



EXCLUSIVE INTERVIEW

DR MIKE VAN THIELEN

**BESTSELLING AUTHOR,
ENTREPRENEUR, PHILANTHROPIST,
WORLD RECORD HOLDER,
PROMINENT SPEAKER, BIOHACKER &
INTEGRATIVE HEALTH, NUTRITION, &
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Dr. Mike is an expert biohacker and a mentor. He has a PhD in holistic nutrition. He is licensed as a physical therapist and acupuncture physician. He is a doctor of oriental medicine and has degrees in professional health studies and physical education. Dr. Mike is considered an expert in functional medicine and regenerative medicine and is certified in

Chinese herbal medicine, homeopathy, and homotoxicology. He is a bestselling author, entrepreneur, and philanthropist. He is a world record holder in swimming, and he is an All-American, holding 31 U.S. national titles in Master swimming.

So, let's talk a little bit about your history and your upbringing and how that influenced where you are driving most of your energy today.

Well, I grew up in Belgium in a single-family home. My mom worked very hard to provide for me and my brother. I wouldn't say we were poor, but we had to work hard to make ends meet. So, from an early age, I had an entrepreneurial take on life because if I wanted something, I had to work for it. I did private swimming les-

sons and was a DJ. I also went to flea markets to sell off some of my grandma's stuff that I found up in the attic.

Were you competitive at a younger age?

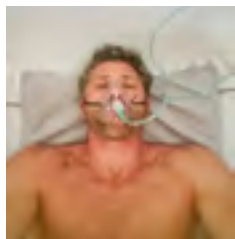
I was great at most sports. In elementary school, I was the fastest runner and part of the basketball team, the soccer team, etc. However, one of my best friends was on the local swim team and so I lost at swimming. So apparently I was a sore loser, but my solution wasn't that bad. I joined the local swim team myself, and that's where I found my passion for swimming. Since then, I've been a competitive swimmer. I went to the University of Brussels and luckily, going to a university over there is much cheaper than here. So I was able to afford that.

And I did physical education for four years, and I was still young. I was 22. I didn't really want to go to work yet. So I decided to go study physical therapy and got my master's in physical therapy. At that point, I started traveling with the Belgian Olympic swim team in preparation for the Olympic Games in Atlanta in 1996. So that's when I started traveling, and getting exposed to top athletes and top performance, and obviously got exposed to nutrition supplements and trying to get the edge in performance. At that point, they were short of physical therapists in the United States. So, when a recruiter called me up and asked if I was interested in coming to work here, I saved \$400, packed a backpack, put my jeans on, and came to live the American Dream. And that's how I ended up here...

Wow. What a story. So, with your experience, are you seeing a shift in the focus of how athletes prepare themselves through biohacking?

I think in most sports, even today, they're a little bit behind. Most athletes, coaches, and people do not realize the technologies, tips, strategies, and knowledge that is available to us today, to really upgrade our body, our mind, and our life, and even objectively reverse our biological age. So that's where we come in. We educate athletes and common people alike that these technologies and strategies are not just for the elite. All of this is available to us, and we can improve our lifespan, performance, and the quality of our life.

BIOHACKING UNLIMITED



I see. How did you go from coming to the U.S. as a physical therapist and ending up with a Ph.D. in Holistic Nutrition and being a renowned biohacker?

When I first came here as a physical therapist, with my backpack and \$400, it was hard. I got knocked down often and therefore, my motto quickly became, "I never lose, I win or learn." So, I had many life lessons, but when I was practicing physical therapy, at one point, I worked in a clinic where they also provided acupuncture, herbal medicine, and supplements to their patients. I observed that patients who received a combination of conventional medicine with some of these natural modalities achieved better results. I decided to go back to school and enrolled at the Florida College of Integrative Medicine, a three-year program and obtained my license in acupuncture and Chinese herbal medicine, homeopathy, injection therapy, etc. It was exciting. But after treating another thousand patients, I became frustrated because these alternative practices like chiropractic, acupuncture, food therapy, and hormone replacement therapy are less invasive than conventional medicine, meaning drugs and surgeries, but I really didn't see the long-lasting results either. So, I had to go back to basics, and that's when I decided to get my Ph.D. in Holistic Nutrition. I also looked at mother nature and animals in the wild and observed what they were doing because Mother Nature holds the truth about health. By com-





binning these two, I became very confident in helping anybody regain control of their health and eliminate any pain or any medical conditions or diagnosis; and then guide them to optimal health, and ultimately reverse their biological age. That's my journey and that's how I became a mentor with emphasis on helping people to become superhuman and unleash their superpowers.

