Recipe: How to Make Your Coffee Bulletproof...And Your Morning Too

When people hear more than half my calories come from healthy fats, one of the most common questions after "Why?" is "How?"

I start the day with a cup of Bulletproof coffee. I learned about the power of butter at 18,000 feet elevation near Mt. Kailash in Tibet when I staggered into a guest house from the -10 degree weather and was literally rejuvenated by a creamy cup of yak butter tea. The biohacker in me asked, "why?" and that was the genesis of my recipe below, which is widely heralded as a cognitive enhancing recipe.

It was John Patrick Henry's 2nd cousin's boyfriend Juan Valdez who said, "Give me high-end coffee or give me death." That's because toxins in cheap coffee (Starbucks included) will steal your mental edge and actually make you weak, but clean coffee actually fights cancer and provides antioxidants.

So I use the lowest toxin, highest performance coffee there is (I know, because I created it and tested it!), brew it, and then I blend unsalted grass-fed butter into it. Yes, butter. All the benefits of healthy milk fat with none of the damaging denatured casein proteins found in cream. It makes for the creamiest, most satisfying cup of coffee you've ever had. It will keep you satisfied with level energy for 6 hours if you need it. And because I'm having it for breakfast, I'm programming my body to burn fat for energy all day long!

Bulletproof Coffee Recipe

- Start with 4-500 ml (2 mugs) of black coffee brewed with my mold-free Upgraded Coffee beans. (Why this is important)
- Add 2 Tbs (or more, up to 80 grams, about 2/3 of a standard stick of butter) of Kerry Gold or other UNSALTED grass-fed butter START WITH 1 TSPN OF BUTTER + 1 TSPN OIL
- Add 2 Tbs (30 ml) of Upgraded MCT oil for max energy, weight loss and brain function (this is 6 times stronger than coconut oil, your next best choice)
- Blend with a pre-heated hand blender, shake really hard in a flask, or (best) counter top blender until there is a creamy head of foam. (It doesn't work well if you mix it with a spoon)

* Kerrygold butter or another grass-fed brand of butter really matters because corn or soy-fed cows don't make butter with the same fats. Those butters don't blend well, don't taste good, and don't make you feel Bulletproof.

Grass-fed butter is much healthier than other butter. It doesn't make cholesterol levels worse, it optimizes them! Starting your day with grass-fed butter will give you lots of energy and it will give your body healthy fats that it will use to make cell walls and hormones.

If you're like most of my friends who try this, your body is so starved for healthy fats that you feel like you can't get enough. It will take your body a week or two to fully turn on its fat digestion systems when you switch to a high healthy fat breakfast of Bulletproof coffee. If at first it is a little too rich, try using less butter at first and build up to the amount you like. Taking a betaine HCl or digestive enzyme supplement with your coffee will also help your body digest the butter. er Lipotrophic Factors for Liver

Try this just once, with only 2 Tbs of butter, and have nothing else for breakfast. You will experience one of the best mornings of your life, with boundless energy and focus. It's amazing.

After one drink of Bulletproof coffee, you'll never be tempted to eat fat-free, insulin-raising, fat-storing toast and oatmeal breakfasts again!

Green Pasture X-Factor High Vitamin Butter Oil

With the Extraordinary Healing Properties of Activator X

High-vitamin butter oil is produced from the deep yellow butterfat of cows eating 100% rapidly growing green grass. The speed of the grass growth, timing of the grazing of this grass, species of grass, climate and extraction method are all important to make real X-Factor Gold High Vitamin Butter Oil.

This beautiful golden oil is rich in nutrients including a powerful catalyst called "Activator X" discovered more than fifty years ago by Weston A. Price, D.D.S. Dr. Price considered high-vitamin butter oil to have extraordinary healing properties, especially when taken with cod liver oil.

"Dr. Price was often called to the bedsides of dying individuals, when last rites were being administered. He brought with him two things—a bottle of cod liver oil and a bottle of high vitamin butter oil from the cows eating growing grass. He put drops of both under the tongue of the patient—and more often than not, the patient revived." (From *Nourishing Traditions,* by Sally Fallon with Mary G. Enig, Ph.D.)

