K

**Eat This Not That**

5 Morning Habits That Burn Fat All Day, According to a Biohacker

By Leah Grack



5.07M 81 20.9K 33



**BIOHACKING FOR WOMEN**  
with Dave Asprey

"The number one issue for women and men before we address biohacking for females, then the father of biohacking, Dave Asprey. I have read out his top biohacks for men and how they differ from each."

**STEPHAN LUTHE: What is your definition of biohacking?**

Dave Asprey: Biohacking is a process of using the environment around you and modifying it to you have full control of your biology. It's about choosing your environment so you can perform at your best.

**SL: What are the top biohacks you recommend for women, and why?**

Dave Asprey: The top biohacks to start with for women are:

1. Make sure you're getting enough sleep, not too much, and not too little. It's important to get enough sleep, not too much, and not too little. It's important to get enough sleep, not too much, and not too little.
2. Get your hormones checked. If you're a woman, it's important to get your hormones checked. If you're a woman, it's important to get your hormones checked.
3. Follow your gut. If you're a woman, it's important to follow your gut. If you're a woman, it's important to follow your gut.
4. Eat more protein.

**SL: How about hormones?**

Dave Asprey: For your hormones, it's important to get your hormones checked. If you're a woman, it's important to get your hormones checked. If you're a woman, it's important to get your hormones checked.

**SL: And of course, longevity - what recommendations do you have?**

Dave Asprey: If you want to live a long time, it's important to get your hormones checked. If you're a woman, it's important to get your hormones checked. If you're a woman, it's important to get your hormones checked.

**Vegas Wellness Magazine**

Vegas Wellness Magazine MAY 2025 biohacking for women.pdf

108K 80 694

**DAVE ASPREY**  
HEALTH SCIENCE & BIOTECH ENTREPRENEUR AND NY TIMES BESTSELLING AUTHOR

**KAZT-TV (Prescott, AZ)**

Arizona Daily Mix Live 5-7-25.mp4

4.55K 4.55K

**The Kara Goldin Show**  
Featuring Dave Asprey

MAY 9 - 36 MIN

**686 Dave Asprey: Author of Heavily Meditated & Founder of Danger Coffee**  
The Kara Goldin Show

**Apple Podcasts**

Kara Goldin Show Podcast - Dave Asprey: Author of Heavily Meditated & Founder of...

1.2M 99

**WATCH THIS!**

The #1 Brain Hack to Boost Focus & Emotional Strength! Interview with Dave Asprey

**The Dr. Gundry Podcast**

The #1 Brain Hack to Boost Focus & Emotional Strength! Interview with Dave Asprey

1M 7.24K 294

**BIOHACKING IS ONLY HALF THE BATTLE**

If You Want TO Live As LONG As Humanly Possible, Don't Forget To Focus on...

**Ed Mylett**

If You Want TO Live As LONG As Humanly Possible, Don't Forget To Focus on...

1.05M 110K 229

**Him & Her**  
DearMedia

MAY 26 - EPISODE 847 - 1HR 36MIN

**Dave Asprey On Biohacking That Works, How To Feel Better, Increase Your Energy, & Avoid..**  
The Skinny Confidential Him & Her Podcast

**Apple Podcasts**

The Skinny Confidential - Dave Asprey On Biohacking That Works, How To Feel Better,...

455K 99 1



### KVVU-TV (Henderson, NV)

Sound Off Sports - KVVU (FOX) Las Vegas / Dry Heat With Mike Davis

617K 22.8K



### Green Living Magazine

Dave Asprey's New F-word - Green Living Magazine

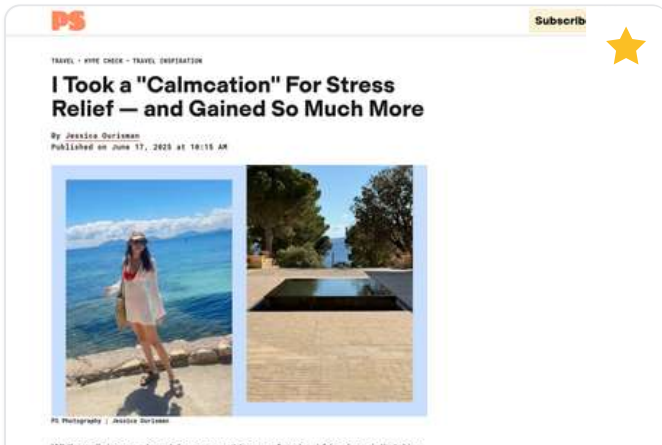
9.57K 45 720 2



### KHOU-TV (Houston, TX)

Great Day Houston (CBS Houston)

2.67M 2.67M



### Popsugar

I Took a "Calmcation" For Stress Relief — and Gained So Much More

2.2M 91 3.86K 8

# Basecamp

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9 pieces



**KTLA**

KTLA, channel 5, is a CW-affiliated television station located in Los Angeles, California, United States. The station is owned by the Tribu...

**5.02M**

Audience

February 23, 2025

TV

## KTLA- Dave Asprey - Biohacking on a Budget

[public.3.basecamp.com/p/xShVTwMedPy...](https://public.3.basecamp.com/p/xShVTwMedPy...)



Views

**95.7K**

Total number of views.  
User-provided.

Domain Authority

**86**

Domain Authority

Est. National  
Publicity Value

**242K**

The cost of the Publicity  
Value

Est. Local Publicity  
Value

**242K**

Est. Local Publicity Value



## Influencer stories from 4-12 Conference

80

Domain  
Authority <sup>?</sup>

Provided by  
**MOZ**

20.1K

Unique  
Visits <sup>?</sup>

April 12, 2025

🌐 ONLINE

## Influencer stories from 4-12 Conference - Robin Emmerich &...

[public.3.basecamp.com/p/ppBi5B6wHge...](https://public.3.basecamp.com/p/ppBi5B6wHge...)

Views

20.1K

Total number of views.  
User-provided.



## KVVU-TV (Henderson, NV)

KVVU-TV (channel 5) is a television station licensed to Henderson, Nevada, United States, serving the Las Vegas area as an affiliate of the Fox network.

617K

Audience 

April 25, 2025

 TV

## KVVU-TV FOX - Las Vegas - Stress is Making You Sick -...

[public.3.basecamp.com/p/VLutcLfc5F2TT...](https://public.3.basecamp.com/p/VLutcLfc5F2TT...)



Views

15.9K

Total number of views.  
User-provided.

Domain Authority

76

Domain Authority

Est. Local Publicity  
Value

19.2K

Est. Local Publicity Value


Est. National  
Publicity Value

19.2K

The cost of the Publicity  
Value



A dynamic monthly publication dedicated to curating and sharing insightful wellness content and showcasing innovative...

**80**  
Domain  
Authority   
Provided by  
**MOZ**

**108K**  
Unique  
Visits   
Provided by  
 **SimilarWeb**

May 05, 2025  ONLINE

# Vegas Wellness Magazine MAY 2025 biohacking for...

[public.3.basecamp.com/p/uNozZfkYQCF...](https://public.3.basecamp.com/p/uNozZfkYQCF...)

### Estimated Views

694 

Calculated based on audience size and social engagement

# BIOHACKING FOR WOMEN

**with Dave Asprey**

This month we focus on women and why there are address biohacking for females than the father of Biohacking, Dave Asprey. Please find out the top demands for women get how they differ from men.

## STEPHAN LEMAY What is your definition of biohacking?

**Dave Asprey:** Biohacking is changing the environment around you and yourself so you have full control of your biology. It's about consciously your state as you live in the world you're in.

## SS: What are the top biases to you recommend for women, and why?

**DA:** There are five top biohacks specifically for women:

1. Make sure you're recovering properly (Sleep, nutrition, hydration, and other recovery protocols like heart rate variability, mood energy, stress age, etc.)
2. Get advanced tips and fix hormones as needed
3. Follow an anti-inflammatory diet like The Bulletproof Diet
4. Eat enough protein

These all take more time and resources and following them up every day also account. Most men, women have a third way up and need enough time to rest and recovery for most bodies to feel safe. Most women are built to bear children, if they're not getting enough recovery or enough food, they tend to feel sick, sad and say "No it's not working". We don't have enough resources to make it safe." As a result, your reproductive system shuts down and you'll find a miscarriage at the time.

## SS: How do women's thinking needs differ from men's?

**DA:** Many biohacking books or health systems assume differences are identical. That isn't true. The female body is designed to allow for childbirth and lactation. Men and women have different hormone levels, which means that they react differently to many things. Women (the weak mental and physical) have a lot of issues and go through mental cycles, as they tend to consider that something that happens throughout the month. Women can also be sensitive to dietary changes at the cellular level. As mentioned above, if a woman doesn't have enough energy and nutrients to grow a healthy baby, she will abort or miscarry her pregnancy early.

## SS: Can you teach us biohacking specifically for women for constitution and one side building?

## SS: How about hormones?

**DA:** Get your testosterone regularly and test it with a laboratory scientist who specializes in women's health. It's important to get enough raw materials to support your hormones. These include minerals and vitamins (not the sugar vitamins like A and C).

## SS: And of course, longevity - what recommendations do you have?

**DA:** If you want to live a long time, follow your hormones and keep inflammation low. You can do this by following a good diet and increasing protein. But, and I cannot stress this because it's a problem of longevity. Make sure you have a good support system — studies show people with a stronger connection live longer. So, manage stress, which is one of the most causes of rapid aging. The best way to do this is with a meditation practice or with transcendental (you could start your science-backed work to meditate even efficiently at my last book coming out May 20th - Heavily Meditated: The Fast Path to Inner Peace). Bigger, Brad Pitt (Shrek), and Richard Gere (Pirates).

## SS: Anything else coming up specifically for women?

**DA:** My biohacking conference is happening in March (March 18-19). We will have speakers and experts there who specialize in women's health as a collection of scientists that support women. Instead of all biohacking conferences (men, men, men), heavily Meditated is coming up May 20th. In it, you'll learn how to add up the things in your subconscious that hold you back, so you know more how to do the things that matter. This is especially important for women because studies show that women are more likely to store trauma than men. 🧠

**Want to learn more?** Dave Asprey is the author of Heavily Meditated, a book by women and Robert Krieger's new book "The Father of Biohacking". For more information about Dave visit [daveasprey.com](http://daveasprey.com). By information about his upcoming biohacking conference, visit

## KAZT-TV (Prescott, AZ)

CW7 Arizona is home to the CW Network and today's top programs including: Family Feud, Big Bang Theory, Young Sheldon, The Goldberg's, and our locally...

4.55K

Audience ⓘ

May 07, 2025

TV

## Arizona Daily Mix Live 5-7-25.mp4

[public.3.basecamp.com/p/v6Wi5DCZSLK...](https://public.3.basecamp.com/p/v6Wi5DCZSLK...)



Views

4.55K

Total number of views.  
User-provided.

Domain Authority

40

Domain Authority

# Ziva Meditation IG Live Video

80

Domain  
Authority ?

Provided by  
**MOZ**

100K

Unique  
Visits ?

Provided by  
**SimilarWeb**

May 23, 2025

🌐 ONLINE

# Ziva Meditation IG Live

[public.3.basecamp.com/p/EJhdL3oNjyfY...](https://public.3.basecamp.com/p/EJhdL3oNjyfY...)

Estimated Views

**604** ✓

Calculated based on  
audience size and social  
engagement



**Ziva Meditation IG Live.mov**

Posted by Monique D. · May 23, 2025 · 115 MB

[Download](#)

Made with  Basecamp

# Ben Azadi IG Live Video

**80**  
Domain  
Authority <sup>?</sup>  
Provided by  
**MOZ**

**100K**  
Unique  
Visits <sup>?</sup>  
Provided by  
**SimilarWeb**

May 23, 2025  ONLINE

# Ben Azadi IG Live Video

[public.3.basecamp.com/p/4iUmrhw2auM...](https://public.3.basecamp.com/p/4iUmrhw2auM...)

Estimated Views

**604** <sup>✓</sup>

Calculated based on  
audience size and social  
engagement



**Ben Azadi IG Live Video.mp4**

Posted by Monique D. · May 23, 2025 · 247 MB

[Download](#)

Made with  Basecamp

# KVVU-TV (Henderson, NV)

KVVU-TV (channel 5) is a television station licensed to Henderson, Nevada, United States, serving the Las Vegas area as an affiliate of the Fox network.

617K

Audience

May 28, 2025

TV

## Sound Off Sports - KVVU (FOX) Las Vegas / Dry Heat Wi...

[public.3.basecamp.com/p/8CQFChkQpu7...](https://public.3.basecamp.com/p/8CQFChkQpu7...)



Views

22.8K

Total number of views.  
User-provided.

Domain Authority

76

Domain Authority

Est. Local Publicity Value

49.7K

Est. Local Publicity Value

Est. National Publicity Value

49.7K

The cost of the Publicity Value



## KHOU-TV (Houston, TX)

KHOU (channel 11) is a television station in Houston, Texas, United States, affiliated with CBS. It is owned by Tegna Inc. alongside Conroe-licensed Quest station...

2.67M

Audience ⓘ

June 12, 2025

TV

## Great Day Houston (CBS Houston)

[public.3.basecamp.com/p/dqyNWMepNB...](https://public.3.basecamp.com/p/dqyNWMepNB...)



Views

2.67M

Total number of views.  
User-provided.

Domain Authority

85

Domain Authority



# Coverage

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33 pieces



## Daily Mail

MailOnline - get the latest breaking news, celebrity photos, viral videos, science & tech news, and top...

94

Domain  
Authority <sup>?</sup>

Provided by  
**MOZ**

60.1M

Unique  
Visits <sup>?</sup>

Provided by  
**SimilarWeb**

December 24, 2024

🌐 ONLINE

# What Christmas dinner looks like for Ozempic users and...

[dailymail.co.uk/health/article-14158971/am...](https://dailymail.co.uk/health/article-14158971/am...)

Estimated Views

**241K** <sup>✓</sup>

Calculated based on  
audience size and social  
engagement

**Daily Mail** MORE STORIES

**PICTURED: What Christmas dinner will look like for biohackers, Ozempic users and vegans this year**

By LUKE ANDREWS SENIOR HEALTH REPORTER FOR DAILYMAL.COM  
14:49 24 Dec 2024, updated 22:17 24 Dec 2024

**BIOHACKER** **OZEMPIC** **VEGAN**

Share or comment on this article:

1 shares

40 comments

• READ MORE: [Fresh health warning over common food additive](#)

For most people, Christmas is one of the few days of the year when diet goes out the window – but that's not the case for these wellness enthusiasts. DailyMail.com spoke with three individuals – a [vegan](#), a biohacker and an Ozempic user – to find out what those committed to a certain lifestyle plan on eating on Christmas Day.

While all say they will find room for mashed potatoes and desserts, staples like turkey will be left off their plates. And all three say they will limit their [alcohol](#) intake.

A study by Wren Kitchens found the average person [eats 5,370 calories on Christmas day](#), twice the recommended daily value for men and three times that for women.



## Fox News

Breaking News, Latest News and Current News from FOXNews.com. Breaking news and video....

94

Domain Authority

Provided by  
**MOZ**

44.4M

Unique Visits

Provided by  
**SimilarWeb**

January 06, 2025

ONLINE

# Diet and nutrition experts weigh in on how RFK Jr's...

[foxnews.com/politics/diet-nutrition-expert...](https://foxnews.com/politics/diet-nutrition-expert...)

The screenshot shows the Fox News website interface. At the top is a navigation bar with categories like U.S., Politics, World, Opinion, Media, Entertainment, and More. Below this is a 'Recommended' section with several video thumbnails. The main article is titled 'Diet and nutrition experts weigh in on how RFK Jr's nomination could impact how we eat' with a sub-headline 'Trump's limited-government approach could clash with RFK's efforts to reform the food industry, expert says'. The author is Alec Schemmel. Below the article is a video player showing Robert F. Kennedy Jr. speaking at a podium with a 'TRUMP VANCE' sign. To the right of the article is a 'More from Politics' section with several smaller article thumbnails. At the bottom of the article, there is a quote from 'Food Babe' and a paragraph discussing RFK Jr.'s potential impact on food policy.

Estimated Views

245K

Calculated based on audience size and social engagement

Engagements

387

Total number of social engagements

Aol.

AOL.com

Discover the latest breaking news in the U.S. and around the world — politics, weather, entertainmen...

93

Domain Authority <sup>?</sup>

Provided by  
MOZ

32M

Unique Visits <sup>?</sup>

Provided by  
SimilarWeb

January 06, 2025

🌐 ONLINE

## News, Politics, Sports, Mail & Latest Headlines

[aol.com/?err=404&err\\_url=https://www.aol.com/](https://aol.com/?err=404&err_url=https://www.aol.com/)

Estimated Views

12.7M <sup>✓</sup>

Calculated based on audience size and social engagement

The screenshot shows the AOL.com homepage with a 404 error message: "Hi there! The page you're looking for does not exist. Try searching or check out the stories below." The page features a search bar at the top, a navigation menu on the left, and several news sections. The main headline is a photo of Donald Trump with the text: "Trump says 'all hell is going to break out' if Hamas doesn't release all hostages by Saturday". Below this is a "Popular Video" section with a video of a shark. To the right is a "Super Bowl" section with headlines about Jalen Hurts and record betting. At the bottom is a "North Charleston News & Weather" section with a weather forecast for 48°F and a "Police alert residents after spike in North Charleston car break-ins since start of 2025".



# Yahoo | Mail, Weather, Search, Politics, News, Finance, Sports & Videos

Latest news coverage, email, free stock quotes, live scores and video are just the beginning. Discover...

95

Domain  
Authority <sup>?</sup>

Provided by  
**MOZ**

414M

Unique  
Visits <sup>?</sup>

Provided by  
**SimilarWeb**

January 06, 2025

🌐 ONLINE

# Yahoo | Mail, Weather, Search, Politics, News, Finance, Spor...

[yahoo.com/?err=404&err\\_url=https://www...](https://www.yahoo.com/?err=404&err_url=https://www...)

Estimated Views

137M <sup>✓</sup>

Calculated based on  
audience size and social  
engagement





## WellSpa 360

Articles, news, products, blogs and videos from WellSpa 360.

38

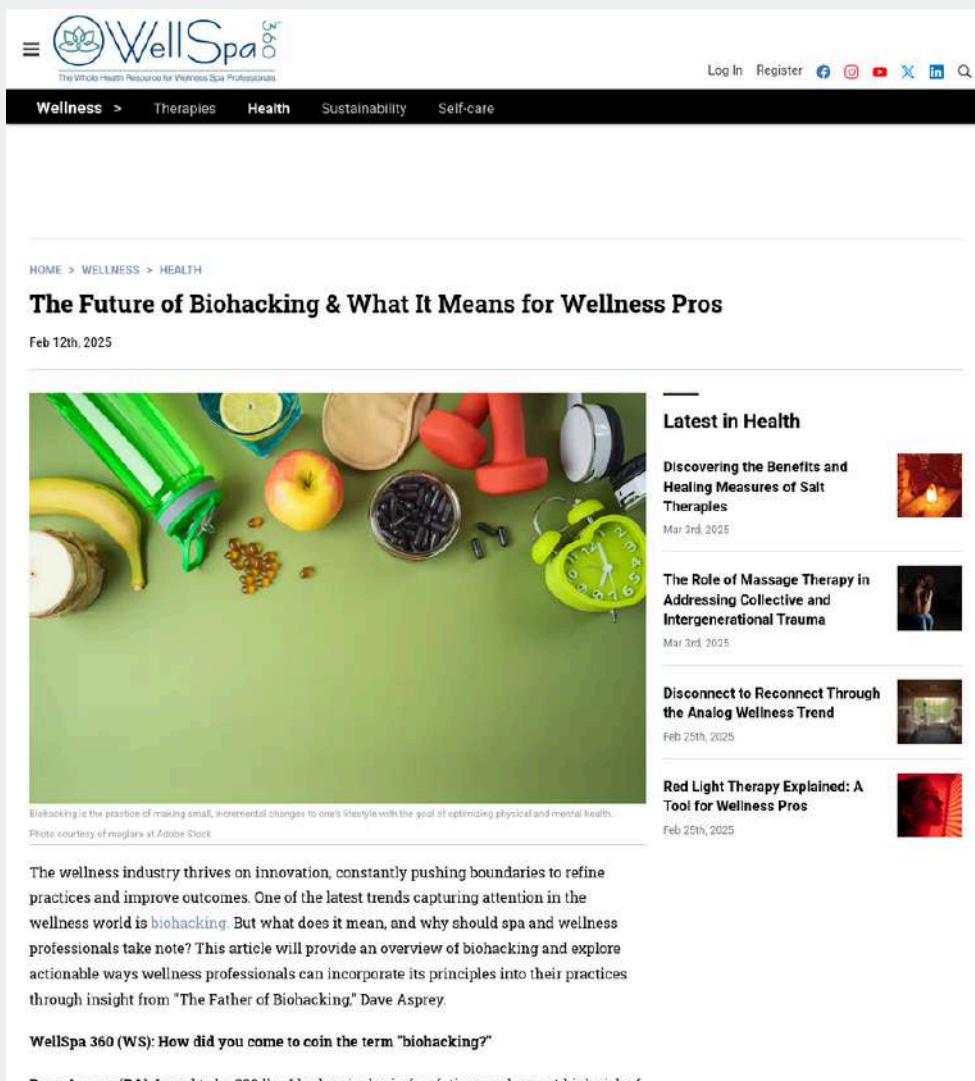
Domain  
Authority <sup>?</sup>

Provided by  
**MOZ**

6.02K

Unique  
Visits <sup>?</sup>

Provided by  
**SimilarWeb**



February 12, 2025

🌐 ONLINE

## The Future of Biohacking & What It Means for Wellness...

[wellspa360.com/wellness/health/article/2...](https://wellspa360.com/wellness/health/article/2...)

