

# ROBERT IRVINE

MAGAZINE

SEPTEMBER 2017

*Nothing is Impossible*

A close-up portrait of Robert Irvine, a man with short, graying hair, wearing black-rimmed glasses with a row of small, clear stones on the bridge. He is looking slightly to the right of the camera with a neutral expression. He is wearing a dark, possibly black, collared shirt. The background is a plain, light gray.

**ROBERT  
IRVINE'S  
PUBLIC HOUSE  
INSIDE THE NEW  
GAME-CHANGING  
LAS VEGAS  
RESTAURANT**

## DEEPAK CHOPRA

**THE REVOLUTIONARY AUTHOR AND SPEAKER SITS  
DOWN FOR AN EXCLUSIVE INTERVIEW**

# ROBERT IRVINE MAGAZINE

Nothing is Impossible

## FOUNDER AND EDITOR-IN-CHIEF

Robert Irvine

## GENERAL MANAGER

Matt Tuthill

## CULINARY EDITORS

Shane Cash, Brian Goodman, Darryl Moiles

## CREATIVE CONSULTANT, COVER DESIGN

Sean Otto

## CONTRIBUTORS

Jay Cardiello, Amber Day, Mike Geremia, Leah Jantzen, Andy McDermott, SJ McShane, Nathan Mikeska, Heather Quinlan, Alden Ryno, Kenny Santucci, Michael Schutz, MD, Vanessa Tib

## PHOTO AND VIDEO CONTRIBUTORS

Jeremy Borash, Ryan Coyne

For advertising inquiries, contact Matt Tuthill, [matt@chefirvine.com](mailto:matt@chefirvine.com)

For general comments, contact him on Twitter, [@MCTuthill](https://twitter.com/MCTuthill)

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## BUSINESS and MARKETING

## CHIEF OPERATING OFFICER

Justin Leonard

## DIRECTOR, BRAND ENGAGEMENT

Joshua Lingenfelter

## PUBLIC RELATIONS

BRICKHOUSE PR

David Sabin

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MAGAZINE

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*zine* for an exclusive interview on a wide range of topics. You don't want to miss this.

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# SPREAD A LITTLE LOVE

Social media is a powerful tool.  
Are you aware of how you're using it?

There isn't a day that goes by where I'm not posting something to Facebook, Instagram, or Twitter. I love interacting with fans and there's never been a better time in history for ease of communication between public figures and the general public. Rest in peace, fan mail.

Social media is also a wonderful tool to keep old classmates and friends connected. Casual acquaintances and old colleagues usually fade from memory with time, but now that almost never happens. You probably know someone you worked with for one month five years ago who is on your timeline liking pictures and commenting on everything you post. Depending on how you look at that, it's either a miracle or a curse. Either way, technologies that didn't exist just a few short years ago have fundamentally changed the nature of human interaction in the world today.

William Gibson, the science fiction author who coined the term "cyberspace" said that no technology is inherently good or evil. It's how we apply it that matters. The same applies to social media. Sharing pictures of good times, promoting your work, and generally staying in touch with friends



Follow Robert on [Twitter](#), [Instagram](#), and [Facebook](#).

# ROBERT'S LETTER



From FOMO (Fear Of Missing Out) to unhealthy comparisons with other, social media can become an unhealthy place for anyone. Stay mindful of how you use it and choose to add something positive to the world.

and family are all obvious pluses. If, however, you're someone who uses social media to "vent" about problems in your life, post cryptic messages that beg for sympathy or attention, publicly complain to companies about customer service, or generally bash things that you don't like—be it a recent episode of *Supergirl* or the President's latest speech—I hope you'll take a moment to pause and realize that your words and thoughts are indeed powerful, and to be careful about what you're bringing to the table and choosing to share with the world.

I am by no means saying that social media can't be used as a platform to critique; the ability to galvanize and mobilize millions around a social protest or other cause for the common good is extraordinarily won-

derful. I'm just saying to choose your words carefully; complaining without offering a constructive solution doesn't do much. Also remember that advocating for what you believe is right doesn't ever have to involve using insulting language. If you can't argue your point without belittling your opponent, then maybe your argument isn't worth making.