Nutrition Facts:

Suggested Serving Size: 1/2 Tsp (2.5g), **Servings Per Container:** 96, **Amount Per Serving: Calories** 20, **Calories From Fat** 20, **Total Fat** 2.5g (4% DV), **Saturated Fat** 1.5g (8% DV), **Trans Fat** 0g (0% DV), **Cholesterol** 5mg (2% DV), **Sodium** 0g (0% DV), **Total Carbohydrate** 0 (0% DV), **Protein** 0g (0% DV)

Dr. Weston A. Price's Discovery of Activator X

Dr. Weston A. Price was a pioneer in research and writing on nutrition and how it related to physical degeneration. He traveled the world during the 1930s and 40s, studied the health of different cultures, and related his findings to differences in diet and nutritional make-up of the foods consumed.

One startling discovery that never gained proper notoriety in the sciences was Dr. Price's work with high-vitamin butter oil and Activator X. Dr. Price identified Activator X as a potent fat-soluble catalyst found only in organ meats and butter from animals raised exclusively on rapidly growing green grass, and in some sea foods such as fish eggs.

This powerful catalyst helps the body absorb and utilize minerals, and plays an important role in brain and nervous system development, rebuilding of body tissue, repair of teeth and bones, and sex hormone production.

High in the All-Important Vitamin A and Other Fat-Soluble Vitamins

Dr. Price discovered high-vitamin butter oil to be an exceptionally rich source of fat soluble vitamins, which he deemed a necessary catalyst for all biological processes. Sufficient intake of fat-soluble vitamins, particularly vitamin A, is essential for growth, proper utilization of minerals and water-soluble vitamins, and normal development of the brain and the nervous and reproductive systems.

Contains the Wulzen Anti-Stiffness Factor

High-vitamin butter oil also contains the "Wulzen Factor," or "anti-stiffness factor," discovered by researcher Rosalind Wulzen. Present in raw animal fat, this compound protects against degenerative arthritis, hardening of the arteries, cataracts, and calcification of the pineal gland. The Wulzen Factor is not present in the dairy products available in supermarkets, as it is destroyed by pasteurization.

Synergy of Butter Oil and Cod Liver Oil

Research shows that butter oil and cod liver oil, taken together, provide complementary factors leading to proper essential fatty acid balance. High-vitamin butter oil contains arachidonic acid (AA), an omega-6 fatty acid, while cod liver oil is rich in eicosapentaenoic acid (EPA), an omega-3. Moreover, the saturated fatty acids in the butter oil promote efficient utilization of the unsaturated fatty acids in the cod liver oil.

Green Pasture's High-Vitamin Butter Oil is extracted from dairy milk produced by Guernsey and Devon cows (high butterfat producers) that graze exclusively on irrigated grass in the northern Great Plains. This specific combination of climate and irrigation produces a rapidly growing specialized forage, ensuring optimal levels of Activator X. Activator X and vitamins A and

D are then further concentrated by putting the butterfat through a specialized low-temperature centrifuge process.

Butter Oil Properties

Conjugated Linoleic Acid (CLA)

CLA has been shown to be an anticarcinogen in several animal models, reduce the adverse catabolic effects induced by immune stimulation in rats, mice and chickens, enhance growth performance in rats and inhibit plaque formation in rabbits fed an atherogenic diet at least in part via changes in lipoprotein metabolism. CLA inhibits the body's mechanism for storing fat and causes the body to utilize fatty reserves for energy.

CLA has been shown to inhibit lipoprotein lipase, an enzyme that breaks down fat globules in the blood so that adipocyte (fat cell) uptake, or body fat accumulation, can occur. The inhabitation of lipoprotein lipase results in reduced fat deposition.

CLA also increases hormone sensitive lipase activity, an enzyme that breaks down fats stored in fat cells on the body. The fatty acids are returned to the blood stream to be used as an energy source for muscle cells. CLA directs the body to use fat reserves for energy.

Stearic Acid

Stearic acid is a saturated fatty acid. Recent research suggests that diets high in stearic acid help lower total blood cholesterol. (Beef fat and cocoa butter contain significant amounts of stearic acid, but they also contain palmitic acid, which raises cholesterol.)

