

Announcer: Bulletproof Radio, a state of high performance.

Dave Asprey: You're listening to Bulletproof Radio with Dave Asprey. Today's cool fact of the day is that some extinct hominids didn't just stab their prey from a close distance. You might be saying, "What the heck?" But check this out. Archeologists at University College London recently had a sporting event of prehistoric proportions to figure out how cavemen could actually hurl stone aged spears at prey with any power, accuracy, and distance, because if you've ever tried to throw a spear, it's actually kind of hard. These athletes were six javelin throwers and they were probably as strong as the average Neanderthal.

Dave Asprey: The weapons were two replicas of 300,000 year old wooden spears, which were one of nine ancient hunting tools they found in Germany in a coal mine. A lot of researchers think that these Neanderthals snuck up on and stabbed the prey with pointed sticks basically. Well, that would be kind of cool, except maybe that's not true. The data from high speed video cameras at the throwing event showed a crucial piece of evidence for long range hunting. It turns out that there was no loss in the spear's speed or physical momentum between its release from the athlete's hand and when it hit the target. In other words, they built their spears right, even though they were these cavemen that we like to think of as dumb just because they have overhanging foreheads and things like that. Well, what does that mean for you?

Dave Asprey: It means that if you, like me, have some genes from the Neanderthals, you may have the gene that gives you less back hair than average. Yes, that comes from cavemen and yes, I have that gene. If you ever see me with my shirt off, I have less back hair and maybe I can throw a spear. In today's episode, I have two athletes on, two twins, brothers. I'm talking about none other than Bob Bryan and Mike Bryan, twins who are some of the best-known tennis players on the planet. Guys, welcome to the show.

Mike Bryan: Thanks.

Bob Bryan: Thanks for having us.

Mike Bryan: Thanks, Dave.

Dave Asprey: You have guys have, last I counted, won 117 tour titles, which is unprecedented. Is that number accurate?

Bob Bryan: 118.

Dave Asprey: 118. See it ...

Bob Bryan: 118, but no one's counting. Mike's got a few extra.

Dave Asprey: You have a career Super Slam 16, Grand Slam titles, more than any men's team. I'm just going to go straight for the money question with you guys. What the heck makes you so good at this? You are performing at this incredible level. Granted, I'm asking both of you, but is there one thing you would credit this to?

Bob Bryan: Well, it helps being twins. We've been playing together for almost 41 years. Most teams join together for just a couple. We've been on tour here for 20 years, played over 1,000 matches together. It helps that he has a 140 mile an hour serve, lefty serve. I got a decent return. We think alike, so we can kind of read each other's minds. We move together and cover each other on court. We really love what we do. We're having a blast. We're 41. We're still going strong. We're playing against guys almost half our age and figuring out ways to beat them. We're having a good time.

Dave Asprey: You guys are in your 40's, like early 40's. That's really interesting. There's been all kinds of literature, and you know because we've chatted over dinner. You know that I do all sorts of strange neurofeedback and things like that. There are unusual things written in various books about how there's intuitions and connections between siblings and mothers and children and especially between twins. Do you think that some of the reason that you guys are so successful is that you're connected cognitively in some way that's hard to explain?

Mike Bryan: Yeah. I think we can get an energy going on the court that just feels like it's going in one direction, I think it can be intimidating for opponents to feel like we are kind of a two-headed monster coming at them. We're extremely loyal to each other. We have our blow out fights. We've had many slumps where it does get frustrating, but just having the confidence that we're not going to go down the street to the next partner, it's comforting and it actually makes us stronger knowing that we can have our toughs moments and the other guy's not going to bail. We're building all this experience, all these situations that we've been through together is only helping us for the next match.

Bob Bryan: Yeah, and we practice together every day. We've played together for so many years. I believe it's more the reps, playing with someone, being by their side on and off the court for so long, that you kind of lock wavelengths and you start thinking like we always finish each other's sentences. When we watch back our matches, it's eerie how we're bouncing at exactly the same time-

Dave Asprey: Wow.

Bob Bryan: It's crazy to see. It's like we're just one energy out there. But we're also extremely different, which we're identical twins. He's more right brained. I'm more left brained. He's more creative, like he can paint and draw. I have no artistic ability. I'm super anal with my time and I'm super organized. He's just easy going. He's got three kids, brings them on the road. He'll practice and then just head off to the park, where I'm trying to bio-hack and get in the hyperbaric chambers. He's more loosey-goosey, which-

Dave Asprey: Your personalities are very different, but you have the same genetics. Interesting.

Mike Bryan: Yeah. It is the right brain/left brain. I'm left handed. He's right handed. We complement each other well. Like he said, he's very anal and he's in to the bio-hacking. He's been into it for 15, 20 years. When was the first you went gluten free?

Bob Bryan: Yeah, I had more injuries when we turned pro. I had bouts of arthritis. My stomach was struggling. I was getting sick a ton. He was totally healthy. He had no problems whatsoever. That's when I went gluten free, started adjusting my diet, started taking care of my body more, and just went down this whole rabbit hole of health.

Dave Asprey: You do look healthier, between the two of you, if I could just say. You know what I'm saying?