Estimated Views

1.21K <sup>✓</sup>

Calculated based on  
audience size and social  
engagement





## Organic Authority

Organic Authority obsessively covers the latest trends and news in food, nutrition, wellness, natura...

67

Domain  
Authority

Provided by  
**MOZ**

103K

Unique  
Visits


Provided by  
**SimilarWeb**

February 28, 2025

ONLINE


# How to Prevent Osteoporosis: Calcium, Strength...

[organicauthority.com/buzz-news/how-to-...](https://organicauthority.com/buzz-news/how-to-...)


BUZZ + NEWSKITCHEN + RECIPESNUTRITION + WELLNESSLIVE + GROWGUIDESSHOP OASUBSCRIBEfxoq

## How to Prevent Osteoporosis — And Why Prevention Is Key, Especially for Women

*If you're a woman, it's time to start thinking about how to prevent osteoporosis. And a glass of milk isn't going to cut it.*

 **Emily Monaco**  
Updated: Feb 28, 2025

SHARE




Understanding how to prevent osteoporosis is important for women of all ages — because once it's been diagnosed, it's already too late. Credit: Unsplash Benjamin Klaver


**A**n ounce of prevention is worth a pound of cure. It's a cliché for a reason, but unfortunately, in the realm of women's healthcare, it still hasn't quite sunk in. Dr. Mary Claire Haver, author of *The New Menopause*, emphasized the importance of osteoporosis prevention on *Instagram* following her 87-year-old mother's total hip replacement in the wake of a dementia-induced fall.

"I 100% guarantee you, she never once thought of 'How can I prevent osteoporosis or how can I not fracture?'" said Haver. "I am absolutely shocked by the lack of information around prevention for diseases specific to women."


### Explore More




5 Muscle-Building Tips to Get Stronger




My Fav Review: Why I Love Working with a Nutritionist




Top 10 Most Inflammatory Foods in the American Diet



A Guide to Non-Toxic Cooking Utensils: Replacing Plastic for



Comfort in a Bowl: Homemade Tomato Soup Recipe Worth...  
By Family Proof



Crispy Potato Roast: Recipes Worth Cooking  
By Family Proof

Estimated Views

**708**

Calculated based on  
audience size and social  
engagement



## New York Post

Your source for breaking news, news about New York, sports, business, entertainment, opinion, real...

93

Domain Authority

Provided by  
**MOZ**

47.9M

Unique Visits

Provided by  
**SimilarWeb**

March 04, 2025

ONLINE

# Exclusive | 'Father of biohacking' warns that green smoothie...

[nypost.com/2025/03/04/health/dave-aspry...](https://nypost.com/2025/03/04/health/dave-aspry...)

The screenshot shows the New York Post website interface. At the top, there's a navigation bar with 'SECTIONS', a search icon, the 'NEW YORK POST' logo, 'READ THE LATEST ON Page Six', and a 'LOG IN' button. Below this is a category bar with 'Lifestyle', 'Health' (selected), 'Wellness', 'Fitness', 'Health Care', 'Medicine', 'Men's Health', 'Women's Health', 'Mental Health', 'Nutrition', and 'Health'. A 'TRENDING NOW IN HEALTH' section features four articles: 'Making a single change can cut your microplastics intake...', 'Key brain discovery could revolutionize Alzheimer's...', 'How many push-ups you should be able to do at every age — and...', and 'Colorectal cancer patients are "getting younger," warns...'. The main article is titled 'HEALTH EXCLUSIVE: 'Father of biohacking' warns that green smoothies can 'actually be working against you'' by McKenzie Beard, published on March 4, 2025, at 10:28 a.m. ET, with 11 comments. The article features a large photo of Dave Asprey being embraced by a group of people. The text below the photo reads: 'It's time to blend some reality into your diet. The green smoothie has become the go-to beverage for Americans wanting to boost their intake of nutrient-rich fruits and veggies, improve digestion and maybe even shed a few pounds. Even Reese Witherspoon swears by having one every morning. But before you reach for the kale, remember this: "Just because it's green doesn't mean it's good for you," self-proclaimed "father of biohacking" Dave Asprey told The Post.'

Estimated Views

146K

Calculated based on audience size and social engagement

Engagements

20

Total number of social engagements



## Organic Authority

Organic Authority obsessively covers the latest trends and news in food, nutrition, wellness, natura...

67

Domain  
Authority <sup>?</sup>

Provided by  
**MOZ**

103K

Unique  
Visits <sup>?</sup>

Provided by  
**SimilarWeb**

March 05, 2025

🌐 ONLINE


# Pairing Foods Can Make Your Meals Healthier and More...

[organicauthority.com/guide/pairing-foods](https://organicauthority.com/guide/pairing-foods)

Estimated Views


708 <sup>✓</sup>

Calculated based on  
audience size and social  
engagement


BUZZ + NEWSKITCHEN + RECIPESNUTRITION + WELLNESSLIVE + GROWGUIDESSHOP OASUBSCRIBEfxoq

### Pairing Foods Is Key for Nutrient Absorption — Here Are 5 Pairs to Try

*From calcium and vitamin D to zinc and copper, don't separate these nutritional BFFs.*

 **Emily Monaco**  
Updated: Mar 5, 2025

SHARE ↗




Nuts and seeds are some of the richest sources of magnesium, but eating too many of them can risk excessive linoleic acid consumption. *Credit: Pexels Vanessa Loring*

**H**ead into any pharmacy, and you'll encounter an alphabet soup of vitamins and minerals. But if you're not careful about which supplements you incorporate in your diet — and **which nutrients you're pairing in your body** — you could be wasting your money.


"Nutrients have synergistic effects; they don't work in isolation," explains Dr. Joseph Mercola, Board Certified Family Medicine Osteopathic Physician (DO) and Author of *Your Guide to Cellular Health*. "Most need cofactors or other nutrients to unlock their full potential."

Fat-soluble vitamins like D, A, K, or E, for example, are absorbed to a far lower degree when taken without fat. Without vitamin K2, vitamin D would have no idea where to go. And some nutrients, like zinc, can actually interfere with your absorption of others, like copper.


#### Explore More




A Guide to Non-Toxic Cooking Utensils: Replacing Plastic for




5 Muscle-Building Tips to Get Stronger




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### It Doesn't Have To Be Complicated: Biohacking Icons Encourage Going Back To Basics

Unorthodox practices aren't necessary to optimising our health and some of the most effective practices don't cost a cent.

By **Adora Wong**  
Mar 10, 2025

**LIFESTYLE WELLNESS**

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Biohacking involves making incremental changes for better health.  
Photo: Adobe.

Nobody lives forever. But **Dave Asprey** might, or at least for comparatively longer. The self-styled 'father of biohacking' is certain he'll live to 180. "Given all the things I've done, I've been able to reverse my biological age by 20 years," he tells me.

His name might ring a bell because he is the founder of Bulletproof Coffee, a popular high-calorie caffeinated drink made with butter and MCT oil (a fat-burning and energy-boosting supplement). Or perhaps you recognise him from a video wherein he touts white rice as healthier than brown rice. Either way, the 51-year-old entrepreneur is au fait with advanced biohacking practices such as **stem cell** therapy and transcranial electrical stimulation—running an electrical current through the brain to alter brain function—in the pursuit of longevity.

It is why he pours millions of dollars into researching his biology with good grace. "I'm finding out what works and what doesn't so other people don't have to. These investments pioneer a future where everyone can take control of their health and longevity."





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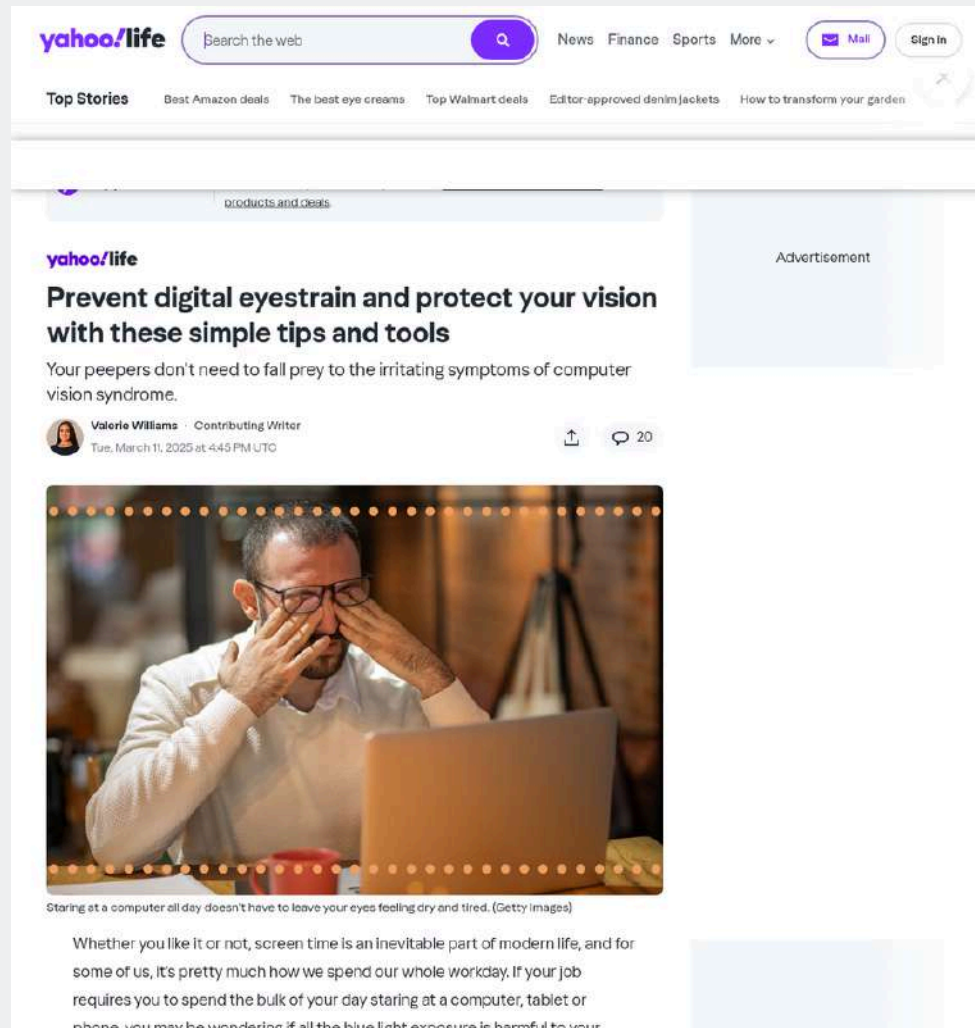
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### 'Father of biohacking' spends \$3k a month on supplements — the 3 he says won't break the bank

By **McKenzie Beard**  
Published March 12, 2025, 3:53 p.m. ET

**#3**

**VAL KILMER DEAD**

Is the secret to a longer life hidden in a pill? With the **crazy number of supplements** longevity buffs are **swallowing**, it sure seems that way.

**Dave Asprey**, an entrepreneur and author known as "the father of biohacking," spends an eye-popping \$3,000 per month on supplements. But he insists you don't need to spend a small fortune to give your body the nutrients it needs.

Asprey broke down three affordable supplements for The Post that he says can have the biggest impact on your health, including one that could even save you money at the grocery store.

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# How Much Collagen Per Day Should You Have (and What's th...

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## How Much Collagen Per Day Do You Need for Healthy Skin and Joints?

Collagen is a hot topic in the world of skincare, but most people don't know that it's also an essential protein for joint health and metabolism.

 **Emily Monaco**  
Updated: Mar 21, 2025

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Collagen is famous for its powerful properties for healthy skin, but we also need it to support bone and joint health, among other things. Credit: Unsplash Getty Images

**C**ollagen is the nutrient du jour. In the endless search for perfect skin, women around the world are becoming more conscious of collagen intake. Supplements are everywhere, from organic co-ops to Target, and you can even order collagen-infused cold brew and smoothies at many cafes.


Collagen supplement sales surpassed \$1.8 billion in 2022<sup>1</sup>, and they show no sign of stopping. But according to Dr. Joseph Mercola, Board Certified Family Physician and Author of *Your Guide to Cellular Health*, most Americans still aren't getting the amount they need.

"Few Americans get anywhere near the amount of collagen required for optimal health," he says. "Today, the average collagen intake is alarmingly low — most people consume less than 5 grams per day, and many get virtually none."


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## Biohacker Dave Asprey's Blueprint for Living Your Best Life

By Aubree Nichols  
March 19, 2025

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# Can You Get Bird Flu from Eggs? Here's Everything You Need...

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## Can You Get Bird Flu From Eggs? How H5N1 Could Affect Your Breakfast

*If you're someone who eats eggs, should you be worried about bird flu? Here's what you need to know about bird flu and egg safety.*

 **Emily Monaco**  
Updated: Mar 19, 2025

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The recent bird flu outbreak has everyone wondering: can you get bird flu from eggs? *Credit: Pixels / Monserat Soldu*


**Disclaimer:** If you are concerned about contracting Bird Flu or any virus, please contact your primary care physician for advice.

**E**ggs are more expensive than ever before, with some Americans spending more than a dollar an egg. These egg prices aren't just a product of inflation, they're also linked to an ongoing bird flu epidemic. But aside from the price of eggs, how does the H5N1 epidemic affect your breakfast? Is it safe to eat eggs during this epidemic? And aside from bird flu, is it healthy to eat eggs in the first place? Here's everything you need to know.


### What Is Bird Flu?

Bird flu, or avian influenza (H5N1), is a viral infection that spreads primarily in


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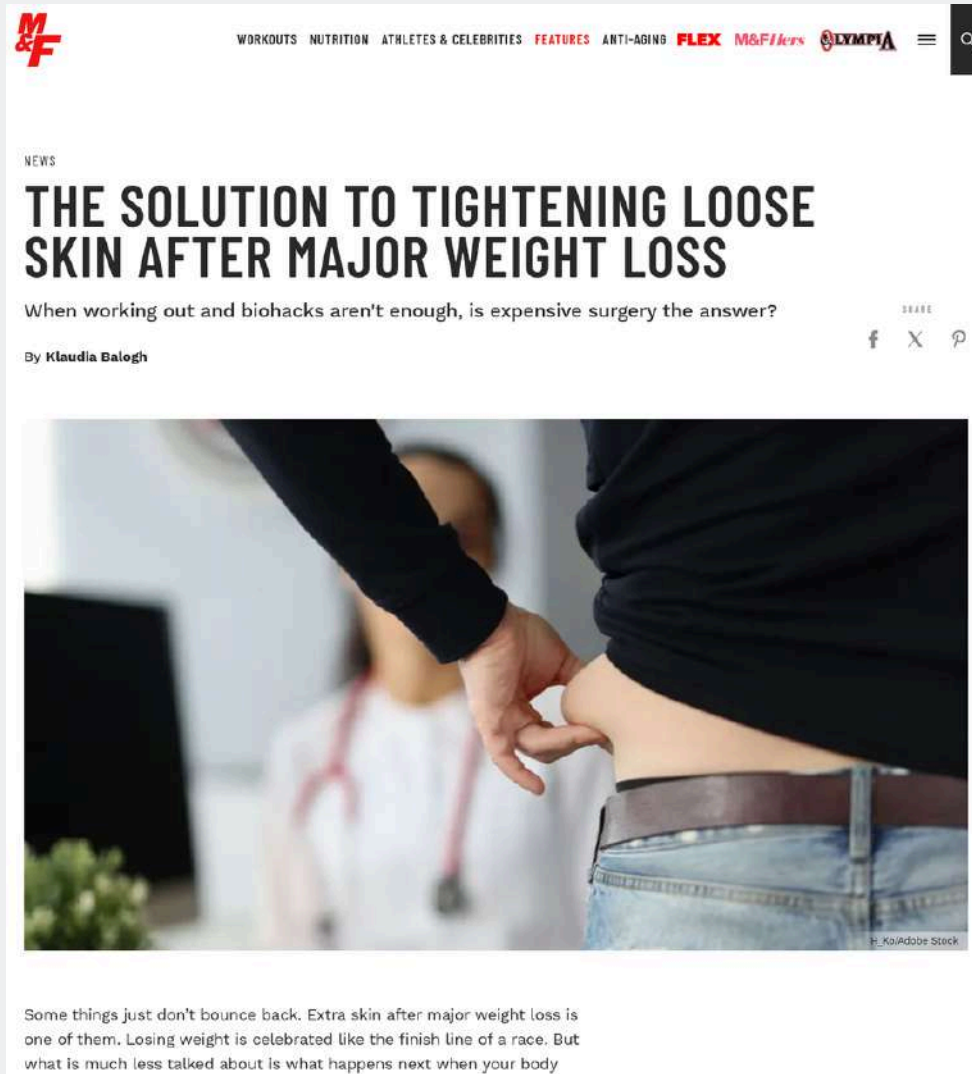
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### Dairy Milk Making a Comeback? Experts Share the Whys, Science, and Sustainability

Real dairy milk is making a comeback. Is that a yay? Find out what experts think as they lay out an argument for raw vs pasteurized vs plant milks and their implications for human and environmental health.

 **Emily Monaco**  
Updated: Apr 10, 2025


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Real dairy milk consumption is on the upswing. Read on to get the experts take on why and what they think about the nutritional value and human and environmental health implications vs plant milk. Credit: Unsplash

**A**lternative milks are hardly alternative in a world where a barista balks at a request for dairy milk. But old-fashioned **dairy is indeed making a comeback**, as data from **Circana** shows. After decades of choosing plant-based milks, in 2024, American consumption of whole milk rose for just the second time since the '70s, while plant milk consumption fell 5.9 percent.


"For dairy milk to be growing at all is surprising, much less by these numbers," John Crawford, Circana's dairy expert, told the New York Times of the 3.2 percent increase in consumption of whole milk. "This reverses trends that have been in place for decades."




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### These 4 trends can sabotage your health, biohacker warns — including a faux-superfood that may ‘increase man boobs’

By **McKenzie Beard**  
Published April 11, 2025, 4:20 p.m. ET

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Blood boys. Butthole sunning. Body modifications.


There's no stunt too bizarre for biohackers obsessed with **extending their lives** — but that doesn't mean you have to turn yourself into a human guinea pig to get healthy.


The Post sat down with **Dave Asprey**, the self-proclaimed “Father of Biohacking,” to get the inside scoop on the longevity fads flooding your feed that could seriously backfire if you're not careful.





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The screenshot shows the Fox News website interface. At the top is a navigation bar with links for U.S., Politics, World, Opinion, Media, Entertainment, and More. Below this is a 'Recommended Videos' section with five video thumbnails. The main article is titled 'Anti-aging benefits linked to one surprising health habit' with a sub-headline 'Meditation may help extend longevity and reduce stress, says biohacker Dave Asprey'. The article is by Melissa Rudy and was published on April 15, 2025. The article text discusses a study from Maharishi International University (MIU) and the University of Siegen, showing that a long-term meditation practice can significantly alleviate stress and slow down aging. It mentions that researchers studied the effectiveness of transcendental meditation, where people silently repeat a mantra. A quote from Kenneth Walton, a senior researcher at MIU, states that these results support other studies indicating that the transcendental meditation technique can reverse or remove long-lasting effects of stress. At the bottom of the article, there is a link to another article titled 'BIOHACKING REVEALED: WHAT TO KNOW ABOUT THE HIP HEALTH TREND EMBRACED BY BROOKE BURKE, TOM BRADY AND OTHERS'. On the right side of the article, there is a 'Fox News Health' sidebar with a 'Subscribe' button.

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## New Study Shows Vitamin D and Omega-3 Fatty Acids Can Slow Biological Aging

*If we told you it was possible to slow biological aging, would you believe it? The answer lies in fatty fish and a healthy dose of sunshine.*

 **Emily Monaco**  
Updated: Apr 22, 2025

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A study reveals that getting a regular dose of vitamin D and omega-3 fatty acids can actually slow down biological aging. Credit: Unsplash Drew Dau

It's ever-more important to **take your cod liver oil**, according to the results of a new study<sup>1</sup>. Researchers have found that a **combination of vitamin D and omega-3 fatty acids can work in tandem** to slow biological aging. While evidence in observational studies and small pilot trials had indicated this possibility, the new study in *Nature* zeroes in on the magic potion by way of post hoc analysis of data from the DO-HEALTH trial.

So, did the study really unlock how to slow aging? Well, the 777-participant trial revealed that a combination of 2,000 IU of vitamin D and/or 1g of omega-3 a day alongside a simple, thrice-weekly **30-minute home exercise program** could slow biological aging across four next-generation DNA methylation measures.

### Health Benefits of Vitamin D

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### 'Heavily Meditated': Father of biohacking talks inner peace, dissolving stress

Updated: Apr. 25, 2025 at 6:17 PM UTC



Dave Asprey visited MORE to talk about his book "Heavily Meditated."

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# The popular wellness supplement you should be wary of if...

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**HEALTH**

## The popular wellness supplement you should be wary of if you're having sex tonight

By McKenzie Beard  
Published April 29, 2025, 4:18 p.m. ET 5 Comments

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Dietary supplements are hotter than ever — especially for those looking to outsmart Father Time.

Just ask Dave Asprey, the self-proclaimed "father of biohacking," who **told The Post** he spends a jaw-dropping \$3,000 a month on brain-boosting, body-hacking pills and potions to keep aging at bay.

In the US, one ancient herbal supplement has exploded in popularity among both longevity junkies and the general public. But Asprey's got a word of warning: if you're hoping to get lucky, it might just leave you high and dry.