The rapid advance of technology makes our world smaller every day and connects us in ways that were once unimaginable. Let's respect that ability and decide to always choose our words carefully. Don't ever forget that whoever you're talking to, there's a real person on the other end. Like technology, our world can only be as good as what we choose to bring to the table.

This month's cover subject, the

one and only Deepak Chopra, shares the viewpoint. In our wide-ranging interview beginning on Pg. 31, Deepak offers his thoughts on a whole host of topics. With regard to technology, Deepak says that we can't stop its advance. We can only commit to using it for good.

In that spirit, I ask you to stay mindful of how you use technology and social media. Choose to spread a little love today. I think you'll be amazed at what happens.

Yours in health,

# FUN IN FRISCO

San Francisco is packed with culture, fun, and delicious food. These are the places you can't miss when you visit. /// BY GAIL KIM-IRVINE



Alcatraz, the former federal prison, is now a major tourist attraction in San Francisco. Check the next page for Gail's tips on getting tickets.

San Francisco might be one of the most expensive cities in the country, but it's also one of my favorite cities to visit in the U.S. It is scenic, bustling and has a vast array of things to do for tourists. And despite the high cost of living, there's plenty you can do on a budget.

My main travel tips for visiting San Francisco would be not to rent a car (unless you plan to visit nearby Napa or other close by destinations) and to visit during the warmer climate months. I rented a car there

once and parking at the hotel was \$80/night. Besides cost, it's just not necessary. Uber and public transit—including those world famous cable cars—have got you covered.

Last but not least, visit in the spring and summer (it gets pretty chilly in fall and winter) and wear a good pair of sneakers if you're going to be walking around the city. Flip flops or dress shoes won't hack it on the hills and you will tear your feet apart if you make the mistake.

What follows is just a taste of how

much San Francisco has to offer. And of course Napa is just a short drive away.

## BEST TOURIST SPOTS

### GOLDEN GATE BRIDGE

If you've never seen or driven over the Golden Gate Bridge, it's definitely a bucket list item. I've seen, driven over and gone to the highest points to see it on several occasions, but it's absolutely stunning every time. Take a moment to properly take it in.

# GAIL'S CORNER



Far left: Talia Irvine and Gail's mother, Sunja Kim, posing in front of the Golden Gate Bridge. Center, Robert gets his pump on at World Gym, San Francisco. At right, the city's famed cable cars; unlimited day passes cost \$21.

## ALCATRAZ

Robert and I had a July 4th date here once and of course all the tickets were sold out on a holiday. So we found out that they always hold a block of tickets the morning of. So if you don't have tickets, you can still get there if you get there at the crack of dawn. It's worth it to see an incredible piece of history.

[Alcatraz Island Tickets](#)

## FITNESS

### [WORLD GYM, SAN FRANCISCO](#)

If you go at the right times of the year, you can walk, run, or bike on the pier/waterfront San Francisco has enough hills to make you feel like you had a workout while hitting all the sightseeing spots. But if you want a proper gym, Robert and I always hit up World Gym San Francisco. It's conveniently located and not intimidating for beginners. It's got amazing, energetic atmosphere

and great equipment for fitness fanatics.

290 De Haro St.  
San Francisco CA 94103

## EATS

### [YANK SING - DIM SUM](#)

2 locations:  
101 Spear St.  
49 Stevenson St.

Come for lunch as it's not open for dinner hours. This restaurant came highly recommended from a few chef friends and locals and it's known for being the best dim sum in the city. It didn't disappoint. Robert and I were especially impressed with all their varieties of dumplings.

### [GARY DANKO](#)

800 North Point St.  
San Francisco CA 94109

If you prefer finer dining, Gary Danko's is the place to go. Great ambiance but not uptight. Rob-

ert brought a group of us for my birthday and the price fix menu had something for everyone. They have choices of 3-5 courses or you can opt for the tasting menu, which we did. You'll want to save room for dessert, which was actually our favorite part. Every single one was to die for.