Right. So, talking a little bit about that three-step process, you first help them regain control of their health, and then you optimize it, and then you help them become superhuman. Can we talk a little bit about the detail that goes into each one of those steps?

Sure. Those three steps are not necessarily distinct. They can overlap with each other. We can offer clients biohacking technologies and strategies, but they would not benefit much if they had several medical conditions or are overweight and in ill health. The body will not respond as expected. So, it's important that we customize a program and implement the correct strategies and tips at the appropriate time, based on where they are in their journey to achieve optimal health. Unfortunately, most people fall into the first category. They are in pain and/or are diagnosed with some type of medical condition, or they're overweight, they're fatigued, etc. So, we need to help them regain control of their health and set the foundation.

We need to eradicate any pain that they may experience and/or abolish any type of medical con-



dition. We need to bring them back to what we call 'normal'. That's the first step. Once we are back to normal and we're no longer suffering from pain or medical conditions, we can now integrate different lifestyle modifications to get to optimal health, where we feel strong and vital, and fit. We are now in control of our physical, mental, emotional, and spiritual well-being. Optimal health will then be the ideal foundation to maximize the benefits of biohack-

ing strategies and modalities, so we unleash our superpowers and become superhuman.

How do you know these strategies work?

The great thing about biohacking is that we can incorporate objective measurements. We can establish baselines such as specific blood tests, biological age, genetic profiles, gut-biome tests, body composition analysis, HRV

(heart rate variability), and many more. We can set these baselines, implement biohacking strategies, and repeat the measurements to evaluate progress and monitor how effective the program is and how effectively we are reversing our biological age.

When it comes to biohacking though, we cannot forget about upgrading our mind. The mind not only controls our body, it also controls our destiny. That's why I developed the IZOD method™ because I believe anybody that masters the IZOD method™ can bring their A-game and fire on all cylinders. They can be In the Zone On Demand, and fulfill all their goals and dreams.

Thank you for taking me through that. Can you expand a little bit on the IZOD method™?

Yes. It's not the clothing line but IZOD stands for: In the Zone, On Demand. During the pandemic, I was asked to help with pre-screening hundreds and hundreds of patients for medical marijuana. So, when I did that, I wasn't expecting so many people to suffer from anxiety, depression, PTSD, worry, fear, etc. Yes, there are therapies and drugs out there for these conditions, but by talking to all these people, I realized there's a much bigger underlying cause. Most people don't have a purpose in life. Just imagine you don't have clear goals, dreams, or any purpose, and you're working a job that you may not even like, and life's thrown at you, and don't even know what tomorrow brings.

I would be uncertain and

THE IZOD METHOD™
UNLEASH YOUR SUPERPOWER



stressed also. I would be worrying about tomorrow and next week and next month. These negative emotions make you anxious and maybe depressed. It's a vicious cycle. Instead of just putting a band-aid on and getting therapy or getting supplements or drugs, we need to take this one step further. I decided I had to come up with a solution. That's when the IZOD method™ came to life.

The IZOD method™ has three distinct phases. First, we need a foundation. As a mentor, I help people identify or find their purpose in life or confirm it. There are several exercises that I do with people, and we usually identify or confirm their purpose in life within an hour or a few days. We really hone into what their passions are and what brings that fire in their stomach.

As you know, from the day we're born, we are all pushed in a certain direction. We have to go to school, we have to go to college, and after college, we have to work for somebody until we're 65. Then supposedly we can enjoy the "golden years" which never come, right? Or we're influenced or shaped by our parents or teachers. If dad is an attorney, then he probably wants us to go to law school. If mom's a doctor, she probably wants us to go to med school. Nobody asks you what you are passionate about. So, I'm really helping people to stop for just a second and reevaluate which direction they're going. We need purpose, passion, and fulfillment in life.

How does one know they are living your purpose?