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## Today's 5 Top Wellness Trends: Can They Actually Help ...

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### Today's 5 Top Wellness Trends: Can They Actually Help Us Live Longer?

*From cold plunges to continuous glucose monitors, these 5 top wellness trends of 2025 have taken the world by storm. But do they really offer meaningful longevity benefits?*

 **Emily Monaco**  
Updated: Apr 30, 2025

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Wellness trends like ice baths and intermittent fasting are all the rage, but are they actually beneficial for longevity? Credit: Unsplash Diana Light

These days, everyone is on the lookout for the next sorcerer's stone — a simple answer that stops aging in its tracks and enables us to live longer, healthier lives. From intermittent fasting to cold water plunges, there's been a fair amount of bandwagoning in wellness circles regarding these "healthy" practices.


But while some habits do indeed promote longevity, others may not have the benefits some snake oil salesmen claim. Even worse? Some of these fads may even be cutting down your lifespan, especially if you're a woman.

So which habits should you cling to and which should join low-fat diets and sugar-free soda in the pile of outdated trends? And do any of these trends actually unlock how to live longer? Here's what the experts have to say about today's most popular wellness trends.


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**WELLNESS**

### The iPhone setting biohackers use so their phones don't keep them awake — it's not 'night shift'

By **McKenzie Beard**  
Published May 2, 2025, 10:19 a.m. ET 13 Comments

Today's Video Headlines

Seeing red usually means you're about to blow a fuse — but when it comes to sleep, it might be just what your brain needs.

**Dave Asprey**, the self-proclaimed "Father of Biohacking," swears by a clever iPhone trick that uses red light to keep your screen from sabotaging your sleep — and it's not just switching to "night shift" mode.

"This is what biohackers do so that their phones don't wake them up at night," Asprey told The Post.

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**WEIGHT LOSS** Evidence-Based

## 5 Morning Habits That Burn Fat All Day, According to a Biohacker

From cold showers to coffee upgrades, these early habits boost fat loss and metabolism.


By Leah Groth / Published on May 4, 2025 | 9:00 AM




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Dave Asprey, 4x NY Times Bestselling Author of Heavily Meditated, Health Science and Biotech Entrepreneur, is dubbed "The Father of Biohacking" for a reason — he is famous for developing hacks and habits to improve longevity and health. Eat This, Not That! recently spoke to Asprey and asked him about his personal morning habits to promote fat loss all day long. "What you do in the morning sets the tone for your entire day. Your morning routine can also make (or break) your metabolism for the rest of the day," he told us. "Here are five of my favorite biohacks you can do in the morning to help you burn fat all day long."


### 1. Morning Sunlight





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**WEIGHT LOSS** ✓ Evidence-Based






## 8 Metabolism-Boosting Breakfast Foods That Prevent Weight Gain

Experts say these 8 breakfast foods support fat loss and a stronger, faster metabolism.

By Leah Groth / Published on May 8, 2025 | 11:00 AM



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-  Walnuts + 2 Foods This Dietitian Eats Before Bed

Is your breakfast keeping you from achieving your weight loss goals? "Most 'breakfast' foods are trash. What you think is a healthy breakfast might be spiking your blood glucose, preventing mineral absorption, zapping your energy, and setting you up for midday energy crashes and fat gain," says **Dave Asprey**, 4x NY Times Bestselling Author of *Heavily Meditated*, Health Science and Biotech Entrepreneur and "The Father of Biohacking". He picks apart a typical breakfast: Oatmeal, raspberries, and a glass of coffee with oat milk. "Sounds super healthy, right? Not so much. Oatmeal contains phytic acid, an antinutrient that binds to minerals and prevents your body from absorbing them. Oats also contain lectins, which irritate your gut lining and can lead to leaky gut. Raspberries are incredibly high in oxalates, which form razor-sharp crystals when they bind to calcium in your body. These crystals deposit themselves in

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EXCLUSIVE Trump's new surgeon general under fire over explosive autism remarks... and embrace of spiritual healing

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By EMILY JOSHUA STERNE, SENIOR HEALTH REPORTER FOR DAILYMAIL.COM  
PUBLISHED: 01:12 EDT, 9 May 2025 | UPDATED: 16:40 EDT, 9 May 2025

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Experts have raised concerns about America's new top doctor pick over controversial comments she has made about topics such as autism and vaccines.

President Donald Trump unexpectedly announced Wednesday he replaced his initial nominee for the role of US Surgeon General, Dr Janette Neshelwot, with Dr Casey Means, a Stanford-trained physician and ally of health secretary Robert F Kennedy Jr.

She has echoed many of RFK's more controversial stances, including that autism may be caused by childhood vaccines, a view she shared on a recent Joe Rogan podcast episode.

Doctors told DailyMail.com Means is 'grossly underqualified' — she is one of only a handful of surgeons general to not have an active medical license and is the only one to have not finished her full medical training.

Means has also touted the benefits of spiritual meditation and energy healing and has described birth control as a 'disrespect of life.'

However, her nomination has sparked mixed opinions, with some health experts praising her Make America Healthy Again (MAHA) ideals like stripping artificial additives out of the food supply as 'bringing attention' to health risks of ultraprocessed foods.

Dr Michael Ednie, medical director of Bespoke Concierge MD in Florida, told DailyMail.com: 'If her past comments start to shape policy, especially around vaccines or public health recommendations, I'd be concerned. We need leadership that builds trust, not controversy.

'In my experience, there's room to challenge the system, but you still have to stand on solid clinical evidence. I'm not sure she always does that.'

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May 09, 2025

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May 14, 2025

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# Alexandra Stockwell MD , The Intimate Marriage Podcast -...

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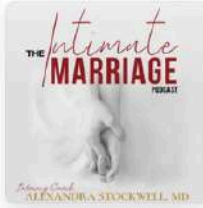
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230. How Altered States & Sexual Energetics Drive Success, with Dave...

The Intimate Marriage Podcast, with Intima...

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Is altering your state of mind the key to deeper connection and high performance? In this episode, Dr. Alexandra Stockwell talks with the "Father of Biohacking" and Founder of Bulletproof Coffee, Dave Asprey, about how meditation, biohacking, and consciousness boost personal growth and improve relationships. Drawing from his new book *Heavily Meditated*, Dave shares tools like the "reset process" to clear emotional triggers, and explores how sexual energy deepens intimacy. He also explains how brief moments of discomfort can boost motivation. This conversation is full of practical tips to help you heal, connect, and perform better (in the bedroom and in your life).

Also in this episode:

- Biohacking & Mindfulness – How meditation and awareness boost your success and growth.
- Heavily Meditated – Dave Asprey's new book on using altered states for personal transformation.
- The Reset Process – A simple method to clear emotional triggers using gratitude and forgiveness.
- Sexual Energy & Intimacy – How desire and vulnerability deepen connection and expand consciousness.
- Short Bursts of Discomfort – The use of brief, intentional pain to boost motivation and mental strength.

About The Guest:

Dave Asprey is the founder of Bulletproof Coffee, The Bulletproof Diet, the entire biohacking movement, and is often referred to as "The Father of Biohacking." Dave is a four-time New York Times bestselling author, and author of the forthcoming book, *Heavily Meditated: The Fast Path to Remove Your Triggers, Dissolve Stress, and Activate Inner Peace* (Harper Collins, May 2025). He is the CEO of Upgrade Labs, and host of an award-winning top 100 podcast, *The Human Upgrade* (formerly Bulletproof Radio).

A renowned leader in furthering the longevity movement, Dave's vision and collaborative work with renowned medical professionals, researchers, and innovative trailblazers has paved the way for groundbreaking ideas, techniques, and consumer products to improve mental and physical performance.

Dave has been featured on hundreds of media outlets including: The New York Times, ABC/Nightline, Fox News, Real Simple, Inc., Fast Company, Vogue, PopSugar, Refinery29, New York Post, GQ, First for Women, Newsweek, Mashable, Financial Times, Forbes, AskMen, TODAY, CNN, Wired, Good Morning America, Bloomberg, and more.

Get his book, *Heavily Meditated* here: <https://amzn.to/4kRt9>

Learn More about Dave Asprey: <https://daveasprey.com/>

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Cultivate your intimacy skills (without compromise) in *Aligned & Hot Marriage*, Dr. Alexandra's proven method for smart couples ready to love more fully: [www.alignedhotmarriage.com](http://www.alignedhotmarriage.com)

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# 7 Foods That Trigger Belly Bloat You Should Never Eat

[eatthis.com/foods-that-trigger-belly-bloat/](https://eatthis.com/foods-that-trigger-belly-bloat/)

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**WEIGHT LOSS** ✓ Evidence-Based

### 7 Foods That Trigger Belly Bloat You Should Never Eat

These common foods might secretly be causing your worst belly bloat.

 By Leah Groth / Published on May 26, 2025 | 1:00 PM






Photo by Heather Green on Unsplash/Shutterstock

If you want to keep belly fat at bay, there are some foods you should avoid – and some of them might surprise you. “Sometimes the foods that you think are ‘healthy’ are actually wrecking your gut,” Dave Asprey, 4x NY Times Bestselling Author of Heavily Meditated, Health Science and Biotech Entrepreneur and “The Father of Biohacking” tells us. Here are 7 foods that can cause massive bloating and trigger belly fat.


#### 1. Oats




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**MIND + BODY** ✓ Expert-Recommended

### 10 Daily Habits That Can Add 10 Years to Your Life, According to a Biohacker

These 10 expert-backed habits can help you live longer, feel better, and boost your health.

By Leah Groth / Published on May 26, 2025 | 12:30 PM



10 Daily Habits To Live 10 Years Longer


10+ YEARS

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It's not secret that drinking, smoking, and eating unhealthy food are considered bad habits that can be detrimental to your health and even shave years off your life. On the flip side, healthy habits can help promote longevity. *Eat This, Not That!* Spoke to **Dave Asprey**, 4x NY Times Bestselling Author of *Heavily Meditated*, *Health Science* and *Biotech Entrepreneur*, and "The Father of Biohacking" and asked him to reveal the top ten habits that can add years to your life. Some of them might surprise you.

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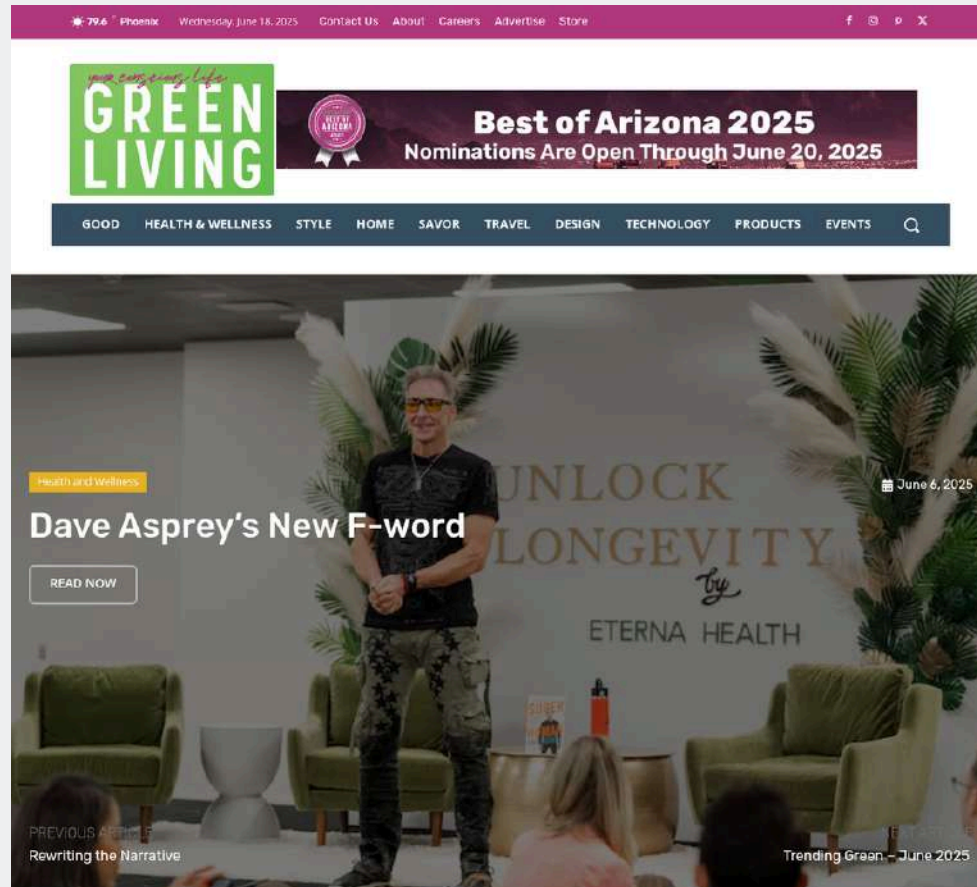
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BY SHELBY TUTTLE

Ahead of the launch of his new book, "Heavily Meditated" (out May 20), Dave Asprey, the pioneering force behind the biohacking movement, sat down for an interview with Green Living. In a candid, fast-paced dialogue, we explored the profound importance of forgiveness, a cornerstone of his new book and topic that he's explored significantly

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## Dave Asprey's New F-word - Green Living Magazine

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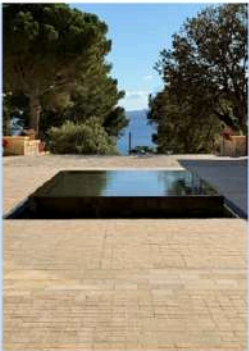
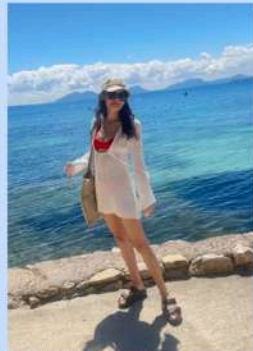


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## I Took a "Calmcation" For Stress Relief — and Gained So Much More

By [Jessica Curislan](#)  
Published on June 17, 2025 at 10:15 AM



PS Photography | Jessica Curislan

While reclining on a beach lounge next to one of my best friends, quietly taking in the island views — green-blue waves, greenery-topped mountains — and feeling the gentle breeze as it tousled the palm-fronded beach umbrellas around me, I forgot, for a moment, about the Sisyphean state of my inbox or the liminal phase my life had once again entered. Even with a freshly diagnosed sinus infection and bronchitis, as well as my newly prescribed inhaler in tow, I felt content and excited for the days ahead.

"I love it here. Luis was right about Mallorca," I admitted, referring to my Madrileño friend while on a much-needed "calmcation." What's more, a recent tarot reading with [Marina Smargiannakis](#) had predicted the trip would lead to profound insights and personal healing — but to be honest, the simple pleasures of wearing a bikini and feeling the warm Spanish sun on my skin was already more than enough.

Wellness travel has trended for over a decade, with the calmcation being tossed around as one of the year's top luxury travel trends. The calmcation leans into the idea of creating a state of calm on vacation — a mental and emotional reset

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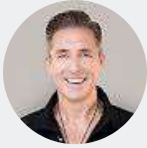
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## Kara Goldin Show Podcast - Dave Asprey: Author of...

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**The KARA GOLDIN Show**

Featuring Dave Asprey

MAY 9 • 36 MIN

**686 Dave Asprey: Author of Heavily Meditated & Founder of Danger Coffee**

The Kara Goldin Show

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On this episode of The Kara Goldin Show, we're joined by Dave Asprey—4x New York Times bestselling author, health science and biotech entrepreneur, and founder of Danger Coffee. You may know Dave as the creator of Bulletproof Coffee and the pioneer behind the biohacking movement. Now, he's back with a bold new mission and his upcoming book, *Heavily Meditated: The Fast Path to Remove Your Triggers, Dissolve Stress, and Activate Inner Peace*. In our conversation, Dave shares the powerful inspiration behind *Heavily Meditated* and why he believes emotional mastery is the next frontier in peak performance. We talk about the science behind dissolving triggers (not just managing them), rebranding meditation for high performers, and how to stop stress from hijacking your life. He also breaks down the why and how behind Danger Coffee—a mold-free, mineral-packed reinvention of your morning ritual designed to energize, remineralize, and supercharge your biology. Dave reflects on the lessons he learned from Bulletproof, the movement he sparked, and what he's doing differently this time. Whether you're a founder, biohacker, or someone looking for real tools to build peace without slowing down.





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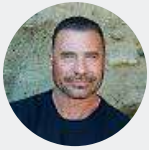
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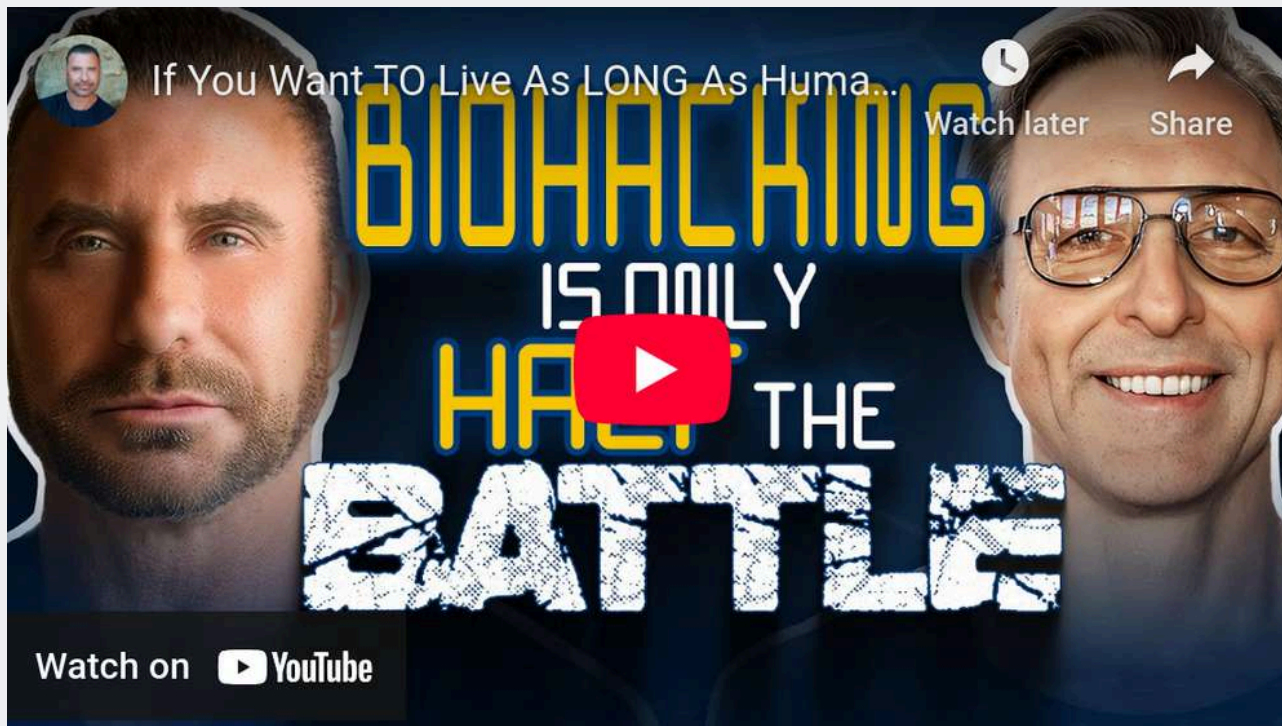
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YOUTUBE

## Dry Heat with Mike Davis: Dave Asprey - New Book "Heavily...

[youtube.com/watch?v=EbqM\\_0SdSfw](https://youtube.com/watch?v=EbqM_0SdSfw)



Views

65

Number of views

Engagements

4

Total number of social engagements



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Audience <sup>?</sup>

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MAY 26 • EPISODE 847 • 1HR 36MIN

**Dave Asprey On Biohacking That Works, How To Feel Better, Increase Your Energy, & Avoid..**  
**The Skinny Confidential Him & Her Podcast**

Play

#847: Join us as we sit down with Dave Asprey – entrepreneur, best-selling author, & biohacking advocate, widely recognized as a leading figure in the biohacking movement. Often referred to as “The Father of Biohacking”, Dave has dedicated decades of his career to enhancing human performance, longevity, & optimal health. In this episode, Dave explores the connection between diet & disease risk, how your environment shapes your biology, the role of light exposure in sleep quality, methods to enhance sexual health, & how childhood trauma impacts overall well-being. Plus, Dave reveals the surprising truth about what's really in your coffee & how to shift your mindset in meditation!

To Watch the Show click [HERE](#)

For Detailed Show Notes visit [TSCPODCAST.COM](#)

To connect with Dave Asprey click [HERE](#)

To connect with Lauryn Bosstick click [HERE](#)

To connect with Michael Bosstick click [HERE](#)

Read More on The Skinny Confidential [HERE](#)

May 26, 2025

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## The Skinny Confidential - Dave Asprey On...

[podcasts.apple.com/us/podcast/dave-asp...](https://podcasts.apple.com/us/podcast/dave-asp...)

Engagements

1 <sup>✓</sup>

Total number of social  
engagements



## Beyond The Known Pod

Beyond The Known is a podcast hosted by Jitesh Vaswani that explores the art of living, learning, and growing in today's world....

241

Subscribers ?



May 29, 2025

YOUTUBE

## Dave Asprey (@DaveAspreyBPR) Reveals the Missing...

[youtube.com/watch?v=\\_\\_ot5bIMz7E](https://youtube.com/watch?v=__ot5bIMz7E)

Views

514 ✓

Number of views

Engagements

32 ✓

Total number of social engagements

# Podcast Booked

---

46 pieces





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Your Home for Holistic Well-Being. ...more

[onecommune.com](https://onecommune.com) and 5 more links

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**THE BLOODSTREAM**

5,908 views • 1 year ago

What you put into your body and onto your skin significantly impacts your health and appearance. In today's episode, we'll explore how dietary choices, particularly reducing inflammatory foods and embracing a plant-based diet, can enhance your skin's glow by detoxifying your body. We'll also introduce you to Abhyanga, an ancient self-massage technique, as a powerful, daily self-care practice with remarkable benefits for your skin ...