### [PEPPER PALACE](#)

2800 Leavenworth St.

This isn't a restaurant, but it definitely is for my hot sauce lovers out there! If you share an obsession with hot sauce like I do, this place will be your Disneyland. There are over 30 locations across the country but this is where I discovered it. From mild to scorching, they have it all. You'll laugh at all the unique names of hot sauces such as "Dr. Assburns" and many more. Tastings and in store challenges make this place a ton of fun!

## GUYS, LISTEN UP

September is Prostate Cancer Awareness Month. Here's what you need to know.

BY MICHAEL SCHUTZ, MD

*Prostate cancer screening is the best way to find prostate cancer early. But screening has come to encompass several methodologies over time—from the old-fashioned manual exam to blood testing.*

*For this special edition of my column, I checked in with Dr E David Crawford about the new developments in screening. Dr. Crawford is Professor of Urology, Surgery and Radiation Oncology at the University of Colorado, Denver and Chairman of the Prostate Conditions Education Council. He is also one of my mentors and one of the leading thinkers about prostate cancer in the country. Here's what he had to say:*

Prostate cancer is the most common cancer in men and one of the problems we currently have with prostate cancer screening is we find many men who have nonaggressive prostate cancer who may not need treatment. The PSA test, or prostate-specific antigen test, is frequently used to find prostate cancer, but it is not adequate by itself to tell if a man has prostate cancer or if that cancer needs treatment.

The decision to screen for prostate cancer should involve an informed decision between the patient and physician. Approximately 90% of PSA are ordered by primary care physicians. Physicians have been using a PSA of 4ng/ml as the cutoff for prostate cancer screening for the past 30 years. Recently we have found a few new things out about PSA.

A recent study by our practice in Denver showed that if you have a PSA 1.5 or less that you have a 0.4% risk



Few guys are comfortable talking about prostate cancer, but procrastinating can have deadly effects. Learn more about Dr. Schutz [HERE](#).

of developing prostate cancer over the next 5 years and you do not need another PSA during that time. This includes 75% of men. If you have a PSA above 1.5, you should see your urologist to further assess your risk of cancer.

Risk assessment involves multiple factors including your age and health status. This may involve getting additional information to better define your risk of cancer and risk of dying of cancer. Many new genomic tests are coming out to allow patients and their physicians to better define the risk of prostate cancer and need for biopsy. One urine test, SELECT MDx, can define with 99 percent certainty that you do not have high grade, aggressive prostate cancer if it is negative. This can avoid prostate biopsies that have risks associated with them.

MRI is also useful to assess suspicious areas in the prostate in people with prior negative biopsies. These and oth-

er tests allow patients and physicians to have a conversation about the risk of prostate cancer and the patient can make an informed decision about the risk of prostate cancer. The website: [www.pcmarkers.com](http://www.pcmarkers.com) is very helpful source for information on screening and markers.

I believe doctors need to change our thinking about prostate cancer. We have to educate and involve patients in their decisions about screening for prostate cancer. We have to be more focused about finding those patients who have high grade aggressive prostate cancer in whom those cancers will be a threat to them. There are many new tests coming out that will help patients and clinicians make the best decisions for these patients. When done early enough, these tests could save your life. Or, if you're lucky enough to get negative results, at least reduce a lot of worry and anxiety.



IN THE GYM: PRO TIPS

# ONE AT A TIME



Dividing your body into upper and lower hemispheres, and left and right sides, your workouts will accomplish more in less time. Here's why.

BY PAUL ROBERTS

# IN THE GYM: PRO TIPS



Working the left and right sides of your body independently helps eliminate muscle size and strength imbalances.

Forcing your body to pump blood to alternate hemispheres of your body gets twice as much work done in the same amount of time.