The first thing I always do, Dallas, is simple. When you wake up in the morning, what's going through your mind? Is it, "I get to get up, I get to go to work, I get to do this, I get to do that", and you're passionate and you can't wait to go to work? Or is it more like, "I got to get up, I got to go to work, I got to do this", and the day is perceived as a burden? Unfortunately, The latter is true for most people. Asking yourself this simple question gives you the answer to whether you're living your dream or your passion, or not. If you are not living your purpose, we identify what your purpose is. So, the first step is establishing your purpose.

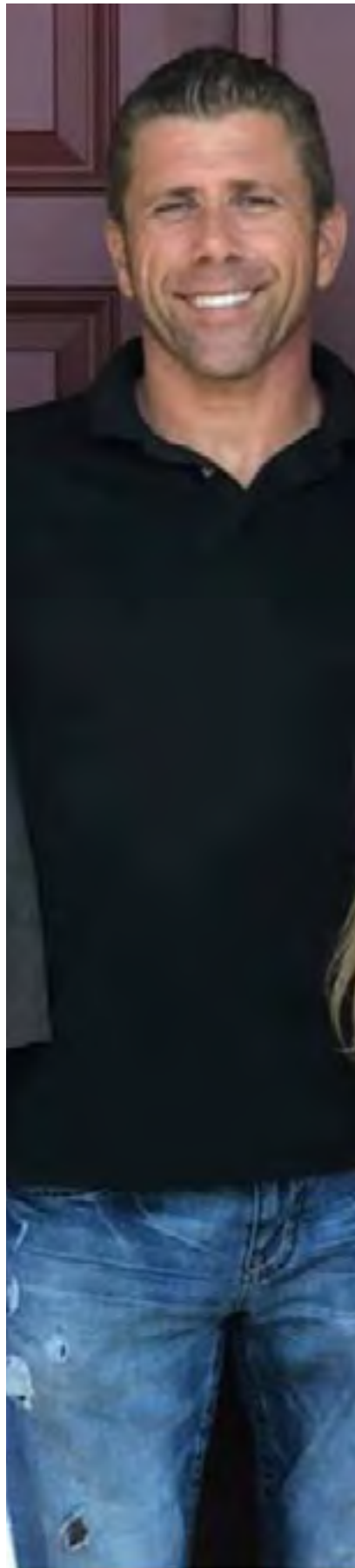
Next, we need to start scripting our life. We need to get in control of our agenda, our calendar. We

need to create a plan and a strategy. What are your goals? What are your dreams? We need to know what tomorrow brings, next week brings, and next year brings, and set those goals and those dreams and those stepping stones. The more control we create in our life, the more clarity there is. The more clear we are, the less stress we experience.

So, step number one is purpose and regaining control of our life, our agenda, our calendar. Step two then, is that we need a plan and a strategy. And it's just like a business plan; we need to write it down, but it doesn't have to be detailed. We don't need to know the how-tos or the details, but we need to know the, 'what's', what are our goals, our dreams? We

need to write those down. Then we need to identify the people that we need to reach our highest potential, because by ourselves, we can never reach our highest potential. We are told that you got to identify your weaknesses and work on them and I think that's totally wrong. I believe we need to continue to work on our strengths, 110%. Yes, it's good to know our weaknesses because then we hire the people and surround ourselves with people that are strong, where we are weak. So I help my mentees to identify the people that they need to fulfill their highest potential.

A good example, is the 110-meter hurdles for men, or the hundred meters hurdles for women at the Olympic games. These athletes have a team around them, right? They have a coach, they have a nutritionist, a mental coach, support from their family, etc. They have an entire team around them to support them. They also know where the finish line is. That's their goal. That's their dream. It's the gold medal or world record they want. And there are these hurdles, but they have a plan, they have a strategy, they have a team, and they're going to attack those hurdles because they realize that every hurdle is just another step closer to their goals and their dreams. Contrary, if you don't have that direction, if you don't have that purpose in life, and no plan or strategy, and there's an obstacle, you go "Oh my God, it's not meant to be. Why me? I'm giving up". So, step number two is to create a plan and a strategy, including a team of experts to reach your highest potential.



Then step number three is biohacking, upgrading the body and mind. Especially the mind because our mind and our beliefs usually hold us back from getting out of our comfort zone and from taking that next step. We need to make sure that there's no doubt in our minds that we can reach our goals and dreams. If there is doubt, the universe has two options: failure or success. If there's no doubt, the universe only has one option: success, a big win, right? So, we really have to work on our belief system. We need to eliminate false core beliefs. We need to implement visualization as part of the power routines in our daily life. We need to learn to manifest, and we need to take advantage of the technologies and strategies that are out there and facilitate us tapping into the various brainwaves.

