

David

Welcome to episode 224 of the ages podcast. Today we're going to talk to Teemu Arina. He was the author about ten years ago, of the Biohackers Handbook. He's an insightful guy. He's been in this for a long time, and he has some thoughts on what actually motivates some of the heroes of biohacking out there. He's got some new ideas about how to rename biohacking.

David

Thank God somebody has done that. We're going to talk about AI, its implication. And what's the difference with a quantitative life and a qualitative life? He's been in this for a long time. He's got a lot of interesting things to tell us.

Teemu

One of the key ideas in biohacking is the 20% results in 80% of improvement. Or if you do like 80% of things about right, like you probably have good outcomes. And I think that some more sensible approach. To me, it's not only about the body, it's not only about the nutrition, it's only about the exercise and sleep quality.

Teemu

It's a lot about psychology.

David

Before we get into with Teemu, I want to ask you, do you know what type of super ager you are? If not, head over to adjust.com/quiz. Take that quiz. It's a quick, fun way to understand how you're aging, because knowing where you stand is the first step in optimizing your future. Plus, you get customized bonus info in our newsletter each week.

David

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David

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David

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David

Use the code ages 15 for 15% off. Trust me, your body will thank you for this one. Welcome, Teemu. Great to have you with us. Where does this podcast find you today?

Teemu

Well, I'm in between artificial intelligence and right here and in flesh at my home.

David

Give me geography. Where is home?

Teemu

I'm from Finland originally, but I live in Estonia.

David

Why did you choose Estonia?

Teemu

Estonia is a very progressive country. I think it's always good to be where things are growing. And here I feel it grows like seven times faster than many other places. And also it's has some of the cleanest air, cleanest water and nature compared to a lot of other places in the world. But I'm from Finland, so nothing against Finland for sure.

Teemu

Like this. Basically like to our boat trip away.

David

First thing I want to do is I want to ask you about the term bio hack. I really dislike this term and I'll just tell you why I don't like the term because hack just seems like something you do with an ax to a tree, but I know you have a different interpretation, so enlighten me. Tell me about what does biohacking mean to you?

Teemu

Right. Well, I did drive the bikers Handbook to start writing that over ten years ago. So I've been kind of at the center of this a lot and considered myself and still consider myself as a biker, but as a term, it's definitely not a good term. It sounds violent, it sounds dangerous. Also, it lacks a good portion of history.

Teemu

In a way, it's it comes from hacker ethic, a lot of package when it comes to computer hackers. Right. So people often associated with something that you should not do is to hack into systems. But bikers kind of see it as a virtue that you figure out how your body works and you optimize it. The founding father of the term, Dave Ashbury, calls it now.

Teemu

He's not the founding father of biohacking. Blogging has existed for thousands of years. I consider long term Buddhist meditators or professional athletes all the way from ancient Greece to, let's say, someone like Bruce Lee, to have been like the pioneers of biking. But biohacking is very utilitarian. It is something to achieve something, and which is some kind of optimal state which cannot be achieved.

Teemu

It is very body centric. So it's a lot about nutrition supplements. It's a lot about perfect biomarkers, measuring and tracking yourself and trying to optimize this perfect human. Now that's very materialistic to assess. I mean boxers do also talk about meditation breathwork on spirituality, but often in a utilitarian sense that you should do meditation or breathwork because it has these and these health effects on longevity.

Teemu

And that's quite far fetched from the original meaning. Why yogis would do it. Yogis would basically, in my book, be much bigger. Biohackers than anyone who just got older. And measuring is key because without measuring, you won't be able to fully know if something you do is actually leading into a quantitative change. Wellness industry has been a lot about qualitative change, right?

Teemu

It's more about what you feel, what you feel in your body to because it's more numbers, it's more variables in their bloodstream. It's more about grams and milliliters and laboratory values. Now that's great for sure. And that's also why longevity and basically the trend that we are right now in in biohacking as well to live longer is kind of adopting a lot of the biohacking ethos and also a lot of the tools, a lot of the approaches and the key idea of testing things on yourself.

Teemu

But to me, when we think about optimizing the body with data, it's full of compensatory mechanisms. In medical terms, we use the term homeostasis as it's so like the balance. And what does that actually mean is multiple variables that are in balance. So you can never have perfect biomarkers. We can have statistically higher likelihood that with certain reference ranges you have better outcomes.