Mike Bryan: No, but like he said, he was in the early 20s, and he was dealing with injuries. I was kind of laughing at him. I was just like, "Hey, man. I'm indestructible here."

Dave Asprey: Like, are you some kind of a wuss kind of a thing?

Mike Bryan: Yeah. I thought he was a wuss. He was having some really bad luck and he started clearing up his diet and doing some stuff differently and he started feeling great. Then, we went doubles and-

Dave Asprey: You guys are the best guinea pigs ever. Have you both done your Viome test? Do you have different gut bacteria? Have you done the genetic like full workup to see?

Mike Bryan: Done all that stuff. I'm trying to bring Bob along. He catches up like a few years later. But I've done the Viome, I've done the genetic testing. I think it all relates back to when we were born. I was a little bit undercooked. I stayed in the hospital for an extra week where he went home. I was in an incubator, I had jaundice. So, I think I struggled a little bit from the early stages, and then I was a little bit more prone to sickness.

Dave Asprey: There you go. That could easily explain a huge amount of that because of you got bacteria changes in that. There's even a birth trauma thing that happens, right? If you're in the hospital for a week I was, I came out with a cord around my neck and there's long-term studies around auto immunity in that. Okay, maybe that's what it was. You got a different bacterial start and you guys went in different directions. The right and left hand thing is mystifying to me, but I want to like look at your data next to each other.

Dave Asprey: There aren't very many twins who have something called the Brian Golden Slam named after them. We took the French Open, Wimbledon, the Australian Open,

US Open, oh and a gold medal and the Olympic. That's crazy. I like to theorize that you guys must have some sort of magic connection there. The right and left brain thing is also, I think pretty unusual for identical twins, at least, I'm not an expert in that, but from what I've read.

Bob Bryan: You see a lot of identical twins that are left and right handed [crosstalk 00:08:50] twins.

Dave Asprey: Do you?

Bob Bryan: Yeah. I think that's where that come from.

Dave Asprey: All right. And then, I also heard in there that the 10,000 hours, so you've been playing together longer than most people who've played doubles. Have either of you in your career spent enough time playing with another partner to really like get to know them at least a year or something?

Mike Bryan: Yeah. Well, last year Bob actually went down with a hip injury, which is the first injury amongst us that kept us off tour. We played 20 years straight. We were having a great year last year, on a roll, the number one team in the world. In Madrid, in the finals, he just fell a sharp pain in his hip. It was like a sniper got him from the top of the stadium and he couldn't put any weight on his hip. We had to put him in a wheelchair and we were hoping, okay, this is going to be a two week thing. But it ended up being about eight months. He needed a full on hip resurfacing, which we were hoping that he wouldn't need. He tried to stem cells. He tried every other therapy, but it was just too far gone. It was, basically bone on bone.

Bob Bryan: Yeah, I tried to rehab for three months and then I went to a doctor to get scoped and the guy looked at me and just said, "This is unscopeable." He says, "What do you want to do?" "I would love to come back and retire in my own terms." And he said, "Okay, you're going to need to get a hip [inaudible 00:10:15] replacement." I got a guy that he does a modern version of it, it's called resurfacing where they ... but it's still a metal ball and a cap. But I was back five months later.

Dave Asprey: Yeah. You're cyborg now. Do after they have special cyborg rules?

Bob Bryan: Actually there's another cyborg. Andy Murray just had the same thing done. He's pretty big news over here in London during the tournament. He won Wimbledon singles twice. He's 10 years younger, so he's going to try to come back and play singles with this surgery, which should be interesting and we'll see if he can do it.

Mike Bryan: Yeah, but it's pretty cool Bob Was the first guy to come back with a metal piece in his body and the first player to win a match and then first play to win a tournament. And we're having a great year. Now, we're one of the favorites for

Wimbledon, which he's done an extremely hard rehab schedule and got back to 100% where he's actually moving better than he was before, which is really cool. He keeps telling me that, "I'm going to have this done." I'm stretching every day. I'm rolling, I'm doing everything I can, but genetically, we're pretty similar.

Dave Asprey: It is interesting if you're the one with the auto immune issues or whatever the earlier injury thing, but your hips are doing all right. Have you done imaging? Are your hips still in good shape because maybe some of things you're doing work, or are you also like getting ready to, like, okay, you're 40. You've been playing professional tennis for 20 years. It's kind of hard on the body. But do you feel like you guys are kind of in alignment or are you actually pulling out a head? Did you grow your resilience because you didn't even know that gluten or whatever?

Bob Bryan: Well, at 25, I went to the hospital, I was feeling a lot of pain in my hips, I had arthritis. They did an X-ray, and they were like, "Okay, you're a bone on bone." At 25. And they're like, "We're going to have to shave down both your hips." It was a career ending injury back then because the technology for the surgery wasn't around." So, a lot of guys were going down with that, but then I just totally shifted everything, started just fixing my microbiome foods, everything. I just total went into bio hacking mode. I think I've just really extended the lives of my joints somehow. How long they can hold, I'm not sure. But I do have more space in my joints now than I used to, which is pretty amazing to see ...

Dave Asprey: They're growing.

Bob Bryan: on an X-ray. I've regrown some cartilage.

Mike Bryan: You're the only guy in history to regrow cartilage.