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**Commune Podcast: Full Episodes** ▶ Play all

Commune is a podcast where we explore the ideas and practices that bring us together and help us live healthy, purpose-filled lives.

**These TOXIC Habits Are Making You SICK | Jeff &...**

Commune

2K views • 9 months ago

**The SHOCKING Truth About Sun Exposure ☀️ Keep Your...**

Commune

1.1K views • 8 months ago

**Intermittent Fasting Myths Busted! 🔥 Find YOUR...**

Commune

1.5K views • 7 months ago

**Discover Yoga Nidra: The Yoga of SLEEP with Trecee...**

Commune

2.2K views • 9 months ago

**Healthy Eating Tips: Expert Nutritional Advice** ▶ Play all

Learn how to live vibrantly in your body and make nourishing choices with functional medicine, nutrition, healthy food, and natural beauty from the inside out.



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## WTF: Walking Towards Fear

[open.spotify.com/show/26XS5NLb7SD9r...](https://open.spotify.com/show/26XS5NLb7SD9r...)

The screenshot shows the Spotify app interface. At the top, there's a navigation bar with the Spotify logo, a home icon, a search bar with the text "What do you want to play?", and links for Premium, Support, Download, Install App, Sign up, and Log in. Below the navigation bar, the left sidebar shows "Your Library" with a plus icon, a button to "Create your first playlist" (with the text "It's easy, we'll help you"), and a button to "Browse podcasts" (with the text "Let's find some podcasts to follow" and "We'll keep you updated on new episodes"). The main content area displays the podcast "WTF: Walking Towards Fear" by Christina Spinazola. It features a cover image of a dirt path through a forest. Below the cover, there's a "Follow" button and a description: "It started with a choice to leave everything behind and hike 2650 miles from Mexico to Canada on the Pacific Crest Trail. Now it's a lifestyle. This podcast is my commitment to share my learnings as I live a life that has others asking 'wtf is she doing?!'. We need more people willing to carve their own path and Walk Towards Fear - thanks for being one of them." Below the description, there's a rating of 5 stars (17) and a "Self-help" tag. The "All Episodes" section shows the first episode, "You ARE creative (but might not know it)", with a duration of 12 min 56 sec and a release date of May 8. At the bottom, there's a purple banner for "Preview of Spotify" with the text "Sign up to get unlimited songs and podcasts with occasional ads. No credit card needed." and a "Sign up free" button.



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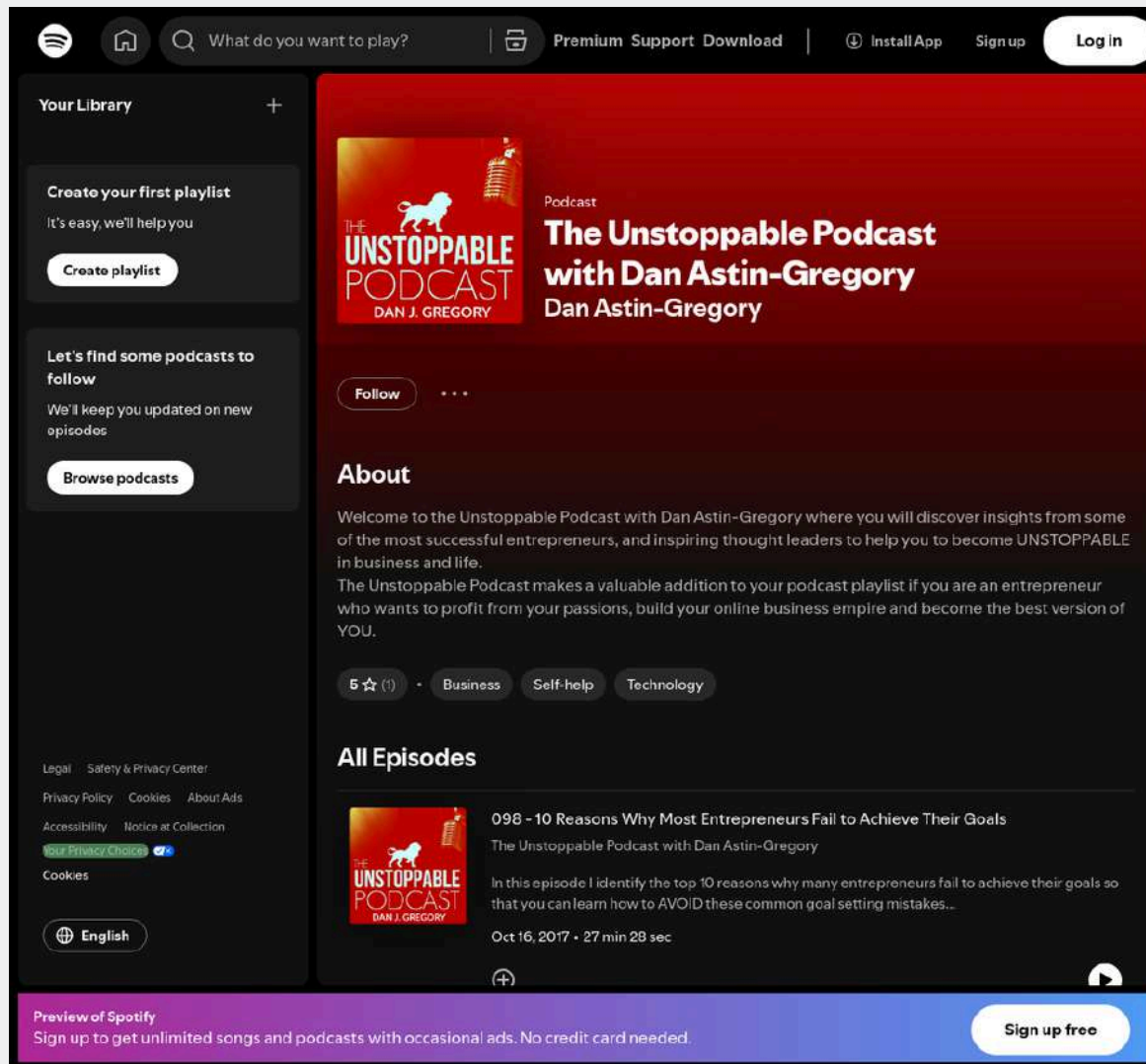
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## The Unstoppable Podcast with Dan Astin-Gregory

[open.spotify.com/show/353J1ky0CGBEC...](https://open.spotify.com/show/353J1ky0CGBEC...)





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YOUTUBE

## Adam Carolla

[youtube.com/@TheAdamCarollaShow1](https://youtube.com/@TheAdamCarollaShow1)

The screenshot shows the YouTube channel page for Adam Carolla. At the top, there's a banner for 'The Adam Carolla Show' featuring a photo of Adam. Below the banner is the channel name 'Adam Carolla' with a verified badge, handle '@TheAdamCarollaShow1', and subscriber/view counts. A 'Subscribe' button is visible. The navigation bar includes links for Home, Videos, Shorts, Live, Podcasts, Playlists, and Posts. The main content area features a video titled 'The Adam Carolla Vlog' with a description about a Substack premiere and a link to 'adamcarolla.substack.com'. Below this is a section for 'The Adam Carolla Show - Full Episodes' with a 'Play all' button and a grid of episode thumbnails including guests like Jaoying Summers, Dustin Ybarra, Erica Rhodes, and Gary Owen. At the bottom, there's a section for 'Adam Carolla Show News - Daily Podcast' with a 'Play all' button and a grid of podcast thumbnails.





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## Young and Profiting

[youtube.com/c/YoungandProfiting](https://youtube.com/c/YoungandProfiting)



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## Mike Torchia

[youtube.com/@operationfitness](https://youtube.com/@operationfitness)

The screenshot shows the YouTube channel page for Mike Torchia (@operationfitness). The channel banner features the name 'Mike Torchia' in a script font and the tagline 'LIVE WELL & THRIVE: LEARN THE SECRETS TO LONGEVITY' with a portrait of Mike. The channel name 'Mike Torchia' is displayed below the banner, along with the handle '@operationfitness', 31.2K subscribers, and 584 videos. A bio states: 'Michael has created a multi-disciplined lifestyle conglomerate, the first in its category this...more'. A link 'linktr.ee/miketorchia' and a 'Subscribe' button are also visible. The navigation bar includes 'Home', 'Videos', 'Shorts', 'Live', 'Podcasts', 'Playlists', and 'Posts'. The main content area shows a video titled 'Welcome to 'Live Well and Thrive,' my podcast where I share insights into health and wellness...' with 2,137 views from 1 year ago. Below this is a section for 'Live Well and Thrive with Mike Torchia' with a 'Play all' button. A row of four video thumbnails is displayed: 'My wild adventure to become a meal for ferocious animals', 'From Broke To Billionaire: The Rise of Grant Cardone', 'Neal McDonough TRANSFORMS INTO A BEAS...', and 'Ep. 83 How One Woman Changed Hollywood Forever'. Each video has its duration, view count, and upload time listed. At the bottom, a 'Shorts' section is partially visible with four video thumbnails.



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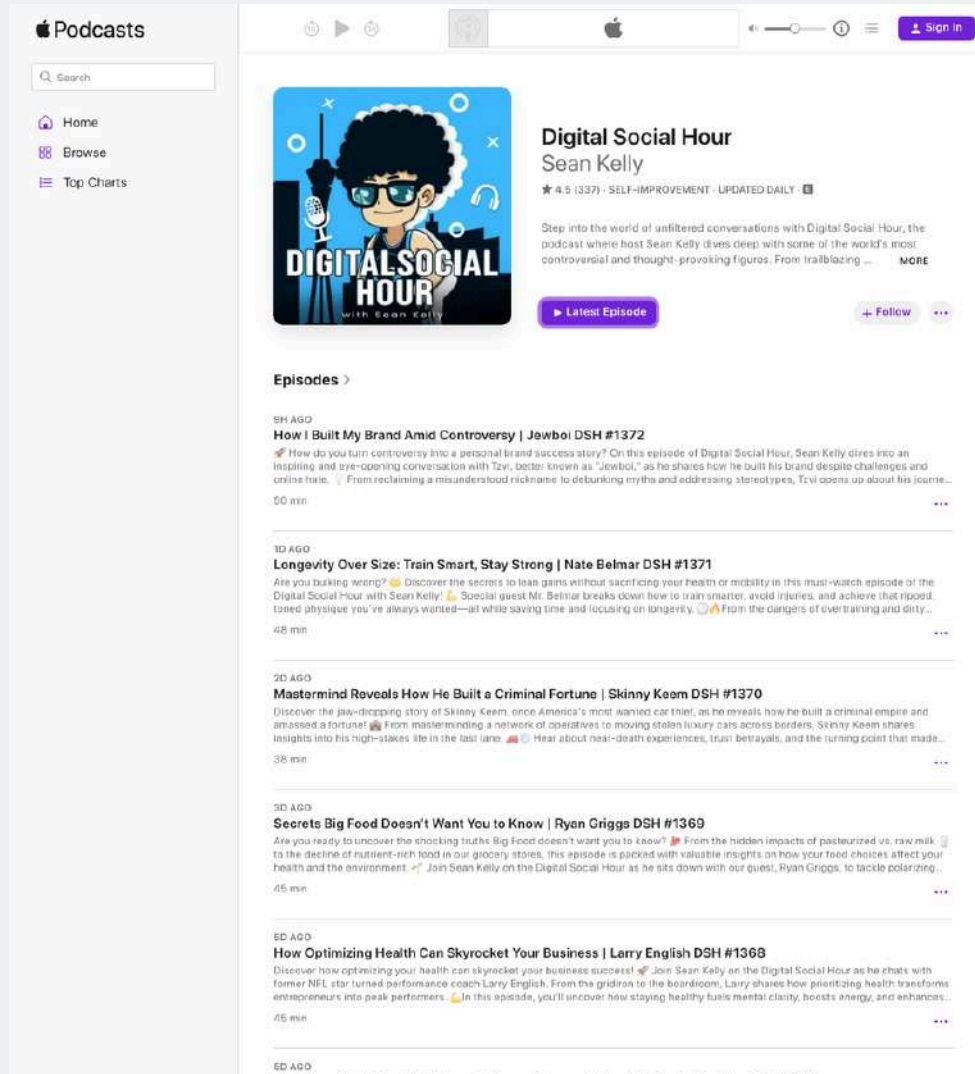
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May 13, 2025

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## Digital Social Hour

[podcasts.apple.com/us/podcast/digital-so...](https://podcasts.apple.com/us/podcast/digital-so...)



### Engagements

1 <sup>✓</sup>

Total number of social  
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## Travis Chappell

[youtube.com/@travismakesfriends](https://youtube.com/@travismakesfriends)





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YOUTUBE

## NORMA KAMALI

[youtube.com/@NormaKamali](https://youtube.com/@NormaKamali)

The screenshot shows the YouTube channel page for Norma Kamali. At the top, there's a search bar and a 'Sign in' button. The channel name 'NORMA KAMALI' is prominently displayed in large, bold, black letters. Below the name is a profile picture of Norma Kamali, a woman with dark hair and glasses, wearing a black jacket. To the right of the profile picture, it says '@NormaKamali • 1.93K subscribers • 239 videos'. Below this, there's a short bio: 'In 2020 Norma Kamali marks 53 years in the fashion business. Norma remains today the ...more'. There are links to 'normakamali.com' and '4 more links'. A 'Subscribe' button is located below the bio. The channel's navigation tabs are 'Home', 'Videos', 'Shorts', 'Live', 'Podcasts', and 'Playlists'. The 'Home' tab is selected. The main content area shows a video titled 'Norma talks about uses of the Restoration Pillow, from the HOME collection.' with 1,101 views and posted 3 years ago. Below this, there's a 'SEASONAL' section with a 'Play all' button. It features four video thumbnails: 'HOLIDAY RESORT 2023/2024 COLLECTION' (1,5K views, 1 year ago), 'FALL 2023 COLLECTION' (651 views, 1 year ago), 'SUMMER 2023 COLLECTION' (75 views, 1 year ago), and 'SPRING 2023 COLLECTION' (61 views, 1 year ago). At the bottom, there's a 'HOME' section with a 'Play all' button and three video thumbnails.



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YOUTUBE

## lilsipper

[youtube.com/@lilsipper\\_official](https://youtube.com/@lilsipper_official)

**lilsipper**  
@lilsipper\_official • 148K subscribers • 703 videos  
Low Carb, low sugar, IBS friendly recipes that are ACTUALLY HEALTHY (no fake junk!) ...more  
[Instagram: com/lilsipper](https://www.instagram.com/lilsipper) and 1 more link

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Home Videos Shorts Podcasts Playlists Posts

**Bacon Lattice Sandwich**  
2.5K views

**Better than a protein bar**  
6.1K views

**Got Parasites OR Yeast Infections?**  
13K views

**2 Ingredient Caramel Candies! (Rolo's)**  
23K views

**Videos**

**To Anyone That Needs Hope | BOK**  
195 views • 2 days ago

**Signs & Symptoms of Parasites + The Parasite...**  
406 views • 7 days ago

**20 Foods + Tips For Constipation Relief | BOK**  
829 views • 8 days ago

**The FAT That Can Help Anemia, Leaky Gut...**  
378 views • 13 days ago



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June 18, 2018

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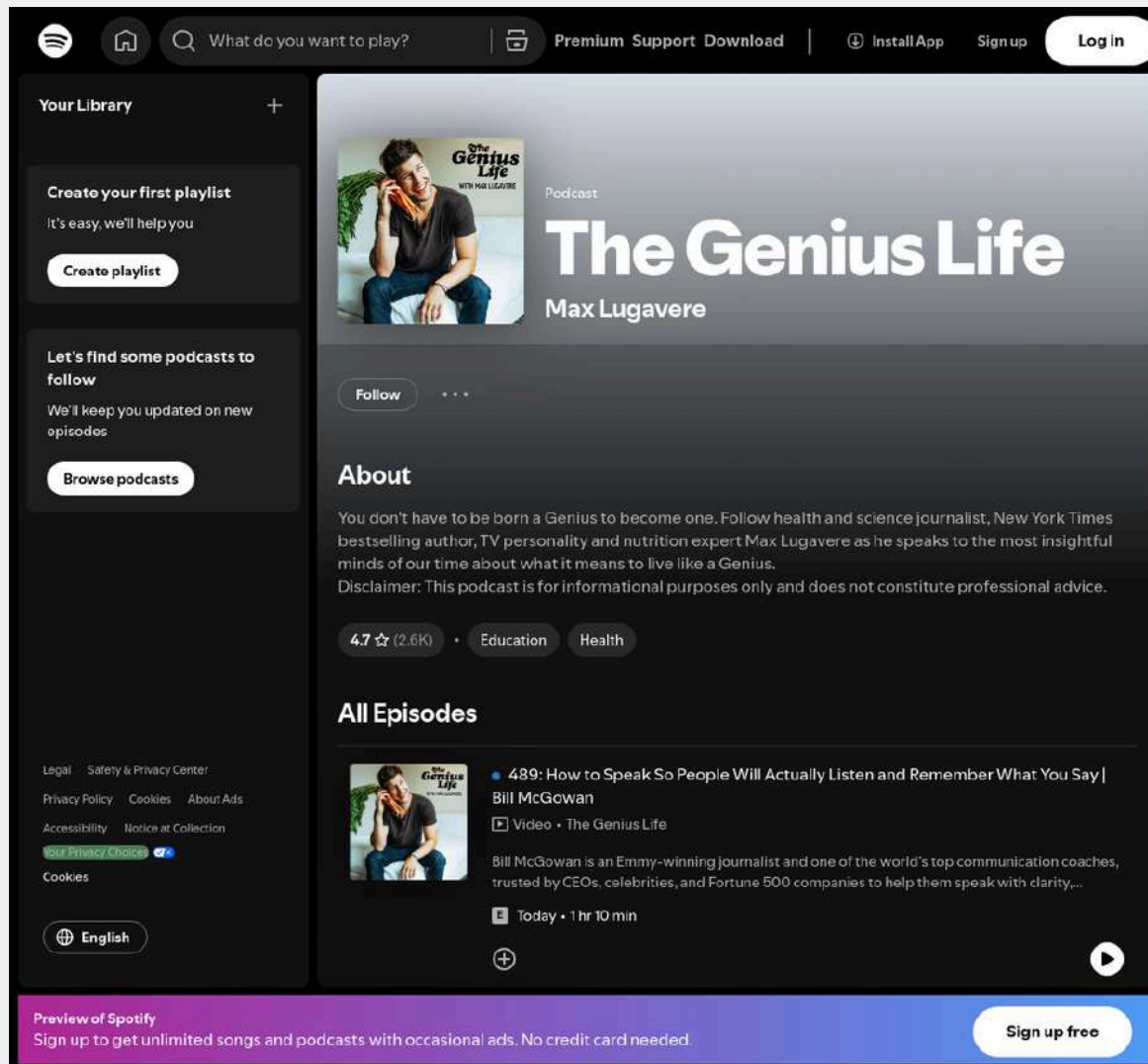
## The Genius Life

[open.spotify.com/show/5WkdjiVLo1kp3al...](https://open.spotify.com/show/5WkdjiVLo1kp3al...)

Engagements

11 <sup>✓</sup>

Total number of social  
engagements





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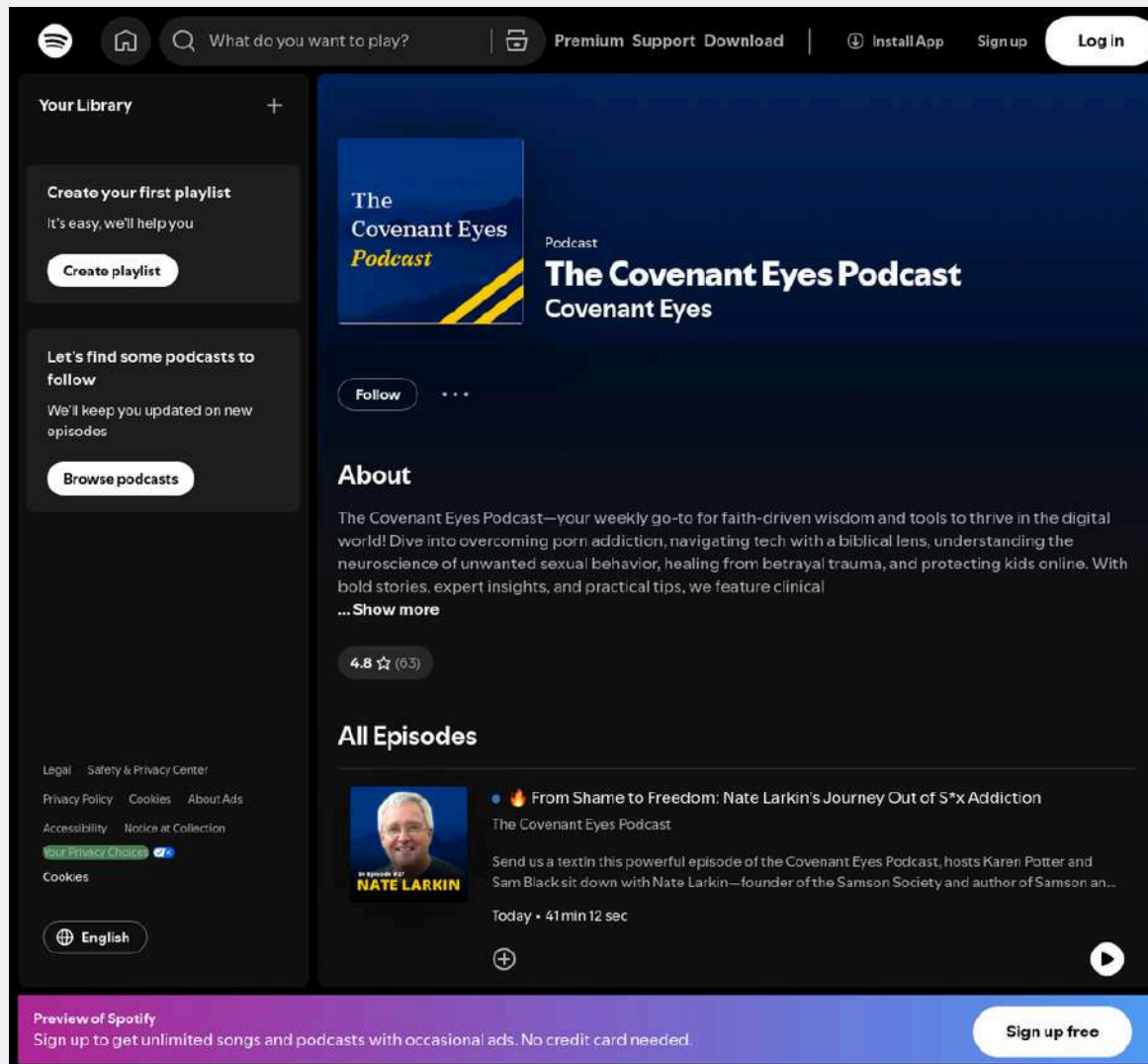
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## The Covenant Eyes Podcast

[open.spotify.com/show/3wmOwHbyoR6ly...](https://open.spotify.com/show/3wmOwHbyoR6ly...)