Teemu

But how do you really know in the end. But I think it's a great systematic approach to at least have the best possible guess of how we can live longer. But to me, it's not only about the body, it's not the only about the nutrition. So only about the exercise and sleep quality and boners at night. It's a lot about psychology, like you can be the fully optimized, perfect person.

Teemu

You can be the most miserable person world. I've seen so many high performers who are not really that happy with their lives. They try their best and they can look behave on their success. Everything can reflect that, but the inside, they feel lack or emptiness like in one way. One of my observations over the years has been that a lot of the blocking influencers, but also wellness influencers, even longevity influencers, everyone in the industry has some kind of wounded healer story.

Teemu

Something happened to them, and then biohacking was the way out. And we kind of resonated with these kind of hero's journey stories. But there is a very narcissistic undertow sometimes where these people are with this like perfect, optimized version of themselves. They also try to appear to their audiences and followers and friends are somehow superhuman. They even call themselves superhuman, or they claim that they will become or will live long with the approach they have.

Teemu

Like if it's a coping mechanism that you replace one coping mechanism with another. Because often when you get into health issues, maybe you're overworking or you are neglecting yourself,

maybe, or binge eating or you're doing substance abuse or like something's going on like this, then biohacking is suddenly the key out. It's just another coping mechanism. There's so many people out there who like wellness, but they don't like blogging because it seems too extreme.

Teemu

So one of the key ideas in blogging is that 20% results in 80% of improvement. Or if you do like 80% of things about right, like you probably have good outcomes. And I think that's a more sensible approach. You don't need to eat perfectly every day. You don't need to have perfect sleep score every night. You don't need to have perfect daily routine, weekly routine, whatever.

Teemu

Because in the end, there is something called life that you also want to live. And happiness doesn't necessarily come from feeling that you're perfectly optimized every second because the downside, or the flip side of that is not feeling enough. You can never achieve 100% so that there is a potential that is not going to work, and also you will age anyway.

Teemu

You will die one day. You might feel great in your 30s 40s, but how about 50s, 60s, 70s, 80s? Maybe you did post born degenerative diseases, but you will not get that decades back no matter what someone says. Like, yeah, I'm going to leave 180. I'm going to have the body of a 24 year old. I mean, most people who are listening probably can recognize no characters in the industry.

Teemu

Know what I'm talking about. So having said that, of course, I'm like very deeply immersed and know a lot and how you can optimize yourself. But the more I know, the less I know. So I feel that the deeper I go into something, the more clueless I am. And that's kind of what most scientists talk about. Their fields.

Teemu

Even if someone has it all figured out, I want to meet that person because I haven't met anyone who has all the answers. Was not biased.

David

We'll be back in just a quick moment after our word from our sponsors. Today's show is brought to you by Timeline Nutrition and their product might appear. I started taking my order pure after I ran their science through our Science Review board, and they were very enthusiastic about it. In fact, most of the people on my science advisory board and their families now take might appear.

David

So why do I take my time here? I take it basically for health span because like, the truth is I want to be 90 and I want to be able to ski and hike and play and do all the things I do. Now think of Manipur as these little Pac-Man in your cells, chomping up the damaged mitochondria that make you feel old and tired and recycling them into new, healthy ones.

David

And mitochondria are cells, power generators. They're a key influence in how we age. However, as the years pass and I passed a few years, mitochondrial efficiency naturally declines, representing a large gap in the quality of life we can expect in our later years from the ones we actually experience. So do what I do and do with my science advisory board.

David

Does we take it every day? You're going to notice a difference in 4 to 6 weeks. Timeline is offering 10% off your first order of matter pure. Go to timeline.com/ages. That's Timmy Leap and E tacom8 just get 10% off. Did you know that just counting water all day is not going to keep you hydrated? You need the right mix of electrolytes in that water to help that water be absorbed properly, and also to help your body function well with the right electrolytes.

David

Element. Element contains sodium, potassium, and magnesium, which are critical for helping our brains and our bodies function. One of the unfortunate facts is as we get older, it's harder to drink water, essentially because our thirst response is diminished. So we need to put extra emphasis on drinking water, staying hydrated with the right electrolytes. Of course, if you are pre hypertensive or have hypertension, check with your doctor before having anything with sodium in it.