An old-school bodybuilding split looks like this: chest and back one day; biceps and triceps another; legs on another; shoulders on another; repeat. Splitting a routine up like this allowed bodybuilders to cram a lot of volume in for a single body part to help build it up, and since you're not working that body part again for another four or five days, there's ample recovery time. The other major benefit: When all your exercise choices focus on the same area, blood rushes to that area of the body to deliver oxygen and nutrients to working muscles. Some of the old-school splits combined shoulders and legs for time's sake,

but serious bodybuilders split these up; if you're trying to get big shoulders, you don't want your legs syphoning blood away.

But if your goal isn't to get big, what do you do? Specifically, if your goal is like many—to lose weight—how should you structure your workout? It turns out that you'll want to do the exact opposite of what a bodybuilder would do—send blood rushing from your upper body to your lower body, back and forth, for much of the workout. This forces your heart to beat faster to keep up, adding a cardiovascular training element to a traditional weight routine.

To take things a step further and build greater strength, try independently training the right and left sides of your body. For example,

alternate dumbbell curls, left and right, and do single-leg moves like split squats, pistol squats, and single-leg leg presses. When using any plate loaded (Hammer Strength) machine, try doing all your reps for the weaker side of your body (if you're right-handed, try doing all reps for your left side first).

When the left and right sides of your body work in tandem with their combined strength acting upon the same object—as in a barbell curl, bench press, or barbell squat—the weaker side of your body can be “carried” to some extent by the stronger side of your body. Working left and right sides independently can help diminish the strength discrepancy between the left and right sides of your body, if not eliminate it altogether.

# IN THE GYM: WORKOUT OF THE MONTH



## EVEN SPLIT

Our Workout of the Month perfectly gives every body part the attention it deserves. Get ready for a killer pump and sweat.

**DIRECTIONS:** After a five- to ten-minute warmup, perform the following workout as a circuit, resting for only two minutes after completing the Russian twist. Do three circuits total.

EXERCISE	REPS	EXERCISE DESCRIPTIONS
Dumbbell Split Squat	20	<b>DUMBBELL SPLIT SQUAT</b> Hold a pair of dumbbells and stand with your back to a bench or plyo box. Set one foot on the box; your back leg will reach behind you; the top of your shoe will be resting on the bench or box. Bend your front knee and squat low to the ground. Drive through your front heel to
Left-Right Dumbbell Press	20	
Dumbbell Lunge	20	
Left-Right Hammer Row	20	
Dumbbell Step-up	20	
Left-Right Bench Press	20	
Left-Right Calf Raise	20	
Left-Right Dumbbell Curl	20	
Dumbbell Kickback	20	
Russian Twist	50	

# IN THE GYM: WORKOUT OF THE MONTH



You don't need to brace yourself against a box or bench; you can use your own thigh as pictured. Just be sure to keep your spine straight throughout the exercise.

stand back up. Complete ten reps on one side, then ten reps on the other.

## LEFT-RIGHT DUMBBELL PRESS

Stand and hold a pair of dumbbells at your shoulders. Press the right dumbbell overhead, then slowly return to the start. That's one rep. Then press the left dumbbell overhead. Continue alternating reps until you've hit twenty.

## WALKING LUNGE

Stand holding a pair of dumbbells and walk forward, lunging with each step. Your front leg should form a ninety-degree angle as you descend toward the floor; your back knee should touch the ground. Continue until you've hit twenty reps, moving forward with each step.

## LEFT-RIGHT HAMMER ROW

Sit in a Hammer Strength

(plate-loaded machine) and perform rows, one arm at a time. You can do all ten reps for one side and then switch, or you can alternate the whole way.

## DUMBBELL STEP-UP

Stand in front of a bench or plyo box holding a pair of dumbbells. Step up onto the box, driving through your front heel. Step down and switch sides. Continue until you've done twenty reps.

## LEFT-RIGHT BENCH PRESS

Lie down on a weight bench holding a pair of dumbbells at your chest. Press up, one side at a time. You can do all ten reps for one side and then switch, or perform twenty alternating reps.