The screenshot shows the Spotify app interface. At the top, there's a navigation bar with the Spotify logo, a home icon, a search bar with the text "What do you want to play?", and links for Premium, Support, Download, Install App, Sign up, and Log in. The left sidebar has a "Your Library" section with a plus icon, a "Create your first playlist" button, and a "Browse podcasts" button. The main content area displays the "The Covenant Eyes Podcast" page. It features the podcast cover art, the title "The Covenant Eyes Podcast", and a "Follow" button. Below the title, there's an "About" section with a description of the podcast and a "Show more" link. The "All Episodes" section is visible at the bottom, showing a list of episodes with a play button icon.





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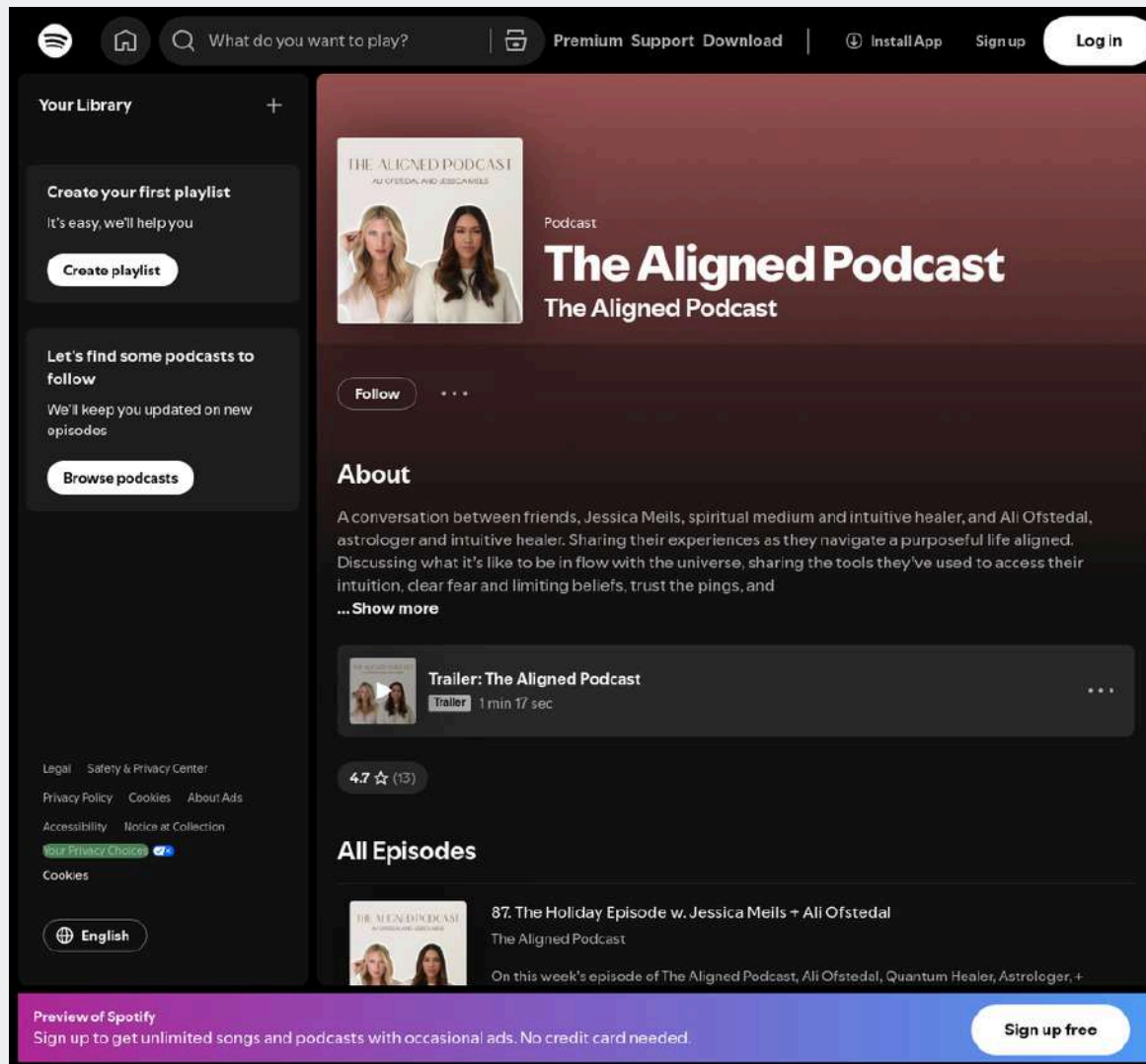
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## The Aligned Podcast

[open.spotify.com/show/2YCywxuHdfcppT...](https://open.spotify.com/show/2YCywxuHdfcppT...)





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## Mick Unplugged

[open.spotify.com/show/2cUp7JRzkVqunY...](https://open.spotify.com/show/2cUp7JRzkVqunY...)

The screenshot displays the Spotify mobile app interface. At the top, there's a navigation bar with the Spotify logo, a home icon, a search bar, and links for Premium, Support, Download, Install App, Sign up, and Log in. The left sidebar shows 'Your Library' with options to create a playlist and browse podcasts. The main content area features the 'Mick Unplugged' podcast by Mick Hunt. It includes a 'Follow' button, an 'About' section describing the podcast as transformative, and a list of episodes. The bottom of the screen has a purple banner for 'Preview of Spotify' with a 'Sign up free' button.



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## Rob Moore

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Andrew Tate Reveals Who Controls The World & The... 1.7M views • 2 years ago 3:06:24

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I KNOW THE REAL GARY STEVENSON 52:23

THE DARK TRUTH 10:38

R.I.P. 14:54



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# Abundant Ever After with Cathy Heller

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**Abundant Ever After with Cathy Heller**  
Confetti Collective  
★ 4.9 (7.5K) - SPIRITUALITY - UPDATED WEEKLY

Life is too short to be building someone else's dream. On Abundant Ever After, top ranking podcast host, business and spiritual coach, and bestselling author Cathy Heller gives you the tools to change your... **MORE**

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**2D AGO**  
**Erin Claire Jones on Living in Alignment with Human Design**  
How do you trust your own magic and finally start living in a way that feels aligned, easeful, and true to you? Erin Claire Jones, leading expert in Human Design, author, guide, coach, and speaker has helped hundreds of thousands to get into the flow with their highest and best self. She shares how Human Design can help you embrace your unique blueprint, improve your personal and work relationships, release the...  
62 min

**MAY 7 - BONUS - SUBSCRIBERS ONLY**  
**Hypnosis vs. Meditation**  
How do meditation and hypnosis work together to rewire your mind and create real transformation? In this bonus episode, Cathy breaks down the difference between these powerful tools—and how combining them can help you feel more aligned, present, and free from subconscious programming that keeps you stuck. Send us your questions for bonus mailbag episodes! cathyheller.com/mailbag  
8 min

**MAY 9**  
**Aileen Xu on How to Design & Manifest Your Dream Life**  
How can you manifest your dream life into reality? Aileen Xu, renowned lifestyle YouTuber, podcast host, and creator of Laverdure took a chance on herself by pursuing her passion, which led to her inspiring millions to design a life full of purpose, creativity, and self-love. She shares how to start living with intention, how to get clear on the dream you desire, how to create a brand that has longevity, and how to mak...  
49 min

**MAY 1 - BONUS - SUBSCRIBERS ONLY**  
**Say Something True**  
How can you make an impact just by saying something true? In this bonus episode, Cathy shares little love note about why authenticity and generosity will always trump a flawless brand or a viral strategy, how vulnerability fuels any movement, and how to create real connection with your willingness to show up with your heart. Send us your questions for bonus mailbag episodes! cathyheller.com/mailbag  
13 min

**APR 28**  
**Dan Martell on How to Buy Back Your Time & Create Mind Freedom**  
What if the secret to success wasn't hustle, but healing yourself first? Dan Martell, award-winning entrepreneur, investor, coach, and bestselling author of Buy Back Your Time transformed his life from addiction and trauma to building multi-million dollar companies and...

Engagements

2 <sup>✓</sup>

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## Everything is the Best

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Everything is the Best  
Dear Media, Pia Baroncini

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About

Everything is the Best is an expert guide to simply- not feeling so alone. Host Pia Baroncini, Creative Director of LPA asks her guests, "how did you go from 0 to yacht" in an attempt to get real, get vulnerable, and find those common denominators that connect us all. The goal of this show is to inspire YOU, the listener, by talking to guests of all backgrounds; which hopeful

...Show more

4.5 (778) Careers Culture Personal stories

All Episodes

Navigating Autism, Healing, and Hope  
Everything is the Best

This solo episode has been a long time coming, and I'm so grateful you're here for it. I'm opening up about the journey we've been on with Carmela—sharing what it's like navigating an autism...

Today • 45 min 52 sec

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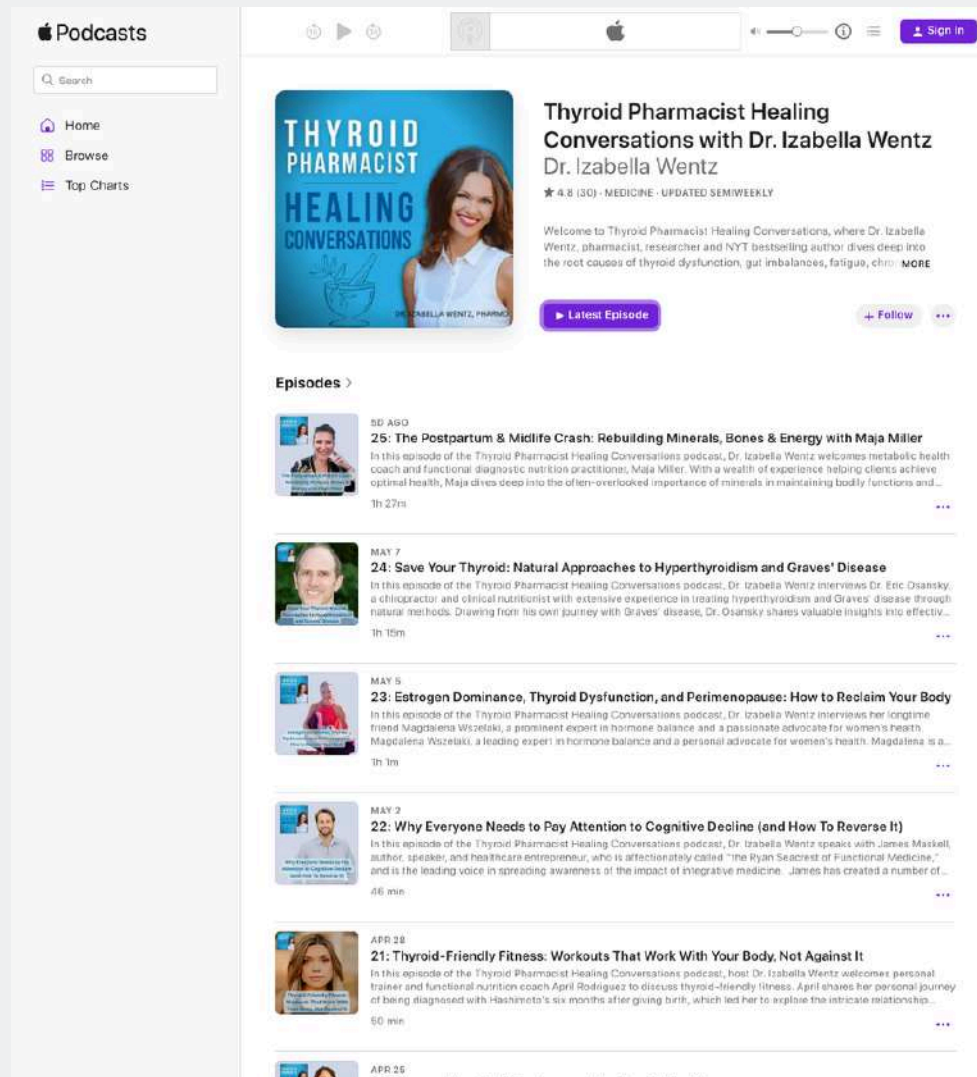
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May 09, 2025

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# Thyroid Pharmacist Healing Conversations with...

[podcasts.apple.com/us/podcast/thyroid-p...](https://podcasts.apple.com/us/podcast/thyroid-p...)





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# LONGEVITY with Nathalie Niddam

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**LONGEVITY with Nathalie Niddam**  
Nathalie Niddam  
★ 4.8 (238) · NUTRITION · UPDATED WEEKLY

LONGEVITY with Nathalie Niddam is your go-to podcast for diving deep into the science and practices for increasing your longevity and healthspan. This podcast covers topics from nutrition, biohacking, ... **MORE**

**Episodes**

**#334: Iron Overload | More Common Than You Think - Fatigue, Low Testosterone, Joint Pain, Hair Loss, Gut Issues & More - What To Do About It With Christy Sutton**  
Today, I sit down with Dr. Christy Sutton, author of The Iron Curse and an expert whose personal journey through her husband's long and confusing health saga opened her eyes to the often-missed danger of hereditary hemochromatosis. What we discuss: Meet Dr. Christy...  
1h 21m

**#333: Keto Myths, Carb Days, and Why Calories Don't Count | Ben Azadi on Breaking the Weight Loss Cycle**  
Today I'm excited to bring you a conversation with my friend and special guest, Ben Azadi—founder of Keto Kamp and author of Metabolic Freedom. In this episode, Ben and I take on some of the most stubborn myths around metabolism and weight loss, especially the widely held belief that "calories in, calories out" is the key to health. What we discuss: Why calorie-counting fails and metabolic flexibility matters ...  
1h 0m

**#332: Ben Greenfield Reveals Latest Biohacks, Peptide Routines, and Detox Tips for Longevity**  
If you've been anywhere near health optimization circles, you already know Ben Greenfield as a NYT bestselling author, former Ironman triathlete, coach, one of the OGs of biohacking. Today, he's my guest on the Longevity podcast. What we discuss: Ben's new home, cold exposure, and microdosing cryotherapy ... 00:06 Writing, updating, and revising "Boundless" ... 00:05 Key updates: Self-quantification, ...  
1h 1m

**#331: Can Exosomes Wake Up the Body's Dormant Healing Powers? Dr. Ed Park Shares Insights On How Exosomes Can Help Heal Intense Pain, Acute Injury, and More.**  
In this episode, I dive deep into the transformative world of regenerative medicine with Dr. Ed Park—a leader who has spent nearly two decades pushing the boundaries of aging and healing. Curious about exosomes and how these tiny biological messengers are redefining o...  
1h 5m

**#330: Lose the Bloat, Fix Your GUT: Inside the Microbiome Revolution (Skin, Weight & Longevity Secrets) with Dr. William Davis**  
On this episode of the Longevity Podcast, host Nathalie Niddam is joined by renowned cardiologist and bestselling author Dr. William Davis for a deep dive into the powerful connection between gut health, the microbiome, and vibrant longevity. Dr. Davis—who made waves with hi...  
1h 28m



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YOUTUBE

## The Iced Coffee Hour

[youtube.com/@TheIcedCoffeeHour](https://youtube.com/@TheIcedCoffeeHour)

The screenshot shows the YouTube channel page for 'The Iced Coffee Hour'. At the top, there's a banner image with the text 'THE ICED COFFEE HOUR WITH GRAHAM AND JACK'. Below the banner is the channel's profile picture, a circular logo with 'THE ICED COFFEE HOUR' text. The channel name 'The Iced Coffee Hour' is displayed, followed by '@TheIcedCoffeeHour • 1.31M subscribers • 924 videos'. A description states: 'All of the Iced Coffee Hour episodes posted here for your enjoyment! Podcast hosted by ...more' and includes a link to 'instagram.com/icedcoffeehour'. A 'Subscribe' button is present. Below the channel info, there are tabs for 'Home', 'Videos', 'Shorts', 'Podcasts', and 'Posts'. The 'Home' tab is selected, showing a grid of video thumbnails. The first row of videos includes titles like 'EASY MONEY', 'IT'S OVER', '\$10 MILLION', and 'WE'RE F\*CK'. Below these, there's a 'Featured Channels' section with four channels: 'Graham Stephan' (5.06M subscribers), 'Jack Selby' (15.2K subscribers), 'The Graham Stephan Show' (1.24M subscribers), and 'The Iced Coffee Hour Clips' (259K subscribers). Each channel has a 'Subscribe' button. At the bottom, there's a 'Shorts' section with a grid of short video thumbnails.





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YOUTUBE

## Mona Sharma

[youtube.com/@MonaSharmaWellness](https://youtube.com/@MonaSharmaWellness)

The screenshot shows the YouTube channel page for Mona Sharma (@MonaSharmaWellness). At the top, there's a banner for "ROOTED IN WELLNESS WITH MONA SHARMA". Below the banner is the channel's profile picture, name, and handle. The bio states: "Mona Sharma is a dynamic leader and entrepreneur in the health and wellness industry...more". There's a "Subscribe" button and a link to "monasharma.com". The navigation tabs include Home, Videos, Shorts, Live, and Podcasts. The main video player shows a video titled "Welcome to 'Rooted in Wellness' with me, Mona Sharma, your guide and celebrity holistic nutritionist. Embark on a transformative journey from imbalance to harmony, where ancient wisdom meets modern scientific insights. Growing up on an ashram, I embraced the philosophy that food is medicine and your kitchen is your health sanctuary. After navigating heart surgeries, anxiety, and weight challenges, I..." with 951 views and 10 months ago. Below the video player, there's a "Videos" section with four video thumbnails: "The Hormone & Metabolism Fix Every Woman 35+ Need...", "The Hormone & Metabolism Fix Every Woman 35+ Need...", "Dermatologist Reveals the Only 3 Skincare Steps That...", and "You're Not Overreacting—Your Nervous System Is". The "Shorts" section is also visible at the bottom.



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Scott Clary hosts the Success Story podcast, where he has candid conversations with... more  
newsletter.scottdclary.com and 6 more links

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**DO YOU HAVE A DREAM.**  
1:35:42  
From Homeless Teen to Serial Entrepreneur | Simon...

**ONE NEWSLETTER CHANGED EVERYTHING.**  
1:36:53  
Building an AI Media Business from \$1K to Multi...

**OPPORTUNITY IS ALWAYS KNOCKING.**  
2:25:36  
How a Dentist Built a \$1B Brand By Seeing What Other...

**HOW TO UNLOCK PEAK MENTAL PERFORMANCE.**  
1:24:16  
The Brain Hack That Will Transform Your Life in 30...

**Lessons** ▶ Play all

**How To Not Be Stupid**  
14:24  
1K views • 3 days ago

**Stop Moving Your Own Goalposts**  
15:46  
1K views • 3 days ago

**The Three States of Wealth: Work, Skill, and Systems**  
1:00:06  
1K views • 3 days ago

**Why More Knowledge Makes You Less Certain**  
11:38  
1.1K views • 4 days ago

**Success Story Podcast Clips** ▶ Play all

**BEAT THE DRAGS**

**CONTROL YOUR TIME CONTROL**

**THE FOUR PILLARS OF**

**THE SUCCESS FORMULA**

YOUTUBE

## Scott D. Clary - Success Story Podcast

[youtube.com/c/scottdclary](https://youtube.com/c/scottdclary)



# YouTube

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# 1.94B

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YOUTUBE

## Danica Patrick

[youtube.com/@DanicaPatrick](https://youtube.com/@DanicaPatrick)

The screenshot shows the YouTube channel page for Danica Patrick. At the top, there's a banner image of her with the text "DANICA PATRICK PRETTY INTENSE™". Below the banner is her profile picture and name "Danica Patrick", along with her handle "@DanicaPatrick", subscriber count "377K subscribers", and video count "967 videos". A bio snippet reads: "I was a race car driver, but my interest go far beyond that, and always have. On the Pretty ...more". There are links to her Instagram and other links. A "Subscribe" button is visible. Below the channel info are tabs for "Home", "Videos", "Shorts", "Podcasts", "Playlists", and "Posts". The "Videos" tab is selected, showing a grid of video thumbnails. The first row includes videos with titles like "There Is No Free Sex", "Dr. Steven Greer | Alien Encounters & Government...", "Billy Carson | The Ark, Mars, Jesus, Reality, ETs, Egypt |...", and "Sadhguru | Karma, Consciousness...". The second row includes "Successful People Do This", "Microdosing For Health And Healing", "Why I Left The Democratic Party", and "How To Lose That Weight Fast". At the bottom, there's a "Shorts" section with a grid of short video thumbnails.