David

For the rest of us though, element is a great solution. Go to drink.element.com. That's drink element.com and get yourself a free eight serving sample pack. With the purchase of any electrolyte drink, mix. That was a lot measurement. Something I'm pretty big on too. So I like to tell people feelings are not facts and I like the way you put it, the qualitative versus the quantitative.

David

Although I wear a hoop which tells me how much I slept and you know, I measure my RV in the morning. Okay, I like the term weather tainment. It's just entertainment for me. Doesn't really

change. I think I'm going to do that day unless it by metrics are totally collapsed and it's like, okay, you need to chill, stay.

David

But mostly I can just sort of feel like, okay, this is how I feel today. I think that there's a lot of people out there who are prescriptive, and they have stacks and protocols, and you must do this on the full moon, I don't know. And, you know, as you said, it's all in of one. And what I point out to people who maybe have not seen like medical science distribution graphs, these things are predictive of that.

David

You're in the center of the data distribution. It's good for you. But there's always things out on either end of the curve. And I can guarantee everyone who's listening here, one of these curves, you're going to be out to the edge. And so as you said, it's all comes down to anyone. Some of the people you refer to have been on this podcast, they do a real sort of like boy in the bubble sort of lifestyle and okay, nice people, but I know I live that way.

David

Tell me a little bit about what's your day like? Tell me about what life is tumultuous. Like.

Teemu

If I look at Brian, I think he's on his honeymoon like I was on that honeymoon ten years ago. It was awesome. Like I was a super extremist. I was on the covers of, like, magazines all the time. Like, I did 100 media appearances a year. Television, radio, newspapers like this was the really when it started booming in in Europe and Finland, like people wanted caricature.

Teemu

People want to see the monkey in the cage was a little bit strange, out of ordinary and stuff that no one else dares to do. Someone who dares not to die. Now to me that was fun. But I also, I would say I'm wiser now. I also learned that you don't need to leave like a perfect daily schedule all the time.

Teemu

If you have one sleepless night or you need to work a bit later, you're not going to like, destroy our life with that. As long as you know how to bounce back. So I think resilience and knowing how to recover fast is the most important lesson I learned from this I. We just published the Resilient Being book, which saw about this kind of resilience.

Teemu

Like how do you build an organism that is hard to kill and which is recovering fast? So then growth is not when you do something. Growth is not when you exercise some muscle growth is not when you learn something by reading or immersing yourself into it. Growth happens at sleep or at rest or like in some kind of accelerated recovery state.

Teemu

In biohacking, there has been many who have been promoting like, hey, you take these pills and you only sleep 5 or 6 hours night and you're still going to kick ass. I've done that also for a while, and I don't recommend it to anyone. So you kind of learn these tools that help you to get away with so many things, and then you can pack more into your day.

Teemu

And then the question is like, once you have packed like maximum 24 hours, like how much is there? Like really any kind of flexibility. And I think that's the challenge with daily routines and all these technologies. What I learned when I was used to all these technologies was that it takes a lot of time to play with these toys, right?

Teemu

Your whole day is pretty much about devices. Over time, I learned to stack them so that I can get multiple modalities at once. So, for example, like going into my routines, I use a sauna every single day, but I have two different saunas. I have a traditional Finnish sauna with the stove, and then I have an infrared sauna.

Teemu

Those are different. Infrared sauna is not really a sauna, okay. It's a different kind of technology. Infrared sauna is similar but different. I use it usually in the mornings because it doesn't have such a strong effect on your nervous system, like a traditional sauna has. So I use traditional sauna, maybe more like later in the day and three times 2 or 3 times a week while an infrared sauna I can use every morning.

Teemu

You will sweat like 3 or 4 times more than in a traditional Finnish sauna because of the way how it works. But I have a humidifier there to increase the humidity, so it's it's, makes the respiration even harder. Your skin is a key detoxing organ. So you can support that in many ways. You can have like some autophagy supporting supplement even in in that context or detoxing, supporting supplements.