Bob Bryan: Yeah, but I was skeptical. But I do feel better now at 41 than I did at 25.

Dave Asprey: If it helps, I've this anti-aging nonprofit group that I run in the Bay Area that I ran. We had a lady come in, she weighed about 400 pounds. I would translate that to stone because we're at Wimbledon, but I don't know how to do that. She was on a walker and she came in and she said, "I'm going to inject ozone." In her case, in her knees, her cartilage, and she shows her X-ray's bone on bone. She does three prolozone treatments. She comes back about six weeks later to the next meeting without the walker.

Mike Bryan: Whoa.

Dave Asprey: She's, "Hey, everybody, look." She shows us her X-rays. You could see the cartilage that regrew.

Bob Bryan: Really? That's strange.

Dave Asprey: It was crazy. We definitely have cases where it can regrow. I've seen stem cells do crazy stuff, but if it's gone, if it's bone on bone or if there's slow growing infectious stuff that doctors oftentimes don't realize might be a part of it, the stuff that eats your collagen, that can also be an issue. But you brought it back. Something happened, but you ... it does happen that you can regrow it. The idea that you can't is that it's hard to regrow it without the right environment around it. I would love to see more professional athletes doing preventative maintenance in the joints. Eating more collagen. The other thing is, I'm assuming you're both eating collagen now for joint protection.

Mike Bryan: Yeah, all day.

Dave Asprey: It takes seven years to replace half the collagen in your body with new collagen. The rate of replacement is very slow. So, keep eating your collagen, do the stuff in your joints. I think you can easily get another five or 10 years of playing professional level sports. Nick Foles was just up here at Bulletproof Labs, MVP from the Superbowl. He's also older than a lot of the guys, but he's hanging in there. But it seems like the guys who are practicing preventative maintenance are just extending. Tom Brady does the same sort of thing. How long do you think it's feasible for you guys?

Bob Bryan: Well, the average lifespan for a tennis player used to be around 30. If you look at all the guys in the past, Pete Sampras retired at 30. Agassi [inaudible 00:15:01] like 34, 35 and he was ancient. No one could believe he made it that long. He went out to the US Open. He had really bad hips, had them both replaced. If you do everything right and you take care of your body with recovery, get your sleep, you don't go out and you don't drink and you take the right supplements. I've been taking collagen since I read your Bulletproof Diet book, I think maybe three or four [inaudible] every day.

Dave Asprey: Oh nice.

Bob Bryan: I think you can go in doubles until you're 45. The goal is to play the Olympics next year. We played our first one in Athens and so that will be 42 there. Why not try for, the next one's I think in LA, we'll be 46. You've got to set these goals and really work every day to do it. It's being professional in every aspect of your life. I'm trying just to dial on the health as best as I can because when I'm done, I want to be able to play with my kids. I want to be able to walk down the street and not be limping or needing a metal on every joint. That's my goal is to retire healthy, but keep playing as long as we can.

Dave Asprey: I want to know what you guys do different in your training and recovery at 41 than you did at 31. So what have you learned in the last 10 years about how to manage either one of those recovery or training?

Mike Bryan: Well, I've learned that you need to scale it back. You got to really devote time to the recovery. We're doing more time recovering than we're on the court. We

used to hit, when were in our younger 20s, we used to hit three or four hours. Now, we're going out there really intensely for 45 minutes to an hour, getting it all in quickly and then we're starting the recovery process. I think we're scaling it back and we feel a lot better, more energetic for practices and matches than being in the gym and the court for just way too long. I track my HRV and I'm all this, and if I go over two or three hours of exercise, I can see that drops dramatically the next day. So, just trying to find the right balance and we've hit a million balls, so short and quick on court, and then it's all about the recovery.

Dave Asprey: All right. Do you both practice the same recovery techniques, technologies, or do you each have your own sort of paths? You train together and then one's getting a massage, the other one's in a sauna or something like that?

Mike Bryan: Yeah. We both do it. I think I'd probably do a little more simple. I do a lot of massage. I use the Norma Tec, I used the Theraguns. We have a Beamer. We each have a Beamer, so we'll do that in the morning and in the evening. And then, you take it one step further and he travels with a bag of stuff. I bring an extra bag of supplements. Have you heard of the ARP device? It's electrical stimulation, so you can fire your muscles in a short amount of time and build the muscle that way.

Dave Asprey: Yeah, exactly. It uses a mixed wave form. I have a Russian prototype that uses that same wave form. A new stem makes one. Actually, at Upgrade Labs, we've got a new one coming in with the same set of wave forms. Yeah, that's cool. So, you actually traveled with those?

Bob Bryan: Yeah.

Dave Asprey: The right kind of electrical stimulation will cause muscle and even nerves as well as cartilage to regrow, which is cool. That was another technology besides the ozone that grows cartilage. Okay. That's cool. That's pretty unusual. It's pretty expensive too.

Bob Bryan: Yeah, and then we'll always do ice bath. It's painful. They always have [inaudible 00:18:49] tournaments now. They don't have ...

Dave Asprey: Okay. How long do you go in?