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Domain  
Authority <sup>?</sup>

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December 01, 2024

🌐 ONLINE

# The Reversing PKD Podcast

[podcasts.apple.com/us/podcast/the-rever...](https://podcasts.apple.com/us/podcast/the-rever...)





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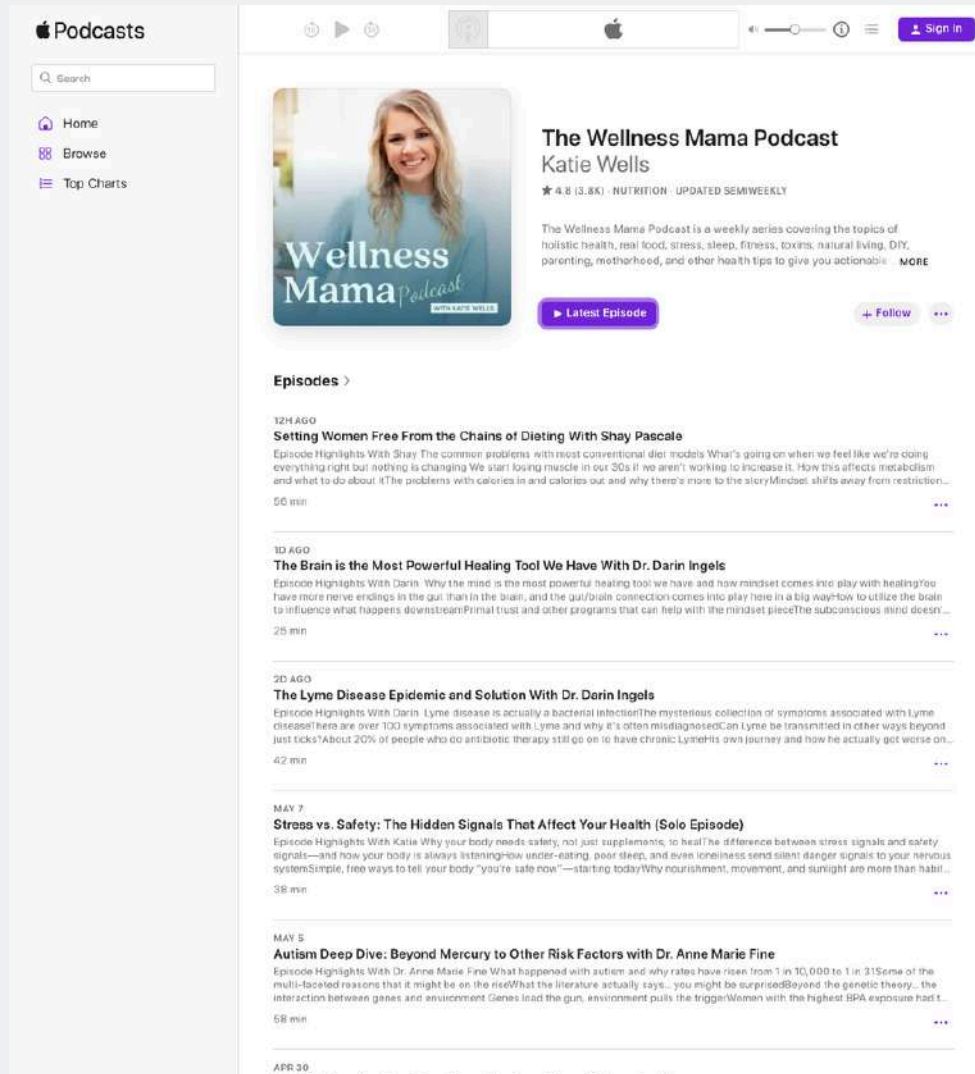
# The Wellness Mama Podcast

[podcasts.apple.com/us/podcast/the-welln...](https://podcasts.apple.com/us/podcast/the-welln...)

Engagements

505 <sup>✓</sup>

Total number of social  
engagements





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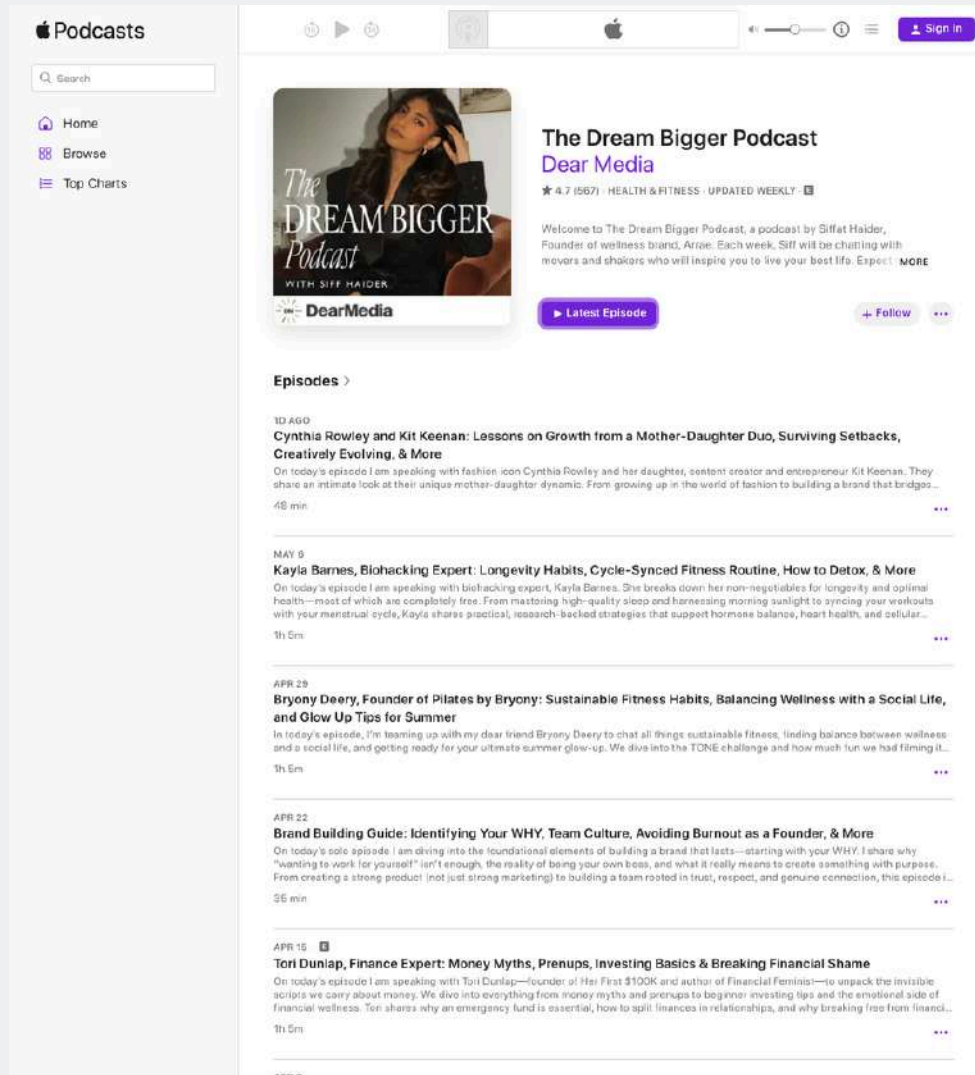
# The Dream Bigger Podcast

[podcasts.apple.com/us/podcast/the-drea...](https://podcasts.apple.com/us/podcast/the-drea...)

Engagements

3 <sup>✓</sup>

Total number of social  
engagements





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May 07, 2025

🌐 ONLINE

## The Dr. Leaf Show

[podcasts.apple.com/us/podcast/the-dr-le...](https://podcasts.apple.com/us/podcast/the-dr-le...)

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The Dr. Leaf Show

Dr. Caroline Leaf

★ 4.7 (3.1K) · MENTAL HEALTH · UPDATED WEEKLY

Hi! I'm Dr. Caroline Leaf. I'm a cognitive neuroscientist, author, & mental health expert. Whether you are struggling in your personal life or simply want to learn how to understand and use your mind to live your best! [MORE](#)

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Episodes

15H AGO

**Help! My Brain Won't Shut Up—Try This Before You Burn Out**

Podcast Description: Is Your Brain on Overdrive? Here's how to Tell If You're Thinking Too Much—Or Thinking Well We've all been there—replaying conversations, worrying about the future, spiraling in a loop of mental noise. But is that really helping you—or just stressing you out? In this bite-sized episode, Dr. Caroline Leaf breaks down the powerful difference between overthinking and deep thinking, and why...

14 min

MAY 7

**Waiting for an Apology Is Keeping You Stuck**

What if the apology you're waiting for never comes? In this powerful episode, Dr. Caroline Leaf unpacks how to move on when someone never acknowledges the pain they caused. You'll learn how unresolved hurt affects your brain and body—and how to rewrite your healing from the inside out. Backed by neuroscience, packed with practical tools, and grounded in emotional truth, this episode will help yo...

23 min

APR 30

**When to Stay, When to Go: How to Navigate Hard Life Decisions**

In this episode, I unpack one of life's hardest decisions: when to stay and wade through challenges—and when it's time to move on for the sake of your mental and emotional health. You'll learn how to tune into the signals your mind and body are sending you, recognize when discomfort leads to growth versus harm, and use simple mind-management tools from my new book *Help in a Hurry* to build clarity and...

21 min

APR 23

**How to Use Neuroplasticity to Build a Million Dollar Network with Craig Siegel**

In this eye-opening episode, I sit down with my dear friend and transformational life coach, Craig Siegel, to explore what it truly means to reinvent your mind and your life. Craig shares his powerful personal story—from the high-pressure world of Wall Street to becoming a bestselling author and thought leader—and how rewiring his own mindset through intentional neuroplasticity led him to a more meaningful...

46 min

APR 16

**Anxiety vs. Intuition: Understanding the Key Differences and How to Manage Them**

Description: Ever wonder if that gut feeling is fear or intuition? In this episode, I break down how to tell the difference—and how to calm anxiety so you can hear your inner wisdom clearly. You'll learn: 1. The science behind anxiety and intuition 2. Why anxiety stems from fear, past experiences, and "what-if" thinking 3. How intuition is actually a signal from your subconscious mind rooted in wisdom 4. Key ways to...

19 min

APR 9

**#1 Mindset Habit That Can Revolutionize Your...**



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## Adjusted Reality

[podcasts.apple.com/us/podcast/adjusted...](https://podcasts.apple.com/us/podcast/adjusted...)





## Julian Dorey

New York City - JDP is hosted & produced by Julian Dorey "Julian Dorey Podcast" is also available on Apple & Spotify. IG: @julianddorey

933K

Subscribers ?

YOUTUBE

## Julian Dorey

[youtube.com/channel/UC0A-v\\_DL-h76F7...](https://youtube.com/channel/UC0A-v_DL-h76F7...)

The screenshot shows the YouTube channel page for Julian Dorey. At the top, there's a black banner with the text "JULIAN DOREY PODCAST SUBSCRIBE FOR VIBES" in red and white. Below this is the channel's profile picture (a man with sunglasses) and the name "Julian Dorey" with a verified badge. The bio states: "@JulianDorey · 933K subscribers · 686 videos. New York City - JDP is hosted & produced by Julian Dorey...more". It also lists "Instagram.com/julianddorey and 5 more links" and a "Subscribe" button. The navigation bar includes "Home", "Videos", "Shorts", "Live", "Podcasts", "Playlists", and "Posts". The main content area features a video player with a "SUBSCRIBE" button and a video titled "0:03:04" by Rob O'Neill. To the right of the video, there's a recommendation section with links to similar episodes, an Amazon store link, and a merchandise link. Below the video player, there's a section titled "Julian Dorey Channels" with four sub-channels: "JULIAN DOREY Clips" (463K subscribers), "Julian Dorey Daily" (115K subscribers), "BEST of JDP" (169K subscribers), and "Julian Dorey Shorts" (2.4K subscribers). Each sub-channel has a "Subscribe" button. At the bottom, there's a section titled "Popular Julian Dorey Podcast Episodes" with a "Play all" button and a carousel of episode thumbnails including "THE TRIBES HUNT EVERYONE.", "DICK CHENEY BURIED THE TRUTH.", "TOP SECRET", and "WE SAW GHOSTS EVERYWHERE."



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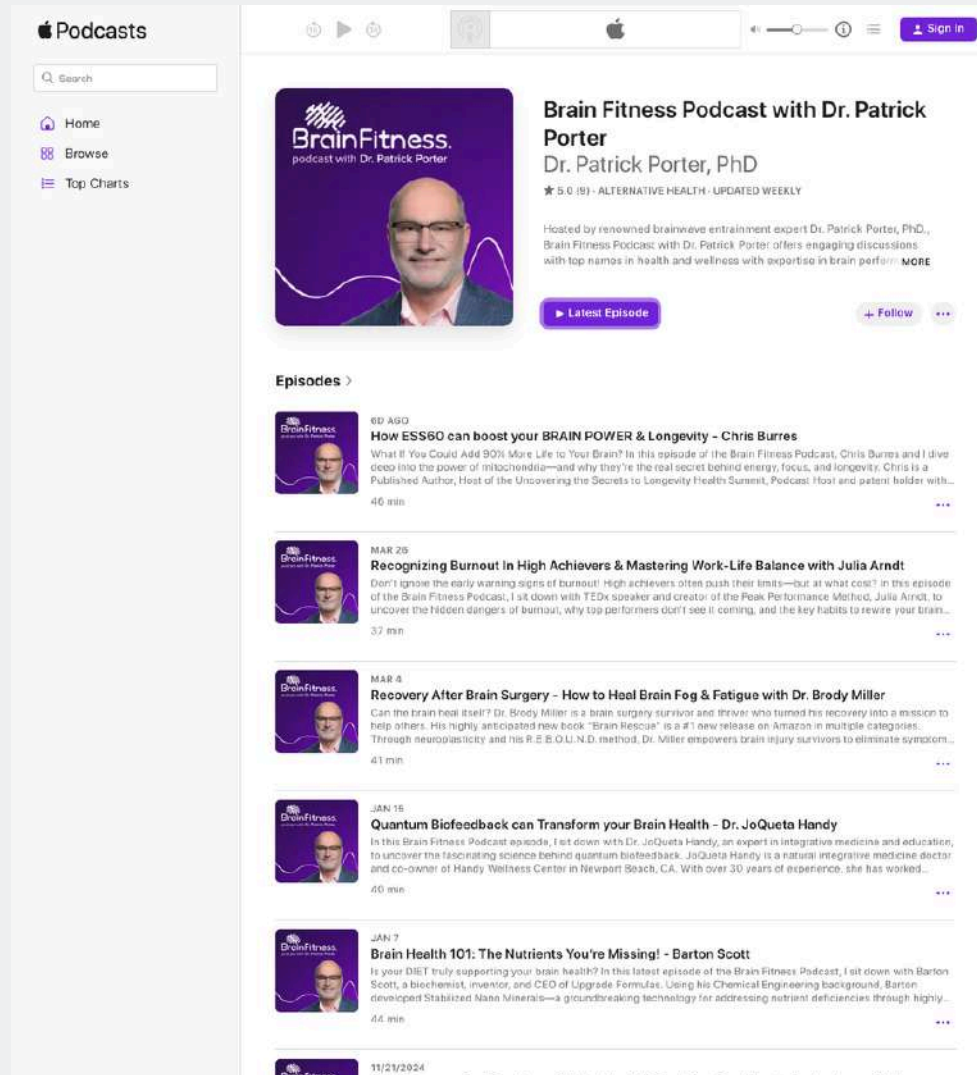
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May 08, 2025

🌐 ONLINE

# Brain Fitness Podcast with Dr. Patrick Porter

[podcasts.apple.com/us/podcast/brain-fitness-podcast-with-dr-patrick-porter/id1511111111](https://podcasts.apple.com/us/podcast/brain-fitness-podcast-with-dr-patrick-porter/id1511111111)





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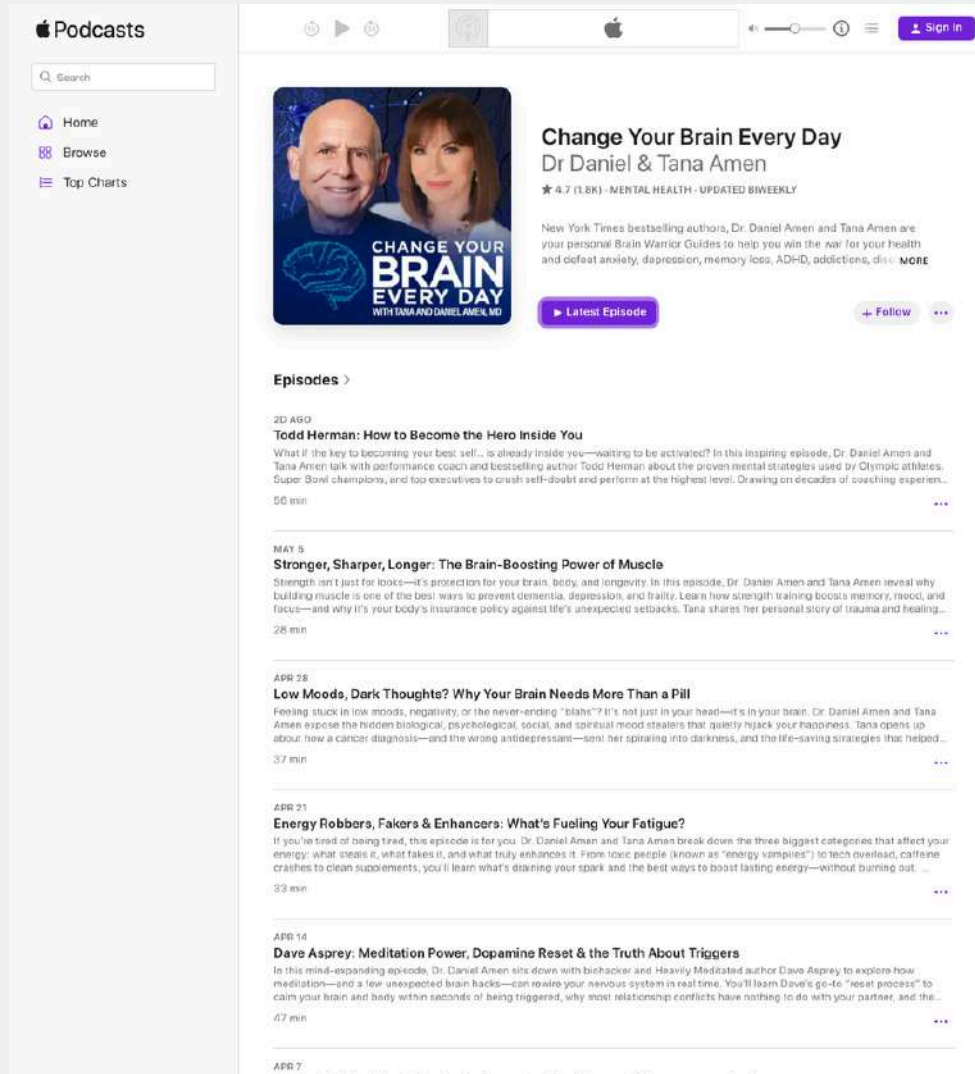
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May 05, 2025

🌐 ONLINE

# Change Your Brain Every Day

[podcasts.apple.com/us/podcast/change-y...](https://podcasts.apple.com/us/podcast/change-y...)



Engagements

66 <sup>✓</sup>

Total number of social  
engagements



**Sex With Emily - Doctor of Human Sexuality, sex and relationship expert Emily Morse offers the best sex tips, dating tips, and relationship advice that will change your life.**

Leading Sex Expert Dr. Emily Morse shares insight and advice on sex, relationships, and everything in...