Teemu

Anything from I've seen all hermetic thyme or rosemary tea all the way to methylene blue. Why would someone take methylene blue and go into a sauna, which is basically a food dye or industrial dye? Original? It is because I have a red light panels also on my infrared sauna and near infrared panels as well. So I have far infrared, near infrared and red light.

Teemu

And what that wavelength of light does. It activates mitochondria to produce more energy and methylene blue or photosensitive dyes. Your cells to that wavelength of light even more. The heat will increase your cardiac respiratory system activity. Red light and near infrared does that also. So it increases expansion of capillaries and blood flow. And the more that expansion going on and your body is trying to expel heat, the more there's blood flow on the skin.

Teemu

So then when you use red light or near infrared, obviously, because it has a systemic effect, it will be way more effective than just using it in room temperature, just like with normal core temperature. So that's a stack. So I'm combining bunch of things and I can explain why I'm doing it scientifically speaking and why it's why it's awesome to do it all together.

Teemu

I have other stacks also supplements and like recovery protocol as well, but I don't have one set routine. There's just stuff I like to do nowadays. Like the sauna stuff is like pretty much like part of my routine. If I would do exercise, a pretty good time to do it around. When you do that sauna session, I'm not working out to build muscle.

Teemu

I'm working out to maintain muscle mass and for longevity purposes. So for me, exercise is the question of what is kind of the minimum dose to trigger those hormonal, biochemical, etc. cascades and nervous system adaptation that leads to the benefits of blood sugar regulation, which is the benefits of like lower resting heart rate. And and also, of course, like muscle mass.

Teemu

Because muscle mass is important as you age to maintain, you lose it faster. It's harder to gain back when you get older, but it's also key for reducing your risk of injury, and it's also key for reducing your risk of metabolic issues like diabetes. That's one thing, but it's something you can't really go to a public gym. Imagine going to a sauna, you're sweating like a pig and then going and going to do a workout.

Teemu

So I'm pretty much doing this at home. So that's that's kind of like how I start my day. That session is around 30 to 60 minutes total, including some exercise. Now I combine that with hydration and electrolytes and supplements. And if I'm having a fat based coffee or much at the or something that I'm having that also, I usually don't eat breakfast.

Teemu

I've noticed that it works best for me, so I've then sustained energy all the way until evening. I basically skip lunch every single day. I practice this kind of one meal a day, kind of idea or philosophy. I try to eat my calories within a four hour window most calories, and I'm not on a ketogenic diet, but I'm more like on a cyclical ketogenic diet.

Teemu

And when the weather is good and it's summer or spring, I collect a lot of wild herbs. So like maybe 30 different plants in one dish that I collect myself. And that's an amazing wild salad usually. So there's this whole debate about single foods, but I think eating just one kind of simple diet is stupid. You're an absolute idiot if you're having steak and broccoli every day.

Teemu

Why? Because you will reduce your microbial diversity in your gut eventually. Like your gut is feeding on on different plants. You're absolute idiot if you're vegan and you're just eating soy products, or you are, you think you are doing the healthy choice and you're always having something like oats in different forms, like oat milk or old bread or whatever.

Teemu

Like you are not really eating with diversity. It's all about quality and nutrient density. Because if you think of nutrient density, if you have like one handful of salad and then you have one handful of, let's say, Mediterranean herbs, that's a completely different story in terms of what's in it. You can actually kill yourself with the oils that are in time if you take too much for rosemary, those volatile oils, rosemary acid, for example, are powerful essential oils, but also not just essential oils.

Teemu

They are protective agents in the plants themselves. So I'm a big believer in eating stuff that is like super hard to kill. That's why I have functional mushrooms for medicinal mushrooms like chock a lion's mane, cordyceps, turkey tail, or like in different ways, teas. Lately I've been having lion's mane steaks, oyster like. These are great, not just because it will, like Lasmo, will

boost your cognitive performance or something like this, or neuro growth factors like it does to some degree, but also because it stimulates your immune system.

Teemu

And yeah, you can take probiotics, prebiotics and all of that. But the more I've spoken with microbiologists who actually know what they're talking about, there is nothing like good bacteria or probiotic. Those things statistically have interesting effects and they can help us. What really matters is more microbial diversity, because even the so-called good bacteria can be problematic in excess.