Bob Bryan: We go like 10 to 15. They don't have cryotherapy at tournaments yet, so we'll try to find that if it's around the city. I try to hang out with Novak Djokovic. He's super into that. He also brings in a big 16-wheeler where he has his own hyperbaric chamber, his own cryotherapy, his own float tank. He's got everything in there, which is nice. So, I'm trying to ...

Dave Asprey: I think I need to interview him that. I didn't realize that.

Bob Bryan: He brings [crosstalk 00:19:16].

Mike Bryan: I'm trying to snuggle up next to him so I can hang out in his RV, which is really cool.

Dave Asprey: No kidding. That's how to roll. Tony Robbins does a lot of that. I've spoken on Tony's stage a couple of times. He has like the stuff flown in, so there's like an inflatable cryo chamber and all that. I don't know. I'm not that big time myself. I just like take a cold shower when I'm on the road. Oh, I'm set up here.

Mike Bryan: Yeah. Then we're tracking. I have the Oura Ring. I see you're wearing it. I'm super into my sleep. I feel so much better when I get a good solid six and a half, seven hours when it's not fragmented and broken up. I'm always worried about the temperature of the room and the light exposure. I still haven't really cracked the code because all of my good nights and my bad nights, but I think it's a lot of jet lag involved. And then just being in different houses or hotels. I'm still trying to dial that in. Bob, you sleep like a baby every night?

Bob Bryan: I am.

Mike Bryan: Yeah. For some reason. I got two or three kids in my bed. My real estate is like six square inches of bed that I work off of, but I feel decent in the morning. I don't know why.

Bob Bryan: I'm a better sleeper than Mike. For whatever reason, I can sleep through whatever. Yeah, that's right.

Dave Asprey: Interesting.

Mike Bryan: Yeah, it's weird. Yeah, I don't really need to be dark in the room. Mike's taping curtains and making sure there's not one crack coming.

Bob Bryan: Yeah, I'm very sensitive. My nervous system is a little overactive. I know I get up to go to the bathroom a few times at night. Sometimes have trouble getting back to sleep. I always have a supplement. Sometimes I eat a bar like in the middle of nights because of my blood sugar. I feel like that might drop. That's what's waking me up. Sometimes my adrenals are a little taxed and maybe the cortisol spiking. There's not enough. So, I'm trying to figure that out. But I've had about five months of data on the Oura Ring, and I'm looking at it every day and maybe it's in my head.

Mike Bryan: Yeah, it probably is.

Bob Bryan: I'm trying to figure out ...

Dave Asprey: I love this, because you guys are twins. This is fascinating.

Bob Bryan: Yeah. I get into it and then I try to figure out, meditating, I think that's really beneficial. The more I do, it still hasn't really affected my sleep that much. Then,



I ordered this mini CPAP device from China. It was like 15 bucks on Amazon and it blows air through your nose.

Dave Asprey: For 15 bucks. Does it work? I haven't tried that.

Bob Bryan: For 15 bucks. It goes out of battery so I had to get two. My Oura Ring actually spat out some great data, like I only woke up once, I had better rims to sleep. I had better deep sleep, but still not super optimal. I did like an hour of rem and an hour and 20 minutes of deep. I know you're around the two hours and both, but ...

Dave Asprey: On a good night, you guys made me check right now, I did an hour and 31 of rem, an hour and 30 of deep and six and half hours last night. How'd you do?

Mike Bryan: Last night I had 57 minutes of REM, an hour of 10 of deep, but I was up for an hour and 20 minutes. So the efficiency is not great, so I'm just twiddling my thumbs in the middle of the night. I could spend that time reading or doing something, but I'm just fighting for sleep. I know how important it is because I play so much better, I can concentrate so much better on the court. I see the ball, but ... I don't know. I'm going to maybe do a sleep study one of these days [inaudible 00:22:56] time check that out.

Dave Asprey: I want you to take your Oura Ring and give it to Bob just for a night or two. Let's just like measure what he does. You can delete that data from those nights so he doesn't dirty up your data stream. Just see like does he actually sleep like a baby or is he just think he sleeps like a baby and he's actually getting the worst sleep on the planet and just is made out of titanium.

Mike Bryan: Yeah. I would definitely I want to see. I gave it to my girlfriend, I gave it to her mom and they look good. They stayed down in deep for a long time and they're getting the REM. I only get the REM from about six to eight in the morning, which is ... most people I think are supposed to get it throughout the whole night, but I'm only getting those key REM hours from six to eight when ... so, if I wake up early, sometimes I'll look, I'll have zero minutes of REM and it's really ... you have to focus on that little amount.

Dave Asprey: Wow. All right. I got a couple of hacks for you.

Mike Bryan: Okay. Yeah.

Dave Asprey: All right. The reason my REM sleep is as high as it is, because I was getting less rim than this, I get above an hour only if I use, there's a company called Life Cykel, L-I-F-E-C-Y-K-E-L. They're Lion's Maine dual extract is the only thing I've ever found that just pops my REM way up. I just interviewed the guys. I think the interview went up this week as we're recording this. I went up on the show. It's really interesting because I've tried a bunch of different stuff, but that's the thing that gave me more dreams than El Fini or anything else. Maybe that'll

work for you. Don't do it in the middle of Wimbledon. Wait til you sign and check it up.