Breathwork and BrainTap, just to name a few, can help us take control of our emotions, our thoughts, and our life so we can set that blueprint for a big win. Many people are not familiar with these mind-healing strategies and technologies, but getting control of your mind and destiny is the key to being in the zone on demand. Most people, when we talk about in-the-zone, think about top athletes, right? Kobe Bryant, Michael Jordan, etc., or we think about a musician maybe. However, most people do not think that being in the zone is for the average person, but it is. Most of us have experienced it by chance or accident but don't realize we can reproduce that state of mind, that flow state. So, the IZOD method™ teaches us, whether

we are a performer or an artist, an entrepreneur, an athlete, or just John Doe, to perform at our highest potential. Mastering this method allows you to bring your A-game, on demand. It's about optimizing and balancing the five intelligence hormones and doing what you need to do, without being distracted. I help people to master this effective method so they can live their purpose, fulfill their goals, and dreams, and be successful.

I especially love how the program starts with trying to answer deep questions that are prodding at the soul of every human being, right? Who am I? Where did I come from? Why am I here? These are inescapable questions,

Dr. Mike. If people run from them their whole lives, they're still going to be there. People will regret that they never took the time to answer them. What type of answers to these questions do you get from clients? How do they respond?

Here is one of the common objections I get immediately with a new client. We identify quickly what their passions are and what dreams bring fire and passion, but then they immediately go back to their current realities. They'll say, "Dr. Mike, you're right, that's my passion but I have a family. I've got bills to pay. I have a job." They may be good or proficient at their job, but it's not their passion but they've been pushed into it. Now,

they have all these responsibilities and a family and bills and a mortgage etc. So, they say, "It's unrealistic. I can't give up my job." My response: "I'm not asking you to give up your job. Let's start with freeing up one hour per day." That's very easy because most of us are wasting a lot of time each day on meetings that take an hour and could be done in 15 minutes, or maybe it's watching Netflix or being on social media too much. We are going to assess that person's day and we'll find out how much time is wasted. Even if zero time is wasted, which never happens, we'll just get up in the morning one hour earlier. In other words, we're going to free up one hour a day and we're going to start working on

Unleash Your Superpower





those dreams and then gradually transition into purpose. So, no excuses. That's why people need a coach or mentor. I need a coach. When I swim records, I don't like to go to the gym. I have a personal trainer. He pushes me above and beyond and keeps me accountable for showing up. I'm that mentor or coach for people that are not living their purpose, not living their dream. When they want to change, great, I'm going to make them accountable.

Working on your goals, purpose, and dreams for one hour per day initially is like taking incremental steps. Before you realize it, you are making significant progress. Meanwhile, you are changing and upgrading your mindset, and belief systems, doing the things that need to be done so we can unleash your superpowers. In today's world, we need everyone's superpowers!

Right, and helping them understand also that their success will not come overnight. It's a gradual, incremental process, like you said.

You know what the big difference is, Dallas, is that once we identify their passion, and you can see it in their eyes, or you feel their excitement, even if we are only going to work on this one hour a day, they suddenly wake up with a totally different outlook on life. They wake up with an attitude of "I got to get this done". They know where the finish line is. They know they have a support system; even though in the beginning it may just be me. We identify who else we need because I'm not a know-it-all. So, we just identify which experts we need on our team. These experts don't have to be millionaires and professionals. They could be your secretary or a family member that has a skill or a strength where you are weak.

We need the right people around us, just like those Olympic champions with their trainers and their support system. The team and the accountability placed upon us brings excitement and inner motivation; we want to get things done because it's for us and we're passionate about it. With a clear purpose, we can contribute to the world in a certain way. Next, clients become eager and they want to speed up this process because they actually want to get rid of that old job. So, the more time they put in, the faster we can replace that old income with a new income that will bring happiness, success, and fulfillment.

Yes, well said. I want to talk a little bit about the second step of the IZOD method™ where you were talking about regaining control of your life and setting your

own schedules and blocking out that one hour and everything. When people with this mindset of "I'm going to control everything", sometimes if they're not prepared enough, they freak out when things happen that are unpredictable in life, right? So how does the IZOD method™ address that stress response and get them back on track, thinking about flow state and being In-the-Zone-On-Demand?

