

# LISTEN NOW: Interview with The Bulletproof Executive

In Dr. Kruse's most recent interview, he speaks with Dave Asprey from The Bulletproof Executive and discusses how many people are microwaving their own cells without knowing it. Dr. Kruse also shares how certain lifestyle choices can put your health at MAJOR risk.



Add to that some discussion about the dangers of EMFs and how physics dictates biology, plus Dr. Kruse lists what he thinks are the most nutritious foods to pack a punch out there.

Check it out, and if you can't listen to it right away, you can download it for later.

LISTEN NOW -> How to Live Longer than Most People with Dr. Jack Kruse – Podcast

What did you think of the interview? Any questions that weren't answered? Leave a comment.