Teemu

So you don't want your ecosystem inside of you to be basically void of diversity, just like you don't want your nature to be void of diversity, life in general, evening routines, everyone's interested in that. I would say I focus more on my morning routine, but really recently I started using artificial intelligence to design my daily routines. So I've written content with my team for our ten years like thousands of pages, 10,000 like meta studies references in our books.

Teemu

So I trained on AI, on everything we have written. So we have filtered as humans, basically our best understanding. Then I create an AI that is specialized based on all that information to design daily routines, basically telling me, what are we going to do today? Every day is different. So my AI knows that. It knows what my week looks like.

Teemu

It has access to my calendar, it knows my context, it knows what equipment I have available, and it decides my daily routines in a way. So it's my extension and it's like I can outsource all this thinking process, what I'm going to do to this thing. And I think that's what people seek in routines. They want things that just run on autopilot, but autopilot, like doing the same thing over and over again gets super boring.

Teemu

But in the end, like, there is no single perfect routine. I mean, I've done I've sequenced my genome, I've looked at all my biomarkers. I've been like tracking ten years of sleep data and like had hundreds of variables. And unarguably when I look ten years back, like I'm biologically in a better state than ten years ago, and I'm not using here the argument that my aging score is that I'm now 24 or something, but I'm just comparing my biomarkers from ten years ago and now and it looks better.

Teemu

I'm comparing my nervous system state, all of that not sleep score. But just like resting hard or heart rate and all of that, I'm in a better place now than I was ten years ago. And that's that's kind of where I'm at all these things.

David

I love this idea that, what are you talking about day to day variety and this idea of the, you know, the gut. We can see this through society, through nature, through our guts idea of a, diverse ecosystem is a robust ecosystem. And I think diverse society is a robust society. And, you know, all of that. I love that what you've done is you've you've taken and of one and combined it with all the science.

David

And now the AI, as you said, everybody just wants to be told, what should I do? And so, you know, that's where puberty in, in these people come in is, oh, well, you there's a stack on the full moon or whatever kind of nonsense, but it's really comes down to end of one. And if you can have an AI that knows you and knows the science and knows what works for you and can be prescriptive for you, that's true.

David

I would just love to wake up to a text that said, okay, David, so today you're going to swallow this and you're going to sit here, you do this and that and like, oh my God, my life would be so much simpler.

Teemu

Yeah, this is, this is it, man. And so I've dedicated my life and time now to build something like that. And I'm not just going to be simulating us and our writings. I also want to to bring on other people have filtered a lot of information. So what AI is doing is basically like with every word or every talk, and it's predicting what would be the next talk.

Teemu

And so you give it an input like make me a daily routine and this is what I do based on that. It's basically predicting what would be the best word to start with and then what would be the next word and the next word and like it just goes every time in a different place. But it all makes sense to humans who work with language and symbols.

Teemu

We are also every single moment we are predicting the future a little bit. So your nervous system is a little bit delayed. You're like you're processing off the information. What is happening is a little bit delayed because also it takes time to react and figure something out. So our brains have or to evolution we have developed capabilities of kind of predicting where things will be next.

Teemu

So if people go to the App Store and they download an app called Holo Habits. So holo habits, it's an iPhone and it's coming out in Android in a minute. So it's actually an app for your daily audience in a way. So you can it has like all these little things that we can call like daily routines or protocols, from ice baths to like your fat based coffee in the morning or something like this.

Teemu

But it's a social media platform, so it's basically a community of people who want to share that lifestyle. Because we often as bloggers, we feel a bit lonely with our weird diets and gadgets and supplements, like most of our friends don't really understand us and like think we are a little bit like off. So this is where you can find others and that's kind of key for behavior change.

Teemu

What I've noticed is that it's not really tracking data, it's what is the most effective ways to surround yourself with people who want to do the same? That's why I've done Debianer summit ten years. I want to hang out with people who I want to mirror. So we're not that different from AI. So we have these mirror cells and we copy, we imitate.

Teemu

And it's an innate characteristic of humans. We are very good at imitating mastery. And this is what we do when we go to school. Or we get a trainer or something. We want to imitate mastery so that we can become masters ourselves one day. And then there's someone else who's going to imitate you, and it never ends. So in the end, it's also important to understand that.