My latest book is called "The IZOD Method™ (In-the-Zone-On-Demand)". It's about optimizing productivity and focus, freeing up valuable time, living stress-free, etc. The book contains plentiful tips and strategies that may work for one person and maybe work not as well for another person. As a mentor, we identify, assess, and customize accordingly. We identify what their weaknesses are. Are they a procrastinator? Do they have difficulty focusing? If they have difficulty focusing and they can't get a project done, let's identify why. Are you doing the project in the living room? Are your kids running around the house? What about the dog? Maybe you need to assign a designated area for you to do your work and let people know that you're going to be working on your project.

Maybe this little device called a smartphone is what you are addicted to and you should shut it off for the two hours you're going to work on your project. Otherwise, you will be doing yourself a disservice because when you're focused and somebody interrupts you, it's to their ben-

efit, not yours. So, you're only going to use this device when you need something from somebody else, but otherwise, you're going to put it in airplane mode because you don't need to be interrupted. In addition, there are strategies like the Pomodoro technique and others that we can use to eliminate distractions and get organized in the house and/or in the workspace. Then, we need to implement power routines. I have my power routines and I share them with people. They can use my power routine as a template, but you can't copy my power routine because

it's not going to work for you. You need to develop your own unique power routine that you can count on, always.

A power routine is something you do in the morning and it's something you do in the evening. I have a morning and evening power routine. I also have a biohacking power routine and a dream routine, which is where I work on my dream a little bit each and every day. When you put those routines together, every-





thing becomes more of a scripted life and you will experience more and more control.

To answer your question: yes, there are uncertainties or things that happen that you can't predict, but if your agenda is set, your calendar is set, and you know what's supposed to happen tomorrow, next week, next month, in six months from now, and what the goals are, and how we are going to measure the interim results; and you have a coach and somebody that holds you accountable, that little emergency here and there is not going to sidetrack you.

Right. Well, you always have something to reference in those events. When stuff like that throws you off, you say, "Oh, where do I go back to? I go back right here. Okay, this is the goal." So, when we're talking about step one and step two, we've now gotten the person to buy into this mentality of taking control of their lives by focusing on their passions. Now, after that step, you said it's focusing also on the biohacking part of keeping them optimized mentally, physically, and spiritually, through biohacking devices. So, how do you differentiate or how do you discern what biohacking devices are right for each person?

It depends on where they are, right? What are their needs? Often what we do from a biohacking perspective, is a few tests. What is their biological age? Are they overweight? What's their current health look like? We must get certain foundations in place

first. So, from a health perspective, we go back to those initial three phases. We regain control, optimize, and then biohack. At each level, we have different objectives and therefore different tests and evaluation tools. In the beginning, if you have diseases or you have systemic inflammation that's causing a lot of pain, we can do some blood tests and see what the C-RP or C-reactive protein levels are and implement or upgrade our diet, take some anti-inflammatory supplements, and implement the necessary lifestyle modifications. Then three or six months later we do the blood test again and see how that systemic inflammation has dropped.

When it comes to stress, we can do NeuralChek, which is an HRV test device. We can monitor how stress levels have changed by implementing certain modalities or technologies. So, we have many objective measurements that will be customized, and they are relevant in certain stages of our journey to become superhuman.

When it comes to the brain and the mind, we need to take control also. This is my personal story. One or two decades ago, people told me that I would be much more successful if I would focus a little bit more on my mind when preparing for my



race and performing. Essentially, I needed to start meditating. I witnessed the power of the mind with other people, so I wasn't opposed to it. I just didn't have any personal experience. So here I go, trying to meditate, go to classes and practice myself. But you probably know Dallas, how difficult it is to empty your mind. So, I struggled with it in the beginning. When people are not experiencing a result after trying a few times, they give up, right?