Mike Bryan: I'm already on Amazon ordering it.

Dave Asprey: All right, but let's ... we can connect afterwards. So, I've got a couple more ideas for you. I want to know, when did you guys get to Wimbledon to manage your jet lag as pro athletes? You know you're going to have to get used to it, you want to be at top of your game. Does it take you a week, two weeks? How does that work?

Mike Bryan: Yeah, we've been in Wimbledon already for two weeks. We played a warmth event and now we're to settle it in and we're practicing at Wimbledon every day. We have a good 14 days to get adjusted to the jet lag. Bob, he goes home a lot of times you'll fly across the Atlantic to Florida to pick up his kids and then comes in. You bounce back pretty strong. But for me, I like to get here a good two weeks just to have your best chance. This is the biggest time of the year you want to feel good coming out of the gates hot and play well right from the beginning. Yeah, we've been here for a while. Flying back and forth, I wouldn't do that unless I had to. That's not recommended, but I have done that. Not only-

Dave Asprey: Okay. You don't do it recreationally, but there's family stuff.

Mike Bryan: If I have too, I do it. Yeah, exactly.

Dave Asprey: Your family is important, right? Okay. All right. I can respect that. I was about to say, so Mike, brotherly love, do you ever feel like just tripping him when, when he's not looking, just because he keeps not falling over from the things that would knock you out? Do you get a little bit like what the heck this guy's like ...?

Mike Bryan: He's extremely lucky. Before a meal on top and digestive enzymes and he's ... I got my fish oils, I got my turmeric, I got all this stuff, and he's only taken a few supplements in his life. I could probably fill up a swimming pool of all the pills that I've taken.

Dave Asprey: Which one of you has the metal hip? I'm just saying.

Bob Bryan: That's right.

Mike Bryan: I use that against him every day.

Bob Bryan: Mike, he uses that every day. It's like you got the last laugh. I keep telling him, "Sniper's coming for you buddy. He's coming hard." I don't know about that.

Dave Asprey: Ouch.

Bob Bryan: I'm going to defy you. You'll see.

Dave Asprey: I remember, I filmed this documentary called Moldy. I interviewed a husband and wife couple. The wife was having all these weird symptoms because their house had toxic mold in it. They're both doctors. And he's like, "I feel nothing." Finally, she said, "I must have a problem in my head." She said, "But my temperature's a little bit high, so I guess it must be real." I went down this whole two-year biopsying everything in the body to figure out what's going on. And they're like, "Oh, it's the mold in our house." The reason I'm bringing that up is he sat there, the husband who had no symptoms and said, "You know what, I finally realized this is real. Whatever's going on with her, it's not her head, it's actually a biology thing." It took him a long time.

Dave Asprey: Before he was just like, "What the heck?" This is a question for you, Bob. How much of this do you think is in Mike's head versus is just something different in his biology?

Bob Bryan: Look, I definitely feel like we are built the same way and I do feel the gluten free and all that stuff has been really good for me. I was feeling some aches and pains around 32 years old and I finally turned to Mike and I'm like, oh, so what are you doing again? He got me on that. The reason why I was able to hold off 10 more years before I felt anything that might have to do from when we were little babies. But who knows? I think Mike's a good influence on me. He helps me with all the cutting edge supplements and all that. I'm getting a dose of that from him. Is he a little bit crazy with it? I think maybe a little bit.

Bob Bryan: He loves it. He's a health nerd and he researches it. He listens to all the podcasts. Unfortunately, I don't have time. I've got the three kids. I'm running around changing diapers. Maybe if I didn't have the kids, who knows. Look, I just roll with it. He's always got a pocket full of pills. I asked him what he's taking, he tells me what he's taking and the reasons for it. Sometimes I jump on board, sometimes I don't, but I think as we're getting older and we want to prolong our career, I'm definitely going to have to start looking for those answers, you know, because at 41, this wasn't an age that people were supposed to play tennis.

Bob Bryan: And especially we were on the courts since we were two years old. This doesn't make sense. My hip finally blew out. Other stuff should blow out soon. I think what he's learned is going to prolong that.

Mike Bryan: But it's funny you brought up the mold. We stayed in AirBnB in Rome a month ago. When I walked into the AirBnB, I could almost smell or taste the mold. It was so damp in there. I stayed there for two days and I couldn't think. I was just a corpse. And Bob had no symptoms. I just didn't want to repack and move out. I was just two ways either to get out of there.

Bob Bryan: Maybe I was a little sleepy.

Dave Asprey: Mold also drives laziness. It'll make you just sit there and take it because you're like, I don't know, my willpower just went down because my mitochondria went down so that can be part of it. Okay. So what happened? Did you move out?

Mike Bryan: I had to move out. We had our trainer and physio and he had the same type of symptoms where he was tired all day, couldn't focus, couldn't really even hold a conversation. I was just like in a fog. And I'm like, "I think we've got to get out of here." I looked in the bathroom and I saw some like exposed pipes and I'm like, "Let's go man. This hotels on me, let's roll." It took about a day, 24 hours and then I snapped out of it and my brain came back online. But Bob, unbelievable, is just Ironman.

Bob Bryan: He's a little bit tougher.

Mike Bryan: Mentally tough.