## LEFT-RIGHT CALF RAISE

Lie down in a leg press machine and set your left foot on the platform; your toes should be the only part of your foot touching the plat-

form. Flex and extend your ankle, pushing the platform with your toes. Do ten reps on your left side, then ten on your right.

## LEFT-RIGHT DUMBBELL CURL

Stand up straight holding a pair of dumbbells at your sides. Perform curls, alternating sides for twenty reps. Squeeze your biceps hard at the top of the movement.

## DUMBBELL KICKBACK

(Pictured at left)

Hold a dumbbell in your left hand and bend forward at the waist, keeping your back flat. Brace yourself with your right hand against the weight rack or a bench. Keeping the upper portion of your left arm parallel to the ground (you can pretend that your elbow is bolted to your side) extend your elbow, lifting the weight until your entire arm is parallel to the ground. Squeeze hard in the peak position, then slowly return to the start. Do ten reps on your left side, then switch sides to do ten on your right.

## RUSSIAN TWIST

(Pictured on previous page)

Sit on the floor with your knees bent, your heels on the floor or hovering just above it, with your toes pointed up. Sit up straight holding a medicine ball or weight plate in your hands, extended slightly away from your body. Turn to your left side, keeping your chest up; touch the ball/plate to the ground near your left hip, then turn to the right, touching the ball/plate to the ground near your right hip. Continue for fifty reps.

# IN THE GYM: GEAR

## FALL FIT

Gear for the season, whether you're running, biking, or cross training.

### NIKE METCON 3

Specifically designed for today's multi-faceted crosstraining, these lightweight and durable kicks are perfect for whatever you decide to do today: run, lift, climb rope, or attempt an American Ninja Warrior course. Get them in eight unique colorways, or design your own.

[\\$130, \*nike.com\*](#)



### CAMELBAK MULE MULE L.R. 15

Fall is the best season for hiking and mountain biking, and Camelbak is your best option for staying hydrated while training in the great outdoors. The new Mule L.R. 15 rests low on your back, perfectly balancing the while letting you easily sip 20% more water than previous models. The magnetic "tube trap" keeps the tube in one easy-to-reach place when you don't need it.

[\\$150, \*camelback.com\*](#)



### FLIP BELT

Finding a good place for your house keys is still a runner's biggest pet peeve. If you don't want to throw them under a rock or in your mailbox, they don't have to flop around in your shorts pocket. The Flip Belt secures keys, money, ID, and other small items close to your body so you can forget about it while you train.

[\\$28.99, \*flipbelt.com\*](#)



## IN THE KITCHEN: RECIPE

# RED BEANS & RICE

Classic. Simple. Satisfying



Serves 5

### YOU'LL NEED

- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 large red onion, diced
- 1 stalk celery, diced
- 1 green bell pepper, small diced
- 1 red bell pepper, small diced
- 2 16 oz. cans red kidney beans
- 1 tsp onion powder
- 1 tsp salt
- 1/4 tsp black pepper
- 1 tbsp hot sauce
- 2 1/2 cups chicken stock
- 1 cup white rice
- 1 tbsp butter
- 1 tbsp minced fresh cilantro leaves

### MAKE IT

1) Heat olive oil over medium-high heat in a large saucepan. Saute garlic, onion, celery, and bell pepper until tender. Stir in kidney beans, onion powder, salt, pepper, and hot sauce. Reduce heat to low and let mixture simmer slowly while you cook the rice.

2) Bring the chicken stock to a boil and stir in rice and butter. Return to a boil, reduce heat to low, cover and cook for 20 minutes without removing the lid. Remove from heat and let stand for 5 minutes.

3) Fold rice and beans gently together and transfer to a serving dish. Serve garnished with cilantro.

### THE MACROS

CALORIES: 361  
PROTEIN: 14 g  
FAT: 6 g  
CARBS: 63 g

# STEAMED CLAMS

A mouthwatering meal is just minutes away.