I gave up too because I really didn't see the benefit, and I was unable to do what other people apparently were able to do: free up their minds and experience the next level of consciousness. However, today there are no more excuses because we have these technologies, and we have masters out there that can help us. It's who you know and who's in your inner circle. Not too long ago, I did a breathwork session with Travis Steffens, a good friend of mine who's going to teach the breathwork at my retreat in Costa Rica coming up soon. His APP has the absolute best masters in breathwork from all around the world. I suggest you download "The Breath Source". Anyways, by just focusing on my breath and being guided, everything else cleared out of my mind and sud-





denly I got into this other state of mind, which I never experienced before, just in one session. So, now that I experienced a benefit, I'm far more inclined to continue with breathwork, in this example. I think today with the right mentors, the right guidance, the right tools, and technologies, you can find the way. You know about BrainTap, right? BrainTap facilitates the average person to experience a meditative state, calm the mind before you go to bed and get into a deep delta sleep, or intensify focus if you want to perform. There are many biohacking strategies and technologies out there today that the average person can utilize to biohack or upgrade their mind and get results quicker.

The mind becomes very important if you want to be successful.

If you want to be a winner, if you want to realize your dreams, there cannot be any doubt in your mind. So, we shift most people's focus from the physical part to the mental part. When you get to the highest level, as you know, you can cure yourself with your mind from any disease you want. That has been scientifically proven. This is not hocus pocus, right? Check out the book, "Rewire Your Brain", by John B. Arden, or get familiar with Joe Dispenza's work. We emphasize the importance of the mind because that makes the difference between your average and elite entrepreneur, businessman, athlete, billionaire, artist, and performer.

The top performers are able to get In-the-Zone-On-Demand, just like Michael Jordan and Kobe Bryant. I give that example because when you saw them play,

they never had a bad game. That doesn't mean they won every game (because they have teammates) but they always performed at their peak. The other athletes are multimillionaires too, right? They play in the NBA or the NFL, or they're top golfers, and yet they would have good games and bad games, good days and bad days. Does it mean that their talent just diminished overnight, their physical capacity declined, or their strength or skills disappeared? No, the only thing that's different is the matter between the ears, right? They were distracted by maybe an argument with their partner, something with the kids, some financial situation, who knows? They were unable to get into the zone and that's when you anticipate just a fraction of a second too late. That's

when that ball slips through your hands. The problem with that is when you make that simple mistake, it carries over the next few holes or the next few plays. However, when you are in the zone, you only have the end in mind. So, if Michael Jordan or Kobe Bryant misses a shot, it does not carry over. They make the next three-pointer because they don't think about that miss. They only think about that win. That's truly being in the zone, and anybody can master that skill. That's my message to the world today.

For the people that are coming as your first-time clients, are these people all experiencing some root cause that is having an effect on their overall health, mentally and physically?

Yes, if you read any of my previous books or heard me talk, I believe there's only one cause of all diseases. It's toxemia. Toxemia literally means toxins in the blood. Our body produces toxins as part of normal metabolism, as normal wear and tear during our daily living. In a healthy organism, these toxins are removed by the body, the kidneys, the bowels, and the skin, so that no harm is done. However, when we take in or are exposed to far more toxins than the body possibly can eliminate, then those toxins accumulate in our blood and our body, and that's what we call toxemia.

Toxemia does two things in our body. It promotes free radicals and causes free radical damage or oxidative stress, and it causes systemic inflammation. We know that systemic inflammation, even



according to conventional medicine, is the cause of over 90% of all diseases. Systemic inflammation is a state of emergency, a condition in which the body cannot keep up with the elimination of toxins. This causes all diseases. To avoid all diseases, we then need to keep Toxemia in check. How do we do that? Well, we need to reduce the intake and exposure to toxins, wheth-

er that's from manmade foods, drinks, medicines, environmental toxins, polluted water, polluted air, electromagnetic frequencies, or electromagnetic radiation from our cell phones and Wi-Fi towers AND simultaneously increase the intake of nutrients that neutralize free radicals and soothe inflammation and repair our DNA. When we keep toxemia in check, we are not at risk of any disease. When

I told you initially that I'm confident I can help anybody with any pain or any disease, I don't care what conventional medicine labeled this disease with, I'm going to treat them all the exact same way. I'm going to reduce that inflammation in the body, I'm going to balance the systems, and everything will dissipate no matter what they were labeled with. That's why I'm very confident to do that with people, to get them back to normal so we can proceed to optimize their health and then unleash their superpowers, even though today they might not feel they have any.

Are you also going to work on their mind so that they can believe that what you're doing is going to actually work?