Dave Asprey: There are people who have just less of an immune response madness to that stuff. It's not good for either. But it's just it doesn't cause the inflammation like that. Did you look at your heart rate variability or your sleep quality on those nights?

Bob Bryan: Yeah, my sleep quality was horrendous. My heart rate variability was dropping like a rock.

Mike Bryan: Yeah, everything was off. Everything ...

Bob Bryan: I was just struggling.

Mike Bryan: Felt more inflamed. All the joints were inflamed. Yeah, it's amazing. You can't see them all, but it's getting in your body and just wreaking havoc.

Dave Asprey: I'm always a little worried about AirBnB because a lot of the ones that are full-time AirBnB, they turn all the air conditioning off until someone's in there. So, it's just an opportunity for mother nature to do its work of breaking down wood when no one's there. Yeah, I've checked out of lots of places. I'm like, "You know what? This place smells a little bit like a mop. I'm not sleeping here."

Mike Bryan: That's right.

Dave Asprey: All right. I want to talk about music now. You guys play music together. You've actually played like with Counting Crows and done all sorts of cool stuff. You have your own EP, which is unusual. Do you think that what you do on the court is influence because you play music together? Musicians are working together. I've seen people jamming before. My dad's a Bluegrass guy. There's some kind of a thing that happens in terms of brain synchronization between musicians and they've looked at under fMRI and with EEGs about what Jazz improv people do. It's fascinating. Do you think some of that helps your play?

Mike Bryan: I think definitely. We've spent more time in this music room. We used to live together for 15 years and we had a music room. We'd practice for a couple hours and then we'd probably spend about six to eight in the music room, just jamming. Bob's a keyboard player. I'm a guitar player and we would just be in sync. We'd be locked in, we'd know when a guy's going to solo, when to slow it down, build a dynamic, spring a deck. So, we're just in the same pocket. I could tell when we went onto the court, we carried that flow and played better doubles.

Dave Asprey: Wow.

Mike Bryan: Bob got married. He actually moved to a separate coast and we used to have all that time together and in the music room on the court. During the off season, we spent time apart, we'd show up at all Australia and we'd be a little bit off sync. We used to win the Aussie open almost every year, but then we went in there and we struggled. I think it's just being ... I don't know, just sharing that groove. It's like you're just locked in with another person. Your heartbeats are probably beating the same. And then, you carry it on the court, but then we lost that for a while. Now, we bring the instruments on the road with us and we make sure we're jamming in hotel rooms. We really feel that it helps our tennis. It's amazing. Yeah.

Bob Bryan: Sure.

Dave Asprey: Is there a particular song that you guys like to play together before you go out and dominate on the courts?

Bob Bryan: We're big Dave Matthews guys. We've seen Dave Matthews probably 30 times in concert and he likes to do extended jams. Some of our songs lasts about 30 minutes, which is a blight. It's just a great outlet to the stress of tennis and always being on court, working your body, and then you can come and you can really just chill out, go off to a different universe. To getting creativity going, it's because like this really balances out the other part of the brain. We still just love it. We didn't have TV in our house growing up, so my dad put all the instruments in the living room. We'd come back, eat dinner, and then he teach us all these oldies. And then, we went off to college and we learned music theory and learned how to play together.

Dave Asprey: Wow.

Bob Bryan: Still doing it just every day. Yeah, I have a guitar right here next to me.

Dave Asprey: All right. That is super cool. That's the way to synchronize. Have you taught other doubles players or do you know of other doubles players who are using music to help their teamwork on the court?

Mike Bryan: No. Luckily, most of these guys don't know how to play a lick of music. You go back in the day and everyone played like Johnny [Mag 00:35:26]. All these guys are great musicians. Pat Cash. I think we're the only guys along with a couple guys from France or whatever that play. I think maybe tech knowledge is killing that. Just the phones and the social media. It's killing so many hours in the day that is being lost, I feel a little bit. Like hobbies, I feel like hobbies or being squashed by the four or five, six hours of screen time each day. It's very weird to hear that no one plays music.

Dave Asprey: It's true. Man, I didn't think about that. But the number of people is low. With your kids, are they getting screen time?

Mike Bryan: Yeah, they're getting an (iPod) Touch, just to give my wife and a little break. Our nanny did not travel on this trip, so we're both scrambling. Wimbledon has a great Koresh, so they spent a few hours there while I'm practicing. My wife is supermom. She takes them to the parks and does tennis and we got music going.

Dave Asprey: That's hard core.

Mike Bryan: It's hard. It's really [inaudible 00:36:38].

Dave Asprey: To have your kids ... Wimbledon, like you need to be on. To have your kids there and your whole family without help, okay, we might both sound like spoiled fathers, something like that, but when I go to the Bulletproof Conference, I'm on stage all day, every day, and just it's high pressure. I love having my kids there. I wouldn't travel without them, but if we didn't have some help, I think my head would explode. You're there, you guys are managing on your own.

Mike Bryan: Yeah, my head does explode. Just a battle from getting them from the house to the car, the socks, the shoes. Tallying them off, it's wild sometimes. I think maybe the day before the tournament, I'll probably tell my wife, "Look, this is on you. I'm checking out for a little while, get my headset." Yeah, it's, it's physical. Do you have kids?