Sphingolipids

Sphingolipids are one principal group of lipids in the cell membranes, found especially in nervous tissue and cells and the brain. They function in cell-cell communication, signal transduction, immunorecognition, and definition of physical state of membranes and lipoproteins. In addition to those functions, current research has linked sphingolipids as intracellular Ca (2+) mediators.

Lauric and Myristic Acids

In animal studies these two significantly increased HDL.

Butyric Acid

Butyric acid and other short chain fatty acids are taken up by the intestine to be used for energy.

Butyric acid is specifically an important energy source for the cells lining the colon, where it seems to assist their normal development and maintenance. Butyric acid seems to reduce chronic inflammatory conditions of the colon, and high fecal levels correlate with decreased risk of colon cancer.

Butyric acid works in several ways:

1. It reduces the inflammatory condition of these walls, reducing intracellular seepage of undigested food particles.
2. It seals up the holes left by penetration of the roots, i.e. rhizoids, of candida albicans overgrowth, which are often implicated in secondary food sensitivities.
3. By stimulating epithelial sloughing in the intestinal tract, new attachment sites are created for favorable bio-flora such as bifidus and acidophilus cultures. Re-establishing the balance of protective bacteria supports our enzyme and fighter cell capabilities, which is necessary for stronger immune support.

In compromised immune systems, undifferentiated cell growth can be inhibited by butyric acid.

Butter Oil Components

- **The Wulzen Factor:** Called the "antistiffness" factor, this compound is present in raw animal fat. Researcher Rosalind Wulzen discovered that this substance protects humans and animals from calcification of the joints—degenerative arthritis. It also protects against hardening of the arteries, cataracts and calcification of the pineal gland. Calves fed pasteurized milk or skim milk develop joint stiffness and do not thrive. Their symptoms are reversed when raw butter (and raw high vitamin butter oil) is added to the diet. Pasteurization destroys the Wulzen factor.

The Price Factor or Activator X: Discovered by Dr. Price, Activator X is a powerful catalyst which, like vitamins A and D, helps the body absorb and utilize minerals. It is found in organ meats from grazing animals and some sea food. Butter can be an especially rich source of Activator X when it comes from cows eating rapidly growing grass in the spring and fall seasons. It disappears in cows fed cottonseed meal or high proteinsoy-based feeds.

Arachidonic Acid: A 20-carbon polyunsaturate containing four double bonds, found in small amounts only in animal fats. Arachidonic acid (AA) plays a role in the function of the brain, is a vital component of the cell membranes and is a precursor to important prostaglandins. Some dietary gurus warn against eating foods rich in AA, claiming that it contributes to the production of "bad" prostaglandins, ones that cause inflammation. But prostaglandins that counteract inflammation are also made from AA.

Short- and Medium-Chain Fatty Acids: Butter contains about 12-15% short- and medium-chain fatty acids. This type of saturated fat does not need to be emulsified by bile salts but is absorbed directly from the small intestine to the liver, where it is converted into quick energy. These fatty acids also have antimicrobial, antitumor and immune-system-supporting properties, especially 12-carbon lauric acid, a medium-chain fatty acid not found in other animal fats. Highly protective lauric acid should be called a conditionally essential fatty acid because it is made only by the mammary gland and not in the liver like other saturated fats. We must obtain it from one of two dietary sources—small amounts in butterfat or large amounts in coconut oil. Four-carbon butyric acid is all but unique to butter. It has antifungal properties as well as antitumor effects.

Omega-6 and Omega-3 Essential Fatty Acids: These occur in butter in small but nearly equal amounts. This excellent balance between linoleic and linolenic acid prevents the kind of problems associated with overconsumption of omega-6 fatty acids.

Lecithin: Lecithin is a natural component of butter that assists in the proper assimilation and metabolization of cholesterol and other fat constituents.

Cholesterol: Mother's milk is high in cholesterol because it is essential for growth and development. Cholesterol is also needed to produce a variety of steroids that protect against cancer, heart disease and mental illness.

Glycosphingolipids: This type of fat protects against gastrointestinal infections, especially in the very young and the elderly.

Trace Minerals: Many trace minerals are incorporated into the fat globule membrane of butterfat, including manganese, zinc, chromium and iodine. In mountainous areas far from the sea, iodine in butter protects against goiter. Butter is extremely rich in selenium, a trace mineral with antioxidant properties, containing more per gram than herring or wheat germ.