Teemu

What is your legacy like? What are you leaving behind? What is the impact you make? So if you make yourself into this perfect human now, then are you going to masturbate on that or are you actually going to, like, do something useful to the world or help other people? And that's why I came up with the term call of Life, because I didn't really like the biking, just like you kind of had weird feelings about it.

Teemu

I think words are important. The first association is someone who knows absolutely nothing about might get like misguided in the beginning, right? They might misunderstand. Whole life is hollow, so it's me. It's whole. Greek word. Holistic is one, one root word all of life, life. Because in the end, it's all about lifestyle. It's all about life patterns. Life is about longevity.

Teemu

Also living a good life. So I think it's a much more positive term and it's like more complete life in a way. And what is more complete life here is it incorporates biking, which is very body centric. So in whole of life, what I'm really looking at is the physical, mental and spiritual and social development of a human being.

Teemu

So I don't think you can only just focus on the physical, like you have to be a nice guy also. Right? So that's the social. So you are you're a good person to, to be around with. Like there's goodness in you. Then there is the third thing is the mental and this is where blockers are very like brain centered, like nootropics and all of that.

Teemu

But I think it's like meditation. All of that is connection to the universe. You know, in a deeper level, awareness, I would say. And then the fourth is spirituality and spirituality, not in terms of religion. Understanding that you are more than you, but in a sense you are in the web of life. You are absolutely insignificant with your perfect six pack abs.

Teemu

Like like no one cares, right? But in the end, we are part of a collective and we are part of this planet and the larger ecosystem. And then if you do work on yourself on all these levels, most likely you have to work on your body first because your brain is not going to work. You probably don't have access to higher realms.

Teemu

This is what the yogis all thought. Why do you do yoga poses to us? Not because it's an exercise program, but you did that or nice stretching it. They did that to be able to sit a long time in meditation. So you've work on your body and then it opens up that mental and cognitive faculties and system more optimally working biology that you can be of service to the world.

Teemu

So this is what in the end matters is like are you fit for service? Are you Prometheus ready to carry that fire of humanity? And this is my philosophy for all of life. I think it's a better term, the

biohacking. I mean, I've been I've, I've wrote the Bikers Handbook and did Podcast summit, I call it a life summit.

Teemu

And my new book series called the Whole Life Series, whatever. These are terms, but terms are important. I think we need positive outlook to health and wellness because longevity comes from fear of dying. Warren Buffett, the guy who has a few dollars. He said that he would anytime exchange see it's with a young student who has no money.

Teemu

And by the way, he came out of nothing. The whole point here is that we are afraid of dying, and this is why, like we invest in this stuff, it's not an immediate return, right? You're doing something that has effects, maybe 1020, 30 years down the road so people kind of wake up, oh, I need to do something.

Teemu

I'm going to die. And it's a coping mechanism to the eventual demise. We are all going to die. I think it's very fascinating to us to think about it like, why do we do these things right? Philosophy of longevity. This is just fascinates me. But I would say most people would be better off not stressing too much about it.

Teemu

And also doing something is better than doing nothing and doing some beneficial things repeatedly that are hard, that are going to challenge you a little bit, that you don't really like that much. Talk a little bit outside of your comfort zone. That's what resilience is all about. If you want to be a resilient being, that's what you do.

Teemu

And if you want to live a long, I can tell you the best research out there right now tells you it's a miserable life. You're going to be calorie restricted. You're going to like exercise repeatedly. You're going to sweat for living longer. It's not fun to live longer.

David

Timothy, you have really piqued my interest about your summit. When is it and where is it?

Teemu

Yeah. So we have this whole a life summit and it's 14 and 15 of June in Estonia. In Tallinn, it's probably the best time of the year to visit, like I would say, like beginning of summer, here is the best summer in the world and you can go to Finland. Also if you want to combine that with something called do in terms of nature.

Teemu

And yeah, that's that's what's happening on our event is not a like a trade show traditional sense. It's more of a festival. So it has more of a festival vibe. Of course, the craziest longevity bikers hopefully are damn old people who are just interested in the topic, the Longevity Gold Rush, because this is what we are in right now.

Teemu

Everyone is seeking the Philosopher's Stone. Everyone's seeking for the magic pill. Give me, give me that. You know that's going to give me a few more years. So welcome. You're welcome to have a debate, if that's possible.