Dave Asprey: Yeah, I've got an older girl, a younger boy. They're 12 and nine now.

Mike Bryan: Okay.

Dave Asprey: Yours are how old?

Mike Bryan: Seven, five and three.

Dave Asprey: Okay. You're right at that age where they ask you the same thing 20 times and you're trying to just focus on one thing and you're like, "I'm not going to focus today if the kids are around."

Mike Bryan: Yeah, that's right. But my wife wants to do a homeschool thing for a year while we keep playing. So, it looks like this road shows going to keep going for a while. They're all coming.

Dave Asprey: Yeah. From what I can tell, they settle into it. I've interviewed a few people who are doing that with their kids and having a great time. We're thinking about doing the same thing. Well, let's talk about kids a little bit more. You guys, 16 years ago started the Bryan Brothers Foundation to help kids.

Mike Bryan: Yeah.

Dave Asprey: At the very beginning before you were as big of a deal in tennis as you are now. What drove you to start your foundation and to focus it on at-risk youth?

Bob Bryan: Well, Andre Agassi was our idol. We loved him. Post drives our room. He's one of the reasons we're playing today. He was a god to us. We idolize him.

Dave Asprey: He's a great guy too.

Bob Bryan: Yeah, a great guy. Yeah.

Dave Asprey: I'm assuming you guys have interacted with him in a lot of stuff.

Bob Bryan: It's been wild. Yeah. We idolized him growing up. As little kids, as teenagers got his autograph. I think we were 10 years old. His career spans such a long time and we actually, I played singles against him. Mike played singles against him at the US open. We played doubles against him. He was our Davis Cup teammate and kind of mentored us. He has that amazing foundation in Vegas where they do schools. He's talked to us about it. We thought, "Wow, he's making such an impact. Maybe we can do 1 millionth of what he's doing." So, we started our foundation. He helped us launch it. He came to our first event. It sold out. He helped us raise a bunch of money and then we're off to the races.

Bob Bryan: But we have a group of kids called Team Bryan. It's mentoring. It's afterschool programs. It's kids that are from tough situations, just giving them a chance. And then, 95% of these kids go on to get college scholarships and we use tennis. We give them tennis lessons. These are schools like Stanford, Harvard, so they're going on to become leaders in the community. We have really great teachers that are helping them. Ryan Wolfington is one of our buddies. He's done an amazing job. Now we do a couple events a year. We've teamed up with Jack Nicholas and we do a tennis and golf event in Palm Beach, Florida. We get some of our friends like Serena or Andy Murray to come play tennis with people that are willing to pay half the sum. And then, the next day golf with Ricky Fowler, Jack, Dustin Johnson. We have a hell of a time and we raise a ton of money. It's been a real good, feel-good project. We'll probably do more of it when we retire, get more involved.

Dave Asprey: Got it. What's the core motivation? You said it sort of feels good. When you wake up in the morning, like, I could play music, I could be with my kids, I could go practice, I can go recover or I could help kids or do these charitable activities. What's going on for you mentally, emotionally, spiritually, when you think about philanthropy and how you fit in your life?

Mike Bryan: Kids are innocent. I see it in my kids. They're bright-eyed and they're lucky they come from great situation. Kids, they have no control over their parents or where they live or, or how much money they have. It's nice if we can change their situation for the better. Give them some place to go after school if they're struggling or if they're on the street. We use tennis and mentoring to just change the path of their life. I think the education part of it is what really makes a difference. It empowers them to go on after the program to do great things. Yeah, there's been a couple of situations with the kids. They've wanted to commit suicide and just us being able to talk to them and give them just some hope, it's been really special for us.

Dave Asprey: So, you're left-handed, which means you're right brained. All right. That was the Bob Answer.

Mike Bryan: Yeah.

Dave Asprey: All right. Is it the same for both of you?

Bob Bryan: Yeah. We do everything together.

Dave Asprey: You think of it the same way though?

Bob Bryan: Yeah, it's rewarding. Just trying to get out of your daily routine and think about other people is a good thing and these kids are so innocent, and to be able to impact their lives and help them achieve their dreams, it just feels awesome. It's something that Andre has dedicated his whole life to now. Once he retired, his kids and he does events all the time and he's one of the happiest guys I know. He was just on Wimbledon. He's always smiling and beaming. I feel great when I go out on my own world and my supplements and my sleep and do things for other people. It actually gives back to you too, but we're really grateful that we can help kids.

Dave Asprey: Yeah. It does feel good. I do various things like that. Lately, it's been schools for girls in Africa. You see what happens. I guess in 2018 we funded four villages, a school in each village. You look at the difference in quality of life. Yeah, there's something that feels good for you and you know you're making the world a better place, but also, you're like, "Wow, all right. I don't know. It just makes your heart feel good. I'm with you there. It feels like sometimes people don't talk about that philanthropy is a little bit of a selfish activity because it does, it opens your heart. You want to open your heart. It's all good. Everybody wins in that scenario.



Bob Bryan: That's true.