**55**

Domain Authority <sup>?</sup>

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**80.8K**

Unique Visits <sup>?</sup>

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## Home - Sex With Emily

[sexwithemily.com/](https://sexwithemily.com/)

Estimated Views

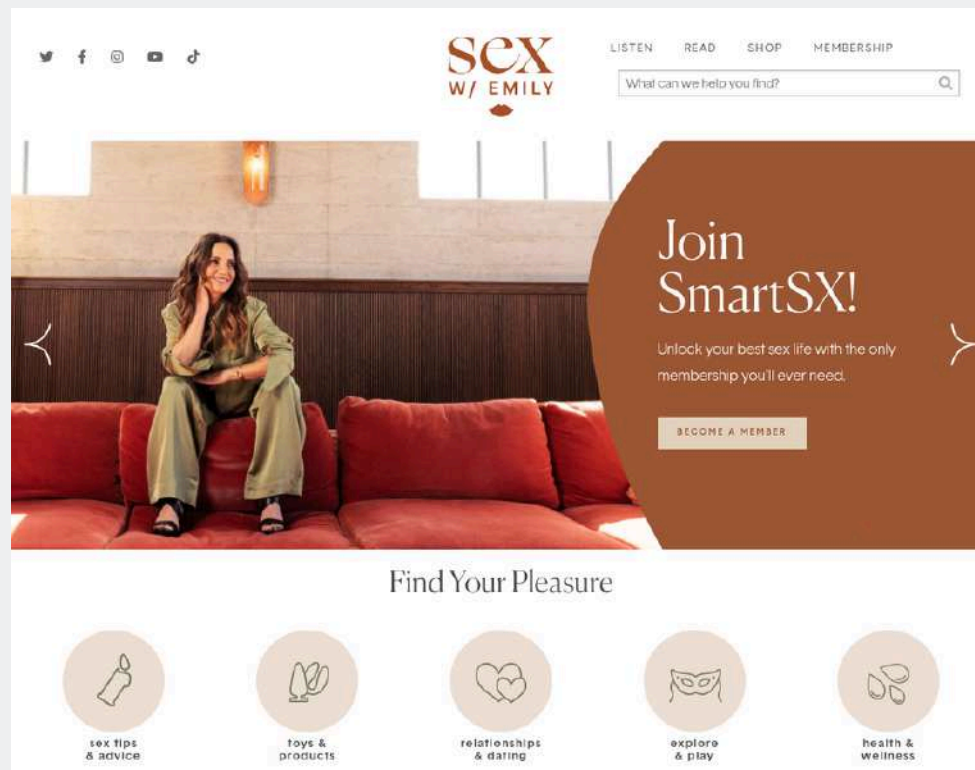
**12.4K** <sup>✓</sup>

Calculated based on audience size and social engagement

Engagements

**102** <sup>✓</sup>

Total number of social engagements







## The Model Health Show

To become the very best version of yourself, you'll need to maximize your two more important assets:...

50

Domain  
Authority <sup>?</sup>

Provided by  
**MOZ**

6.95K

Unique  
Visits <sup>?</sup>

Provided by  
**SimilarWeb**

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## Home - The Model Health Show

[themodelhealthshow.com/](https://themodelhealthshow.com/)

Estimated Views

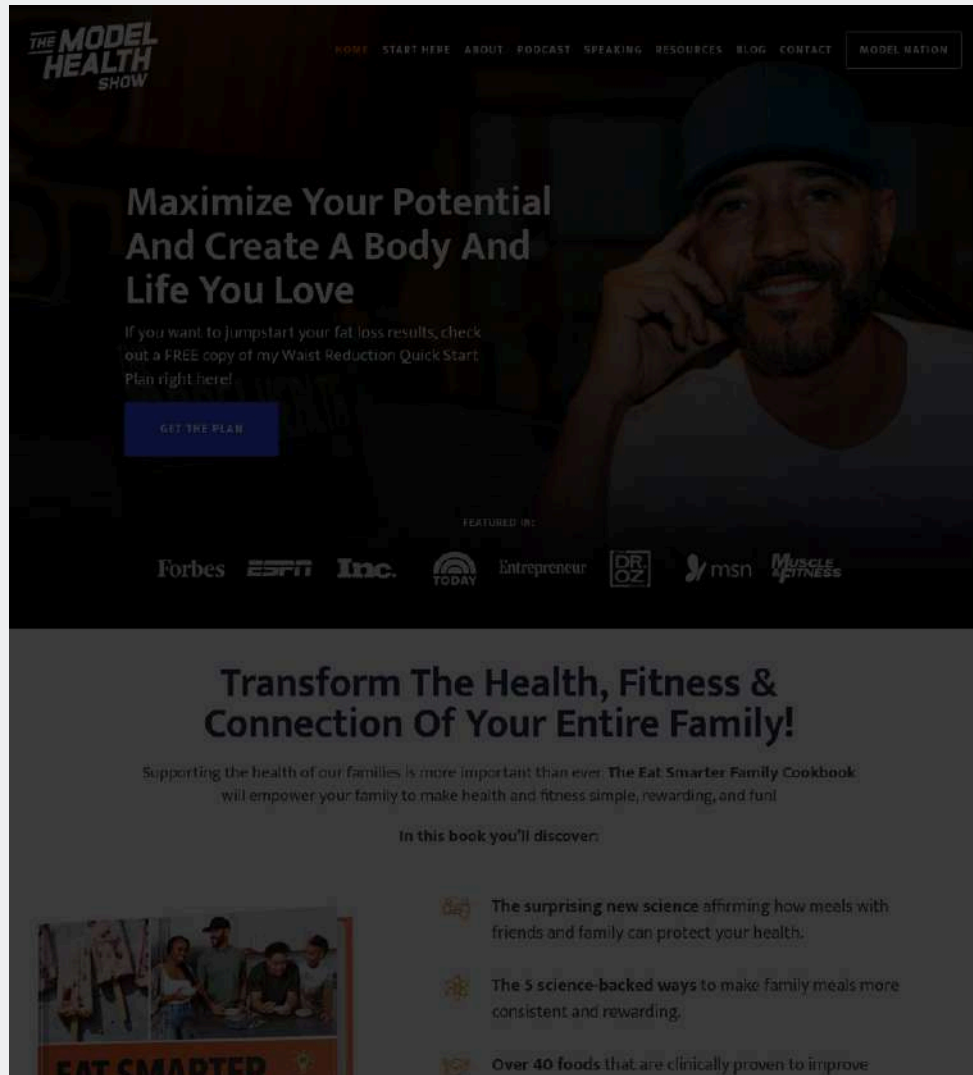
**1.21K** <sup>✓</sup>

Calculated based on  
audience size and social  
engagement

Engagements

**11** <sup>✓</sup>

Total number of social  
engagements





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Domain  
Authority <sup>?</sup>

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May 13, 2025

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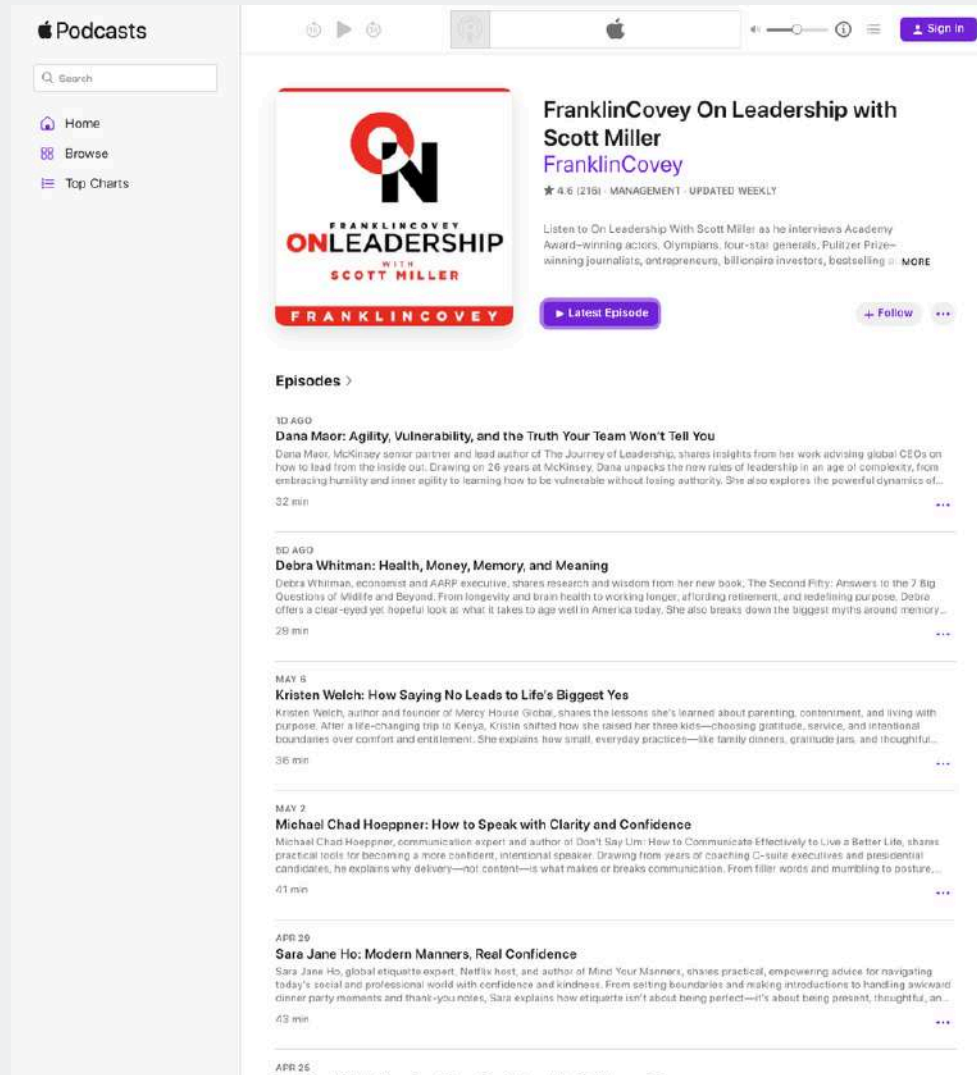
# FranklinCovey On Leadership with Scott Miller

[podcasts.apple.com/us/podcast/franklin...](https://podcasts.apple.com/us/podcast/franklin...)

Engagements

16 <sup>✓</sup>

Total number of social  
engagements





## Contrarian Thinking

A free 10 min newsletter with actionable ideas to increase your cashflow and income streams.

32

Domain  
Authority <sup>?</sup>

Provided by  
**MOZ**

94.3K

Unique  
Visits <sup>?</sup>

Provided by  
**SimilarWeb**

April 19, 2024

🌐 ONLINE

## The BigDeal Podcast - Contrarian Thinking

[contrarianthinking.co/the-bigdeal-podcast/](https://contrarianthinking.co/the-bigdeal-podcast/)

Estimated Views

**30.5K** <sup>✓</sup>

Calculated based on  
audience size and social  
engagement

The screenshot shows the Contrarian Thinking website. The header includes the logo, navigation links (ABOUT, EDUCATION, EVENTS, ARTICLES, PODCAST), a Subscribe button, and a Login link. The main content area features the title 'The BigDeal Podcast with Codie Sanchez' and a 'Watch episode' button. Below this, it says 'LISTEN ON' and lists various podcast platforms (Apple, Spotify, etc.). A large image of Codie Sanchez is also present, with the text 'BIGDEAL BY CODIE SANCHEZ' overlaid.

Ready to fight the current?



Watch episode <sup>➔</sup>



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Domain  
Authority <sup>?</sup>

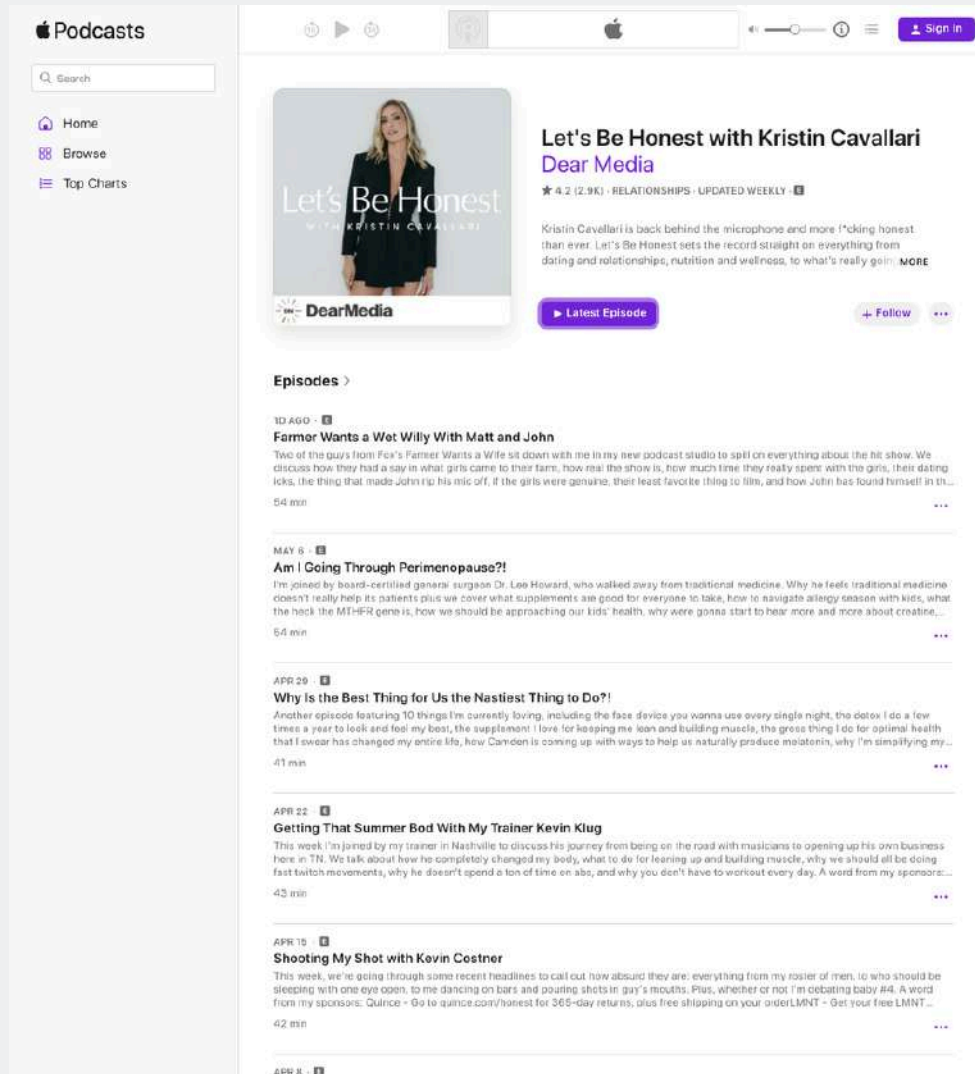
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May 13, 2025

🌐 ONLINE

# Let's Be Honest with Kristin Cavallari

[podcasts.apple.com/us/podcast/lets-be-h...](https://podcasts.apple.com/us/podcast/lets-be-h...)



Engagements

4 <sup>✓</sup>

Total number of social  
engagements





## The Balanced Blonde | A Health and Lifestyle brand based in Los Angeles, California

Everything from manifestation to awakening, astrology, motherhood, healing, healthy recipes, a...

**50**

Domain Authority <sup>?</sup>

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**7.34K**

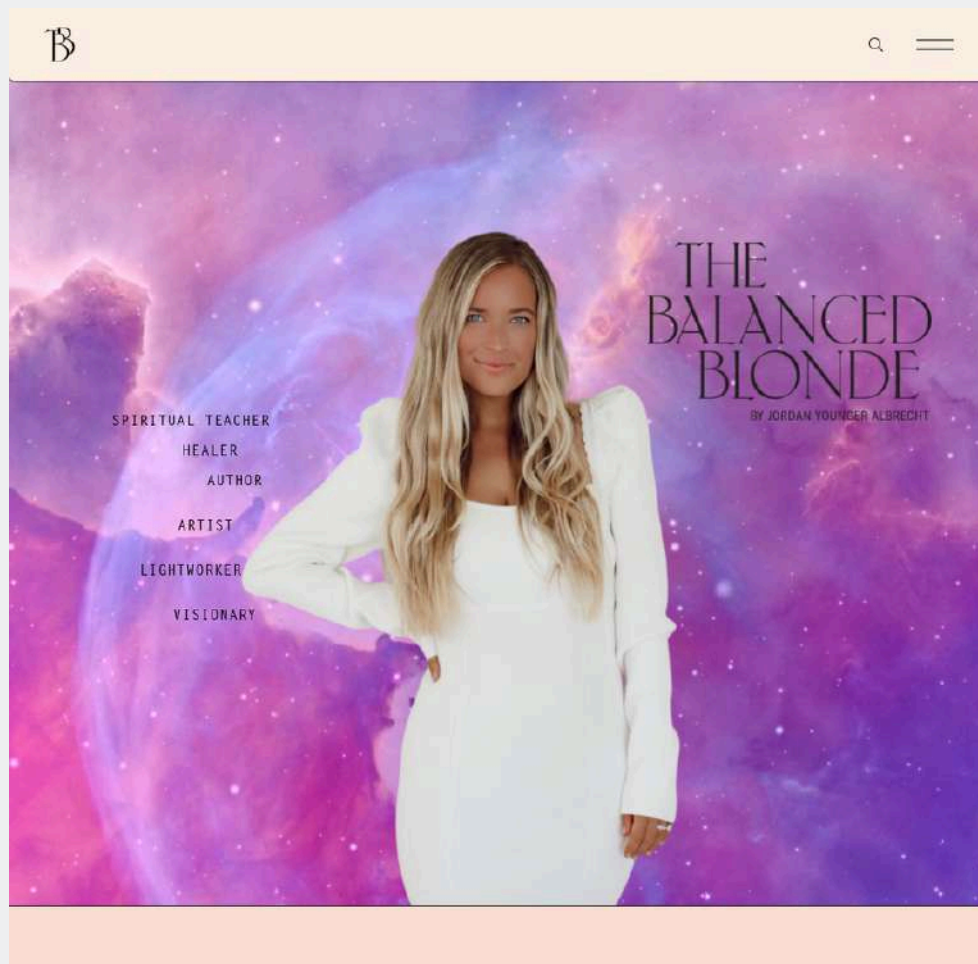
Unique Visits <sup>?</sup>

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**SimilarWeb**

🌐 ONLINE

## Start Your Spiritual Journey with The Balanced Blonde

[thebalancedblonde.com/](https://thebalancedblonde.com/)



Estimated Views

**1.48K** <sup>✓</sup>

Calculated based on audience size and social engagement

Engagements

**53** <sup>✓</sup>

Total number of social engagements



## The Ultimate Health Podcast

Jesse Chappus will take your health to the next level!

40

Domain  
Authority <sup>?</sup>

Provided by  
**MOZ**

2.98K

Unique  
Visits <sup>?</sup>



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🌐 ONLINE

## The Ultimate Health Podcast

[ultimatehealthpodcast.com/](https://ultimatehealthpodcast.com/)

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**DR. STEPHEN HUSSEY**  
ultimatehealthpodcast.com

**LEAVE A COMMENT**

**How to Energize Your Body & Sleep Better With One Morning Activity | Dr. Stephen Hussey (#652)**

Dr. Steven Hussey is a chiropractor, functional medicine practitioner, speaker, author, and health coach. He specializes in helping people with heart disease, type 1 diabetes and autoimmune conditions. In this episode, we discuss: When pain goes from healthy to pathological Why plants should only be eaten in season A good night's sleep starts with morning... [Listen Now](#)

[f](#) [X](#) [e](#) [+](#)




**BEN AZADI**  
ultimatehealthpodcast.com


**LEAVE A COMMENT**

**The No BS Guide to Burn Stubborn Fat Fast (Do This Now) | Ben Azadi (#651)**

Ben Azadi is the founder of Keto Kamp, bestselling author of Keto Flex, host of Metabolic Freedom Podcast and a keynote speaker. His new book is Metabolic Freedom: A 30-Day Guide to Restore Your

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**Review from getter-done 🇨🇦**

★★★★★


1 year ago

EXCELLENT podcast Jesse. Great guests and conversations ! I listen/follow you both on YouTube and Apple podcast.

by Sandra GF from Canada

[Write a review](#)

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Estimated Views

769 <sup>✓</sup>

Calculated based on audience size and social engagement

Engagements

9 <sup>✓</sup>

Total number of social engagements



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Domain  
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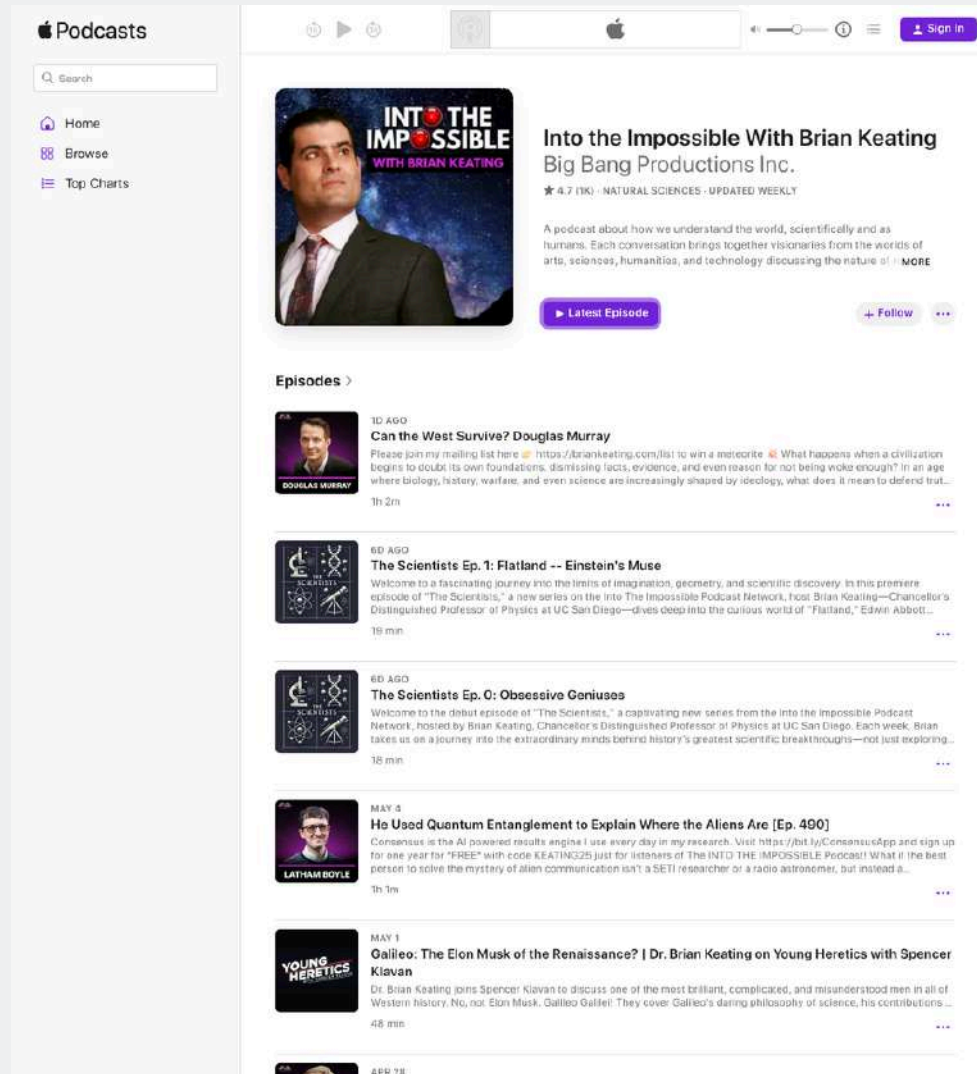
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**MOZ**

May 08, 2025

🌐 ONLINE

# Into the Impossible With Brian Keating

[podcasts.apple.com/us/podcast/into-the-i...](https://podcasts.apple.com/us/podcast/into-the-i...)