David

Amazing. I would love to come. I really enjoyed this conversation. Our mutual friend Laura Hoff said you need to speak to Timo. She was right. This is a it's just been really wonderful. I appreciate you telling the story of your own journey and and know listening extreme to a different way now and I think that's it's a valuable thing.

David

It's an interesting intersection of time that we're in where we have tools like I, we have also just a vacuum out there from their religion and sort of broken social structures and people seeking something. And a few years ago I thought it would be art. I thought that's where things would go, but which, you know, it's gone into this other, other longevity mode.

David

You can sort of take that as long, you know, as far as you want and with as much meaning as you want to attach to that. And as you said, you can pick as much discomfort as you wish. And I tend to believe that people like Brian, Brian is starting religion, and I appreciate the scale of his vision.

David

He wants to change the course of the world. Go big. Brian okay, but I don't believe this is sustainable. He's a he's a special guy. So maybe it's I don't know but I.

Teemu

But yeah we will see. Right. We'll see like like all these people I mentioned like I know people personally. Like I'll be in contact with them, done stuff with them. I'm in the same industry. Yeah, I'm kind of like them. But I also like to be a little bit of a devil's advocate to kick the tires a little bit.

Teemu

House like some kind of mask or like some kind of role like they have like, act going on. Right? So like I want to like snap them out a little bit like, hey, hey, look here, you know, have you noticed what you're doing? Of course it's a personal reflection. Also, like I've gone through these same cycles that led me here to this realization.

Teemu

The wellness industry is interesting. It's full of these kind of characters. If you go to the more spiritual side or meditation side, you have like told his expense off the list goes on. There's always someone, Tony Robbins, whatever, who's going to tell you like, this is the secret to perfection. And I've learned from all of them. And I recommend for anyone to not follow any influencers blindly what they do or ever like, not to like, join a cult, but to like, learn their best sides and integrate those into your life.

Teemu

What works, what doesn't? You can learn. There are great mirrors to yourself. Like when you look at this caricature, you will learn a lot of things about yourself actually by observing that, by just asking like, could I do this? And even trying it and, and also understanding that part of it is media, part of it is part of is made up and it's okay.

Teemu

We are living in a simulation here and, and you can choose what you come. But I think it's it's very important to learn from different masters and then integrate your own approach. Social media is full of people who will tell you that like, but if you find it interesting, I do invite people to kind of think harder, think deeper about these topics like what?

Teemu

What's actually going on? And this is what I want to kind of like wake up people to think about through this podcast. I'm very grateful for you to be inviting me to to have this conversation on it. I think, like as much as we celebrate this and we blindly believe we have to have like sometimes a serious Socratic dialog about it where we actually question everything.

Teemu

And this is what I tried to do, because the moment I start to believe my own bullshit game over, you know, this is this is what happens to girls. Like, that's the thing I guru is a mirror. So you seek your own gurus and figure out like, what works for you, but it's in you in the end. Like, you have to understand that you are your own guru and like you have to like, go through like different crazy things and diets and methylene blue and like injuries and accidents and suffering and also successes that then lead you to be who you are.

Teemu

And that is what life teaches us in the end. And yeah, we are all into this kind of art of living where, I mean, there's art of longevity, art of all of life, of like living, you know, more complete life. Because if you do believe that you're going to die one day, that your religion doesn't have to include that.

Teemu

I mean, it's time to make the most out of this time here. And this is like fun. Like, this is kind of like a hobby, right? It's a lifestyle. It's hobby. It's, it's a pastime. Like, if you have nothing to do, you can get 100 variables. I can tell you I've done that. It's. It's fun. You have a lot of toys.

Teemu

You have no. No time for anything else but the toys. But it's cool.

David

That's right. We're here to be useful, not put numbers up on the board. So, Timo, it has been a joy and a pleasure. You have enlightened my mind. And I enjoy these kind of conversations very much. We're going to put. We'll put links in the show, not to the books and to the whole life Summit, which sounds absolutely fascinating.

David

You're remarkable. I hope we get to meet in person someday. I would really enjoy that. Yeah.

Teemu

We here in the north, northern part of Europe, we are. We are a little bit like this. We say things straight. Yeah. You can usually trust our word. Thank you so much.