Yes. You're a hundred percent correct. If they don't believe that working on this Toxemia is going to get rid of their type-2 diabetes or their metabolic syndrome, Crohn's disease, ADHD, chronic pain, etc. then it's not going to happen. As I said, we are not going to just work on phase one and wait to start phase two until phase one is done, because then this process is going to take 20 years. We immediately incorporate different aspects of those three phases and customize them for what's important for that person to get started, see results quickly, and get motivated to keep going.

So, Dr. Mike, let's assume that the person is in a mental state where they're accepting the newness and the goodness of the paradigm that you're putting them

in to control their health. When they get to this point of biohacking, (and we said that different biohacks will work for different people), speaking subjectively, what are your favorite biohacks that you have seen people incorporate that are the most effective in terms of success (growth, health span, longevity)?

Of course, I discuss all these biohacking strategies in my book. I talk about the seven foundational biohacks which need to be addressed first. The air we breathe needs to be clean. I also use a hyperbaric oxygen chamber. I do 3 to 4 sessions a week with hundred percent oxygen. Then breathwork becomes important because we need to control and maximize the oxygen we take in and get it into our system. Biohacking your breath is probably the number one biohack for health, not just for your body but also for your brain. Next, we need clean water. I have a unit that filters my water effectively but also infuses my water with hydrogen gas. The benefits of hydrogen are limitless.

Then there is light. We must spend more time in the sunlight, not the heat, but the sunlight. Sunlight promotes all biological processes in our bodies. While we spend more time outdoors, we should consider grounding, walking barefoot, and connecting with the earth. If you don't have time for that, there is grounding technology. I've been sleeping on an Anti-Aging bed cover for over three years now. I plug the cover in and it creates a closed loop with Mother Earth, which then





feeds me negative ions and neutralizes free radicals, soothes systemic inflammation, directs excess energy into the ground, and protects me from EMF, all while I'm sleeping. It doesn't cost me any time and yet I'm healing and recovering.

Besides upgrading our sleep, heat, and cold applications, and emphasizing the importance of movement, which promotes circulation and oxygenation, we need to upgrade our nutrient intake and start to manage our emotions, and upgrade our minds. Those are the fundamentals; the foundational 7.

Breathwork, for me personally, has been very effective to get into meditative states. I also use the BrainTap device as part of my evening power routine to help relax my mind and get into a deep delta sleep.

Regarding Cold Therapy, you don't have to invest in a \$5,000 self-cleaning, keep-cold unit initially; you have a shower. Try to put it in the coldest setting and stay under there for three minutes. That's going to take a while for you to build up to that. Take your shower in the morning and start with 10 seconds. The next day, try 15 seconds, and so on.

Many of these simple and cost-effective biohacks will objectively cause physiological changes in your body and your mind. Start the foundational biohacking process to objectively reverse your biological age and upgrade your body and your mind, today.

Great! Dr. Mike, when we're talking about the average person that has chaos in their life, and

they're not sure where to start, what do you tell or teach them?

The mindset needs to be changed and the first part of that process simply is education. I create a few 'AHA' moments to get their attention. An example is that of freeing up valuable time. I first listen to identify where they're wasting valuable time. Maybe they are tired after work and decide to go sit on the couch for 30 minutes and chill, or they watch a useless TV program, or they conduct hour-long meetings that only should last 15 minutes, or they do work that a virtual intelligence system can do, etc.

We are going to identify their timewasters or weaknesses. They'll say, "Dr. Mike, when I want to do something, I can't focus." In this case, I educate them about dopamine overload. So, I'll ask them, "What is dopamine?" It's our reward hormone. When the brain squirts a little dopamine, it gives us a feel-good feeling. It's like getting a pat on your back. Many people seek that dopamine squirt because it makes them feel good. We can get these dopamine squirts from sugary food, sugary drinks, energy drinks, and today, social media. Social media contributes to dopamine overload. If somebody likes our post on Facebook or Instagram or comments on our post, it gives us a dopamine squirt. It feels good. That's why we seek more of it and that's why we are addicted to it. Then before we know it, we wasted another hour on social media when we could have been productive. So, first, it's the education component and realizing that dopa-



mine overload causes an imbalance in your intelligent hormones because there's too much dopamine. When there's an imbalance of your five intelligent hormones, you can't focus, and you can't get things done. You will have a brain fog. Six seconds is our average attention span today. So we lost most of our listeners/readers a long time ago...