Engagements

82 <sup>✓</sup>

Total number of social  
engagements



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Domain  
Authority <sup>?</sup>

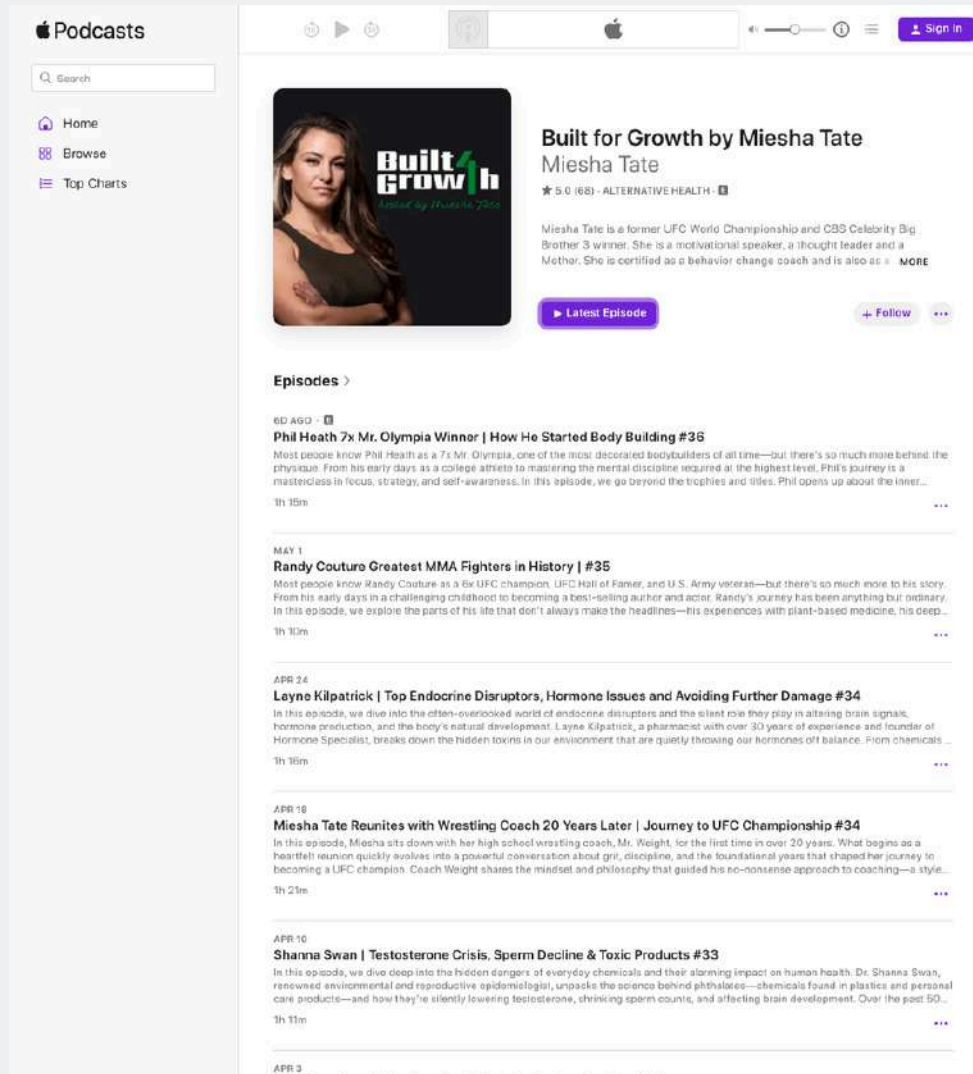
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May 01, 2025

🌐 ONLINE

## Built for Growth by Miesha Tate

[podcasts.apple.com/us/podcast/built-for-...](https://podcasts.apple.com/us/podcast/built-for-...)



Engagements

28 <sup>✓</sup>

Total number of social  
engagements





## The Fat-Burning Man Show by Abel James: The Future of Health & Performance

Want to drop fat by eating ridiculously well and exercising less? Whether you're Paleo, Keto, Vega...

51

Domain  
Authority <sup>?</sup>

Provided by  
**MOZ**

2.48K

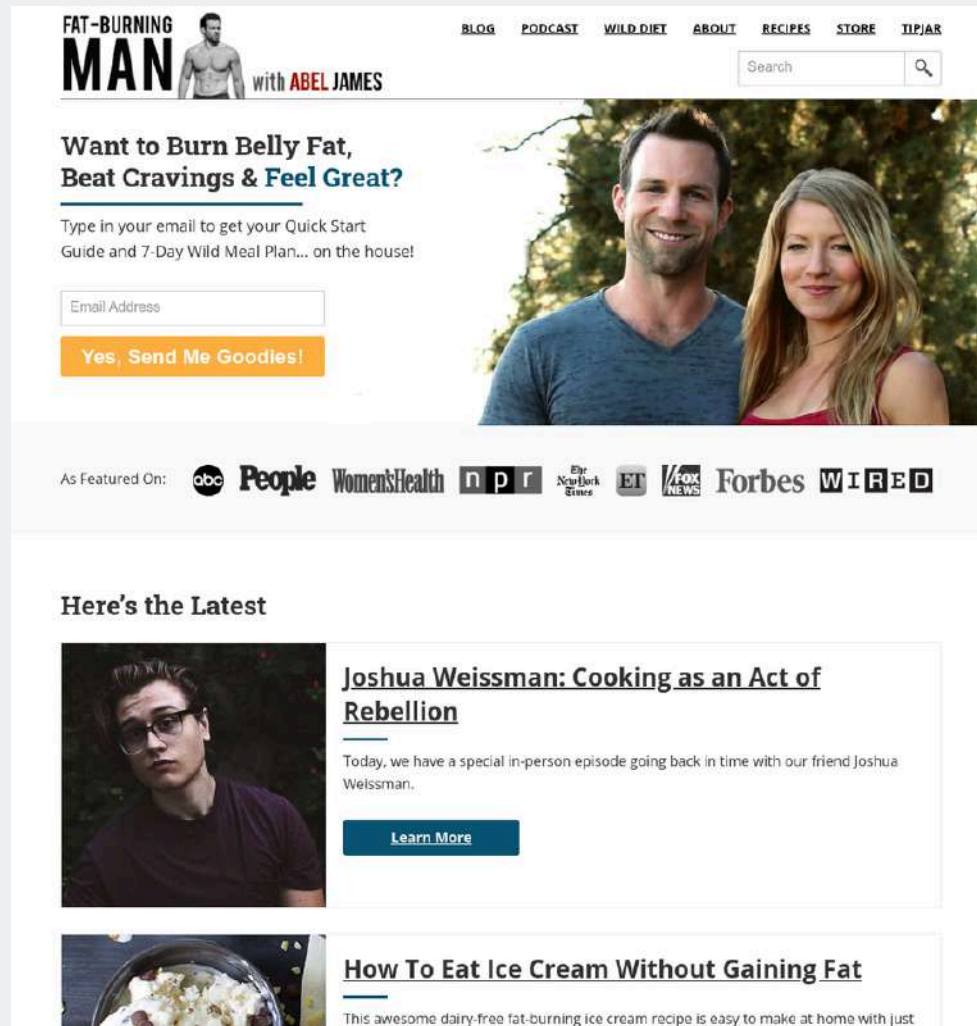
Unique  
Visits <sup>?</sup>

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🌐 ONLINE

## The Fat-Burning Man Show by Abel James: The Future of Healt...

[fatburningman.com/](https://fatburningman.com/)



Estimated Views

496 <sup>✓</sup>

Calculated based on  
audience size and social  
engagement

Engagements

33 <sup>✓</sup>

Total number of social  
engagements



## Apple Podcasts

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99

Domain  
Authority <sup>?</sup>

Provided by  
**MOZ**

May 12, 2025

🌐 ONLINE

# The Gratitudeology™ Podcast with Jamie Hess

[podcasts.apple.com/us/podcast/the-gratit...](https://podcasts.apple.com/us/podcast/the-gratit...)

Engagements

199 <sup>✓</sup>

Total number of social  
engagements

**The Gratitudeology™ Podcast with Jamie Hess**  
★ 4.9 (117) · PERSONAL JOURNALS · UPDATED WEEKLY · <sup>1</sup>

When Jamie Hess almost died, she woke up...

As the daughter of legendary broadcast journalist Joan London, it's... **MORE**

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**Episodes**

**2D AGO**  
**Rewind: Kim Glass | How To Hone Your Unique Power and Fight Back When Life Knocks You Down**  
As an accomplished model and silver-medal winning Olympian, Kim Glass knows what it takes to succeed. But behind the accolades and achievements, she has also experienced more hardship in the past decade than most will experience in a lifetime. When she was randomly attacked by an unprovoked man, resulting in multiple facial fractures and eye injuries, her seemingly picture-perfect life was flipped upside...  
20 min

**MAY 9**  
**Jason Dennen | The Crash Landing That Woke Me Up; How 8 Days in a Coma & 20 Broken Bones Led to Gratitude-Fueled Triathlons**  
Jason Dennen worked in the financial industry... and if he was being honest, it was soul-crushing work. So when he discovered a love for a new hobby - skydiving, no less! - he was thrilled that he found something to help light him up again. What he couldn't have known was that...  
1h 5m

**APR 28**  
**Rewind: Light Watkins | Why I Choose to Live A Nomadic Life**  
Light Watkins is a meditation teacher, transformational speaker, and best-selling author who has coached the likes of Rosario Dawson, Jonah Hill, and Meghan Markle. But what most people don't know is that - these days - he has chosen to live nomadically. That's right, all of Light's belongings can fit into a carry-on bag and he bounces around where his spirit takes him. Today, Jamie and Light discuss how his...  
51 min

**APR 21**  
**Rewind: Jen Gottlieb | Be Seen & Create Your Dream Life**  
From playing Annie on stages for children's theaters... to becoming a Heavy Metal radio host... to stepping into her "Fitness Barbie" era... to becoming one of the most well-known and prolific speakers of our time... yup, it's safe to say, Jen Gottlieb has done it ALL. And the one thing that underscores her journey... is an unquenchable desire to BE SEEN. Jen Gottlieb had to lose it all before she could rebuild her dream life...  
1h 2m

**APR 14 <sup>1</sup>**  
**Tony Hoffman: Getting Stabbed, Going to Prison, & Going to... the Olympics? How He Changed His Life Through Gratitude**  
On December 12th, 2008, Tony Hoffman was paroled by the California Department of Correction after serving a two-year sentence for a drug-related robbery. While incarcerated, Tony set four goals: Race BMX professionally, go to the Olympics, start a non-profit called the...  
54 min

**APR 7**



## Heart & Soil Supplements

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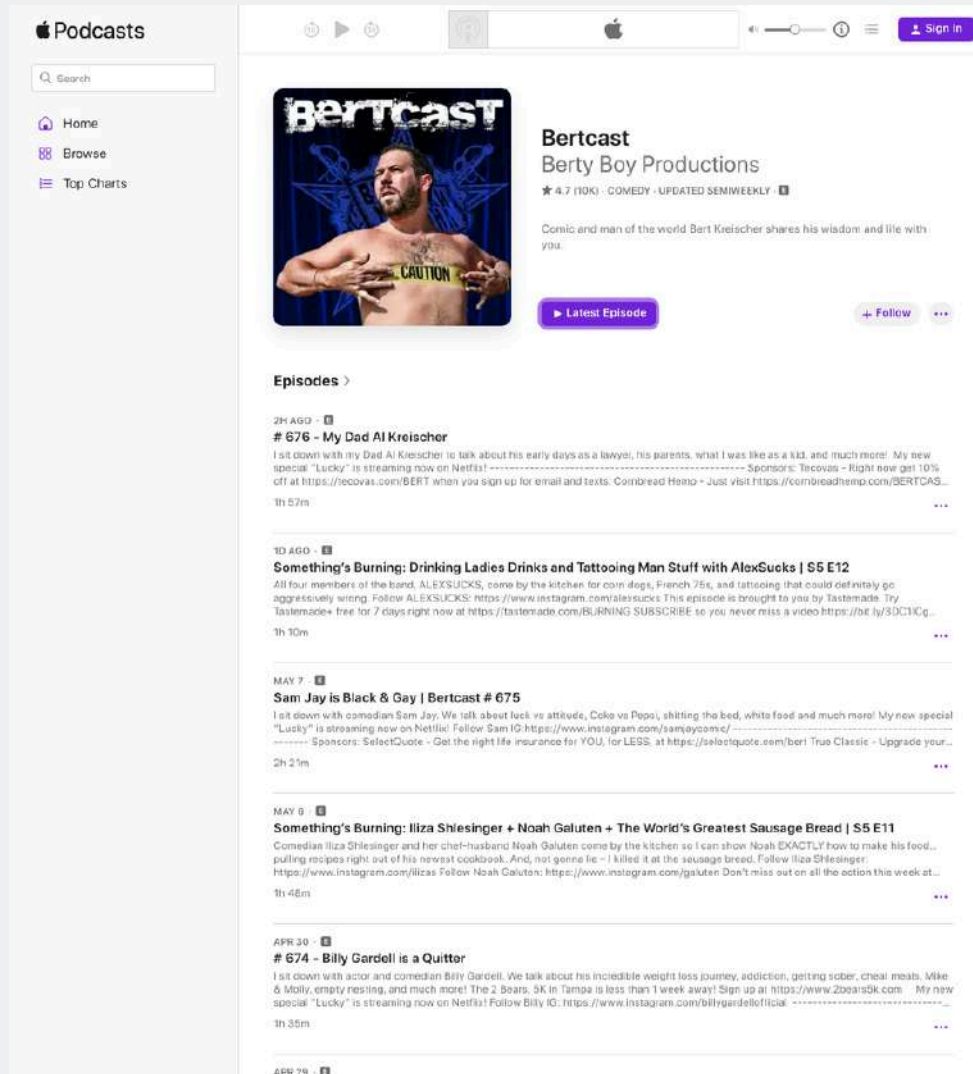
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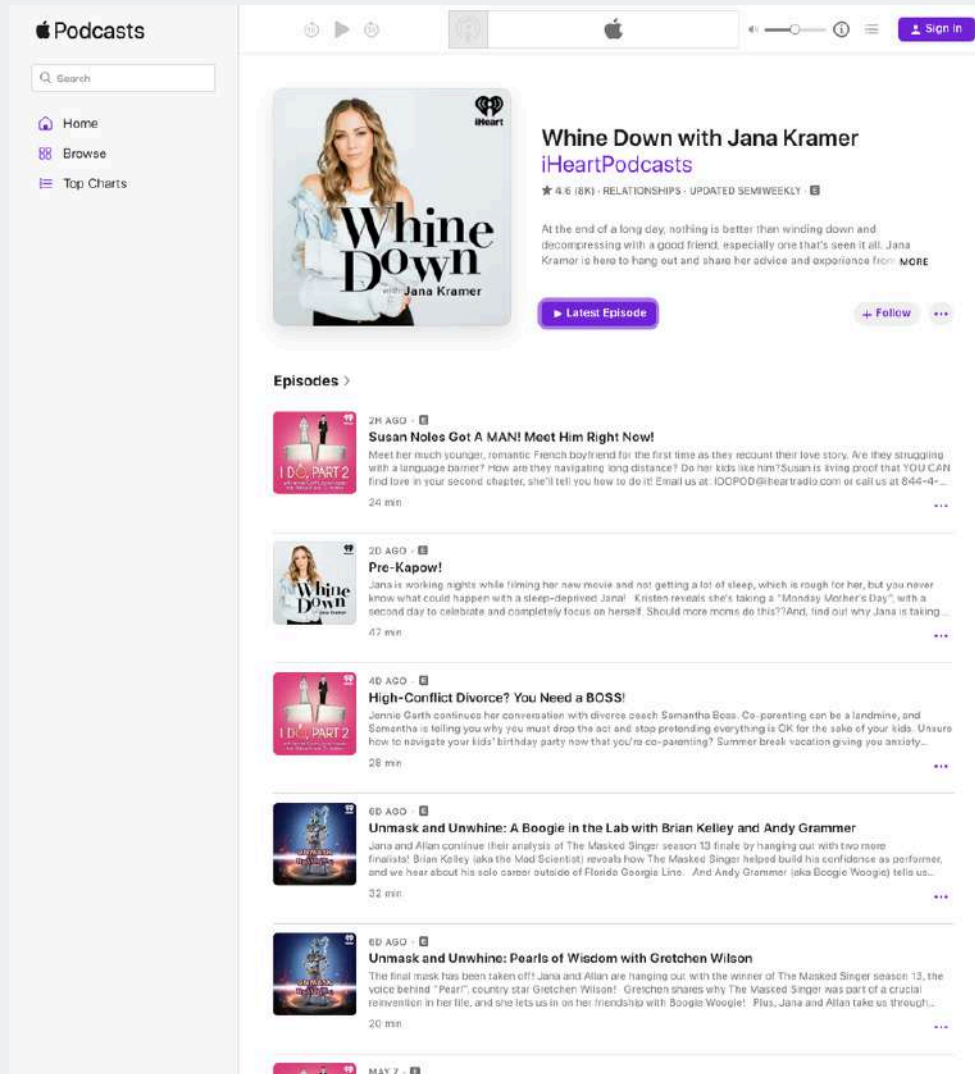
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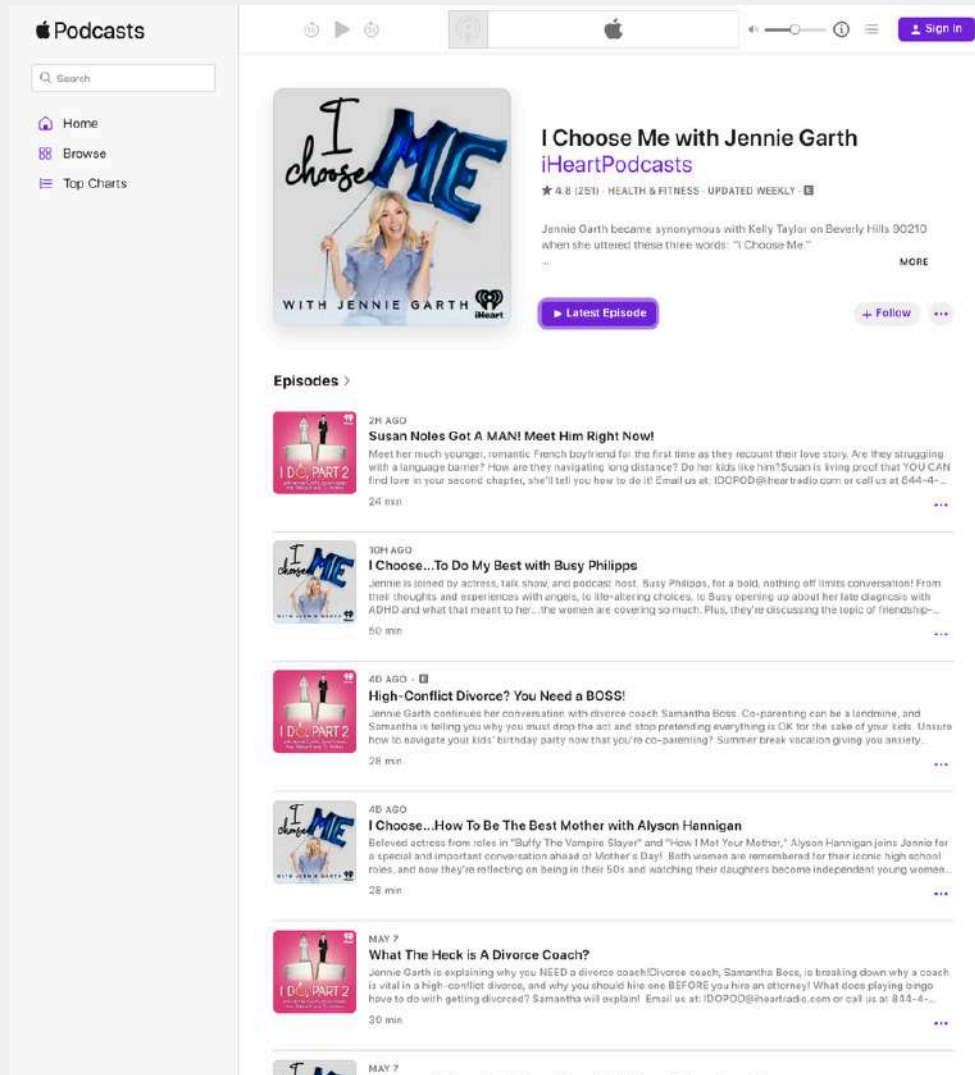
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