**Serves 6**

### YOU'LL NEED

6 dozen fresh clams (littlenecks or middlenecks)  
3 tablespoons grapeseed oil  
4 cloves garlic, chopped  
1 large onion, chopped  
1 cup white wine  
2 cups clam juice or water  
Chopped parsley leaves  
Salt and pepper  
1/2 cup melted butter (1 stick)

### MAKE IT

1) Wash the clams thoroughly and remove any blemishes. They should have no odor. Heat oil in a large saucepan (with a cover) over medium heat and cook garlic and onion until translucent.  
2) Add the wine and let cook for a couple of minutes to combine the flavors. Add the clams and clam juice (or water) and cover the pan for about 10 minutes until the clams open.  
3) Discard any clams that do not open and remove clams to serving bowls. Season the juices in the pan with salt and pepper to make a sauce. Pour the sauce and melted butter over the clams.

### THE MACROS

CALORIES: 292  
PROTEIN: 9 g  
FAT: 23 g  
CARBS: 6 g

## IN THE KITCHEN: GEAR

# EASY DOES IT

Gear that makes cooking simpler and faster. Everything should work this well.



### SPICE CAROUSEL

Turn the dial under the spice you want and get a perfect quarter-teaspoon measurement every single time. Carousel design makes it easy to access without ever taking it out of a cabinet. Four units can be stacked one on top of the other for easy access to 24, 36, or 48 spices.

[\\$31.42, amazon.com](https://www.amazon.com)

### BUTTER MILL

A pat of cold butter can rip a piece of toast to shreds. No more. This butter mill produces fine ribbons of easily spreadable butter with a simple twist. Great for all kinds of recipes, especially baking. You don't have to worry about blowing out your shoulder the next time you mix up a batch of chocolate chip cookies.

[\\$39.99, sharperimage.com](https://www.sharperimage.com)



### BEAR PAWS

Shred pork, chicken, or beef in a few seconds with these super-strong and durable bear paws. Easy to hold, these wonders are incredibly sharp and made from heat-resistant nylon, making them dishwasher safe.

[\\$12.95, amazon.com](https://www.amazon.com)





Behind The Scenes:

# ROBERT IRVINE'S PUBLIC HOUSE



Robert's new restaurant at the Tropicana in Las Vegas is a sight to behold, filled with incredible food, the deepest beer menu you've ever seen, and something else so special you have to experience it to believe it.

BY MATT TUTHILL

# PUBLIC HOUSE



Robert enjoys a laugh with WWII veteran Woody Williams after arriving at Public House via helicopter. Robert and Williams grabbed these T-shirt cannons and fired Public House shirts into the crowd. On the previous page, from left to right: Annalise Irvine, Tropicana GM Aaron Rosenthal, Woody Williams, Gail Kim-Irvine, Robert, and Talia Irvine. See video of the grand opening by clicking [HERE](#).

It is Wednesday, July 26, just a few minutes past noon, and in less than 24 hours, Robert Irvine's Public House will celebrate its grand opening. At the moment, the 9,000-square-foot 275-seat restaurant on the main floor of the Tropicana Hotel in Las Vegas is mostly empty, but it echoes with the chatter of staff and the clanging of pots and pans in the kitchen. Bartenders, servers, and line cooks buzz back and forth, making last-minute preparations for tonight's friends and family dinner—a soft opening that should reveal any issues that need to be ironed out before more than 1,000 members of the general public storm through the front

doors tomorrow.

Robert stands just outside the open kitchen with a gravitational pull all his own. Employees cluster around him and disperse at irregular intervals, seeking sign-off on various particulars. The parade seems endless as dozens of people pull at Robert's attention. Then suddenly, he is alone. Dressed in his trademark skin-tight navy t-shirt, dark blue jeans, and black loafers, he takes a deep breath, props his hands on his hips, and surveys the dining room. The look of concern on Robert's face is understandable; the restaurant he is set to unveil has been 18 months in the making, and he has been

intimately involved in every detail, from the development of the menu to the layout of the restaurant, to logo design, the materials used on the bar and outer facade—even the server uniforms—and hundreds of other tiny details that the average customer might not notice. When added together, he's counting that those little details will enrich the overall experience and set Public House apart on the hyper-competitive Vegas culinary scene.