David

Thank you so much, Timo. If you haven't already subscribe to it, please go to Age's dot com and sign up for a newsletter we work so hard at. It's really best in class. We have an incredibly loyal audience. We have deliverable and open rates, engagement rates that just nobody else has. Why? Because we worked so hard on it.

David

So you want to check that out this week we have an amazing piece about a swimmer who's a doctor who helps people do long distance swims, has worked in Alzheimer's. Amazing guy. You know, every week we try and really have somebody there who's inspirational, aspirational and gives us attainable tips to help us live a little better because that's what we want.

David

We've got to treat a cauliflower steak recipe. Who doesn't want that? You guys check this out. And in our health science, you know, do men and women experience stress differently there? Foods that actually reduce blood sugar levels for people with prediabetes. And let's talk about sleep patterns and Alzheimer's. These are some things you're going to get every week with the adjust newsletter.

David

So if you haven't signed up, those are some of the things we're going to do this week for you. So a little bit on what's going on around here. We are in New York. We have planning a vacation coming up. Yes. Vacation. I want to say my other initiative called Super Age. If you go to Super Edgecumbe, we have grown to 500,000 people in honestly, four months.

David

There just isn't anybody else who's doing what we're doing there. So you also want to check that out? Things are pretty good here. It's called is the. But Jesus here in New York it's a real winter. It's been cold. There's been snow. There's snow on the ground now. And I kind of like it. It's nice to have seasons, right.

David

Seasonality, nature. We're going to get with. Just try this after a quick word from our sponsors, I want to tell you about something that's become an essential part of my wellness routine. The bond charge infrared sauna blanket. You know how much of a priority optimizing my well-being is. And this is one of the longevity tools I'm really enjoying.

David

I've tested a lot of saunas, and here's what shocked me. This portable blanket from Bond Charge raises my heart rate just as effectively as traditional saunas that cost thousands more. I actually measured it 20 minutes in the blanket. It gets my heart rate up to 95 beats per minute, identical to what I see in those expensive box. Soreness.

David

And what makes it special is you can use it right at home, lay on your couch listening to an audiobook, listen to a podcast, whatever you like to do. The blanket uses far infrared technology to help you sleep better, recover faster from your workouts, and support your body's natural detox processes. You can customize everything from temperatures up to 176 degrees to session length up to an hour.

David

I personally use mine 2 to 3 times a week, and I've noticed significant better sleep. Just throw on some comfortable clothes, nothing synthetic. ZIP yourself in and let the blanket do its magic. Cleanup is a breeze with just a quick wipe down afterwards. Now I know investing in your health can be expensive. That's why I love that bond charge has made this technology accessible without the hefty price tag.

David

One of those full size saunas. And for our listeners, they are offering special discounts. Just head over to [Bond charge.com](https://bondcharge.com), use the code ages 15 at checkout or click the link in our show notes this week on Just Try This. I want to talk a little bit about helping your brain through doing these simple, sort of silly things known as games and puzzles.

David

So there's Sudoku, there's crossword puzzles, there's any number of sort of mind challenges on your phone. You can download these apps. So why do we want to do that? Well, if you wake up in the morning and the first thing what you're doing is you're scrolling through your phone and Instagram and getting your Dopa hits, that's actually not really great for your brain.

David

What's it's doing is it's you're sort of shaking your dopa dopamine. So that's something that helps you feel really good. You see this is going to peak that during the morning, and then it's going to fall off in the afternoon. And you're not going to be able to work as well. A much better way to start your day is with a mental challenge, sort of kickstart your brain into doing something hard.

David

Well, sort of hard. I think crossword puzzles are hard. That's my tip for this week. Try and start your day with some sort of a puzzle, a challenge, a word game starts. Kickstart your brain in the same way as if, say, going to the gym and you do your workout in the morning. So maybe before you do your work in the morning, you do.

David

You do a brain game, do a puzzle. See how that works out? That's just try this for this week. We're going to see you next week. What are you going to so many great guest lined up. I'm so happy that all of you are spending your time with us. I know that there's so many other things you could be doing and you've decided to spend it with us.

David

So thank you all. I really appreciate it. We'll see you next week. Have a great week.