So, in this example, I say, "Hey, Joe, the reason you can't focus is because you're in a dopamine overload. Let me explain what it is. So how are we going to balance those hormones, prevent that brain fog, and maximize focus? Well, let's upgrade your diet. Let's get rid of those energy drinks. And most importantly, let's monitor next week how often you're on social media, and what you are doing on social media. Is it contributing to your goal and your purpose? Or are you just responding to something that's not going to make a difference in your life? Maybe you just get angry about it, because you are involved in this political debate etc. Let's identify how much time you waste because most likely you are just looking for a dopamine score. So, let's realize that first." That's the education part. Now they say, "Ah, Okay, it makes sense."

In summary, I identify some conditions where I can create 'AHA' moments, then I get their attention, educate them, and immediately give them tips and strategies to implement and remedy those conditions. I show them that I know what I'm talking about and how I can improve their life. Upon our call the week after, I make them accountable.

So, I'll say, "Okay, you're starting to control your social media. Now let's take control of your agenda, your work, your kids, and your schedule. Let's script your life. Let's create power routines and let's get in control so we're clear about where you're going. We'll get rid of all the stresses in your life, all your worries, all your fears, all your uncertainties." They want to hear that. Then we just take it step-by-step from there.

Yes. There you go. That's a great way to start getting someone to change their life. Dr. Mike, we've talked about your past a little bit and how that brought you to where you are today. We've talked about what you're doing at the present time. Where in the future do you see this IZOD method™ going and everything you're doing today? How do you see the future?

Well, people say, "Oh, you talk about the 'purpose of life.'" "What's your purpose?" "I always knew what my purpose was, and I engaged on and off. Before the pandemic, I was the CEO of a stem cell company, and we did really well, but then the pandemic started, and we had to close the doors because we were considered non-essential. So, it gave me a lot of time to think about what it is that I'm really passionate about. Yes, I want to speak, I want to educate, I want to write more books. I want to help the world however I can.

It's ironic, but my superpower is to help other people unleash their superpowers. That's what the IZOD method™ does. It identifies their life purpose. I just had

a podcast done about 50-plus people that are retired and a lot of people when they're retired, get depressed. They have no purpose, but I'm telling them that's when life starts. You fulfilled all your obligations, you took care of your family, your kids now have a family, you are a grandfather. Don't sit there watching mindless TV. What was your fire when you were a kid? Who did you aspire to be? Let's start now, you have time. Let's do this. You fulfilled your obligations, but you didn't fulfill your dreams. It's never too. My superpower is to ignite a superpower in other people and guide them to get there quickly.

For me, it took a long time. I was by myself. I came here with the \$400. I didn't have any mentors. I got knocked down many times. I feel I'm in a position now where I can show people the pitfalls. I can guide them in the right direction. I can make them accountable. I can stick with them until they realize their goals. I also have the inner circle and the connections that I can share and that took me decades to find. I feel that's my purpose.

What's the future of Biohacking Unlimited? I want to grow this. I want people to get familiar with the IZOD Method™ brand and I want to spread the word on stage,

off stage. We are doing retreats, we're doing mentorship programs, and we just want to help people fulfill their life and purpose. So, hopefully, it catches fire and people start to know the IZOD method™ as a household name. That would be my goal with the help of people like yourself, Dallas.

Of course. Well, it's our pleasure to have you, and it's been a fantastic interview, really. I've learned a lot and I know our listeners/readers have learned a lot. We'll all definitely reflect on this. So, Dr. Mike, I have to say thank you so much for taking time out of your day and your schedule for being with us, and we're excited to have you on the magazine cover. I'll leave you with the last words of where people can go to find out more about Biohacking Unlimited in the IZOD method™.

Sure. My website is biohackingunlimited.com. Check out the mentorship programs, maybe there's one that suits your needs. You can also schedule a FREE 20-minute Zoom call directly on the website. My books are there. My keynote speaking is there. The events are listed there. A link to my YouTube channel is on the homepage so please visit and subscribe. Everything is in one place. If you join our free email list, you get a free pdf copy of the book.

All right. It's all in one place, easy to find. That's perfect. Well, Dr. Mike Van Thielen, thank you so much and I hope to see you again and talk with you again real soon.

Thanks, Dallas. I appreciate the time.