Dave Asprey: Now, I have another question, and I think I'm going to have to ask each of you this separately. Since I know Bob you've listened to the show, you probably have already forecast this, but this has to do with Superhuman, my new book that comes out in October, my anti-aging book. This whole "Dave you're going to live to 180." All right. Let's start. Mike, what do you think? How long are you going to live?

Mike Bryan: I'm on every supplement possible and I feel like I'm doing a lot right. I feel like I came into the world behind the eight ball a little bit, but it feels like I'm kind of reversing the tables and my body's feeling better year after year. I know you're going for 180. I think I'm a be there right behind you. I don't want to say I'm going to go ...

Bob Bryan: Give me a number.

Mike Bryan: You want a number? I would say a buck 79.

Bob Bryan: Jeez. Man, your skin's going to look weird.

Mike Bryan: No, but there's going to be skin technologies. All the facelifts, stem cells, whatever there is. I want to feel good. I want to be happy. It would be really cool just to accumulate more and more knowledge and be able to share with other people. That's the cool thing about being wiser and older. We're helping kids now and trying to give them our perspective, but if you can live that long, we're going to have a lot of stuff floating around our brains.

Bob Bryan: You're going to be really good at guitar.

Mike Bryan: Yeah.

Dave Asprey: Imagine what your charity could do over the course of another 100 years of being led that way. Yeah, all right. I love it. 179, you're getting up there.

Bob Bryan: I'll take it 92. I want to live as long as I can. I want to help my kids. Obviously, I want to see them grow on. I want to see my grandkids. I want to see them maybe play tennis or do sports and be successful, whatever they do. I want to be around as long as I can. I don't think anyone's looking forward to dying. I'll jump on the supplement train with Mike a little bit. No more antibiotics. Yeah, that's right. It's weird. I have to take antibiotics now when I go to the dentist with my new ...

Dave Asprey: Oh, because of your implants.

Bob Bryan: ... the metal in my body. That's maybe going to hurt my course. But ...

Dave Asprey: You could just do intravenous ozone, which would pretty much do the same thing.

Bob Bryan: Should I do that?

Dave Asprey: If it was me and I was just taking antibiotics prophylactically, let's disrupt your microbiome, which we know is destructive in case you might get a really bad infection. It turns out systemic ozone is pretty strongly antimicrobial. By the way, I'm sure most doctors listening to this are like, "Dave, you're a jerk. You don't know what the hell you're talking about." Listen to the interview with Dr. Shallenberger. I didn't make this up. This is coming from alternative medicine.

Bob Bryan: Or I can just gnash my teeth really hard and not go to the dentist.

Dave Asprey: There you go. Just rinse with some hydrogen peroxide. You'll be fine. Walk it off.

Bob Bryan: Look, I want to go for a while, so I'm with you guys.

Dave Asprey: For a while. All right, but at least 92, but more if you can do it and you're comfortable.

Bob Bryan: Yeah. I want to be with my family as long as I can so I'll be doing everything I can to get the most out of most years.

Mike Bryan: We got to get that book. When's that book coming out? October, right?

Dave Asprey: It's October 5th or 8th or something like that.

Bob Bryan: All right. That's supper.

Dave Asprey: [crosstalk 00:47:22].

Mike Bryan: Hook me up.

Dave Asprey: I'll get you an early copy. I know a guy.

Bob Bryan: Awesome.

Dave Asprey: It's called "Super Human". Yeah, it's a good one. There's some stuff, you already know this, Mike, and there's some stuff you should start now. A lot of it's just like, don't take the hits. And since you guys, you travel a lot, which is not good, so do I. You've been working out for a very long time at a very high level, so there's some systems get enhanced by that and some that get worn down. So, what are the ones that have been worn down? How do you enhance those? And the ones that you made stronger, those are going to serve you. It's all just about to take less hits and recover better and when you're 80, you'll be looking around

going, "Man, we're kicking all of our friend's asses," and there's nothing wrong with that.

Mike Bryan: This has been a great case study.

Dave Asprey: Yeah, it will be because you're twins. Right? We'll see what your skin look like when you're both 80. I can tell you the one with the most supplements might have a better looking skin. I'm just saying.

Bob Bryan: Well, thanks for all your knowledge and your books and your supplements and everything. Because three or four years ago, my cytokine levels were high, my inflammation was high, changed my diet, added more fat. I'm actually doing the Bulletproof Coffee on court, which looks a little weird.

Dave Asprey: Nice. Wow.

Bob Bryan: Definitely helps with focus and helps sustain pain for long matches. Yeah, I feel like I'm on the cutting edge and a lot of these players are behind me, but eventually everyone's going to catch up. So, they're all going to be bulletproof. But it's nice to be ahead of the pack.

Dave Asprey: Thanks for letting me know that. That's so cool. It makes me genuinely just happy when I learn that someone just at the very top of their game is using some of the stuff I figured out. Just genuine thanks for that. Guy, I know you've got to get some rest, get some sleep, get some family time, get some really good nutrition because you are hitting the courts in two days at Wimbledon. Thank you for being on Bulletproof Radio. Thanks for taking the time and I just appreciate your level of excellence in just 20 years of just continuously kicking ass. It's really impressive.

Bob Bryan: Thanks Dave.

Mike Bryan: We appreciate it, Dave.

Bob Bryan: [crosstalk 00:49:39] fun.