At present, a few of those tiny details are gnawing at him. The same critical eye that cold-bloodedly dismantled so many establishments on Restaurant: Impossible is now at work on his own creation.

# PUBLIC HOUSE

“The centerpieces aren’t here yet,” he says. “They’re supposed to be here tomorrow—along with a few room dividers and plants.”

Does that mean he’s nervous?

“No,” he says flatly. “I’m just trying to imagine what it will look like when it’s really finished.”

The moment alone doesn’t last long. Hotel administrators come to pay him a visit and assess the progress. Fans from the casino floor look in through the windows and recognize him, then barge in to ask for pictures. He obliges, as he always does. So it goes for another five hours; the sparkling new venue is an object of curiosity, but Robert remains the main attraction. That is, until the food starts coming out to the tables.

The concept behind the menu is “elevated” pub food. There are countless bars where you can walk in and order a pint, a plate of wings, or a shepherd’s pie, but there is only one in the world where you can get those things—and a whole lot more—as interpreted by the inimitable Robert Irvine.

The unique twist at the Public House, as Robert Irvine’s VP of Culinary Affairs Darryl Moiles explains, goes beyond taking ordinary pub food and making it “gourmet”.

“Robert is British, lives in the States, and regularly travels the entire globe,” Moiles says. “We felt that the menu should reflect that worldly sensibility.”

Indeed, beyond the wings and pizza, the menu is much more sophisticated than you’d find in an average pub. Exhibit A is the first course: appetizers like peppered goat cheese poutine with shiitake mushrooms; French onion fondue; steak tartare; and lump crab arancini might scream out more to foodies than the sports bar crowd,



Top: Robert’s helicopter arrives to the grand opening ceremony. Middle: a bartender gives a thumbs up after making a signature cocktail. Bottom: Darryl Moiles, Robert’s VP of culinary affairs, oversees the kitchen on Day One.

# PUBLIC HOUSE

but a single bite of any of these would convert even the most pedestrian customers.

Main course options are divided into three subcategories: sandwiches/burgers, pizzas, and entrees.

On the sandwich side, you can get a Pastrami Rachel, which is smothered with German grain mustard; a lobster roll with sofrito mayo; grilled chicken breast with fig marmalade; a BLT with thick-cut bacon; and the “Fork and Knife Fondue Burger”, which your server will coat with melted gruyere when it’s delivered to your table.

Thin crust pizzas come out of the oven piping hot in familiar varieties—triple cheese; pepperoni; and margherita—and exotic—wild mushroom; kale pesto; and prosciutto with fig jam, goat cheese, and arugula.

Entrees include shepherd’s pie; blackened mahi; ponzu glazed salmon; fish and chips; skirt steak with frites; chicken fried duck confit; braised lamb shank; and ramen. Two items best shared include the 40 oz. tomahawk ribeye and the five-pound roast chicken with mashed potatoes, veggies, and demi glace.



Above, Robert shares a moment with Medal of Honor recipient Woody Williams. At right, Robert takes over the digital marquee.

This last item was something of a sticking point for Robert, who harbors a deep-seated love of the traditional family dinner and says, “When you roast a chicken right, it can be the best meal in the world.”

For the health-conscious, six salads are available, including shaved kale; chicken avocado; and roast vegetable and watercress.



If you’ve saved room for dessert, there’s a peaches and cream cheesecake; English banoffee pie; warm bread pudding; dark chocolate panocatta with mini doughnuts; almond cake; and a mason jar apple pie topped with a hunk of five-year old cheddar cheese from Grafton, VT.

# PUBLIC HOUSE

That last dessert item notwithstanding, every effort has been to source local ingredients from meat to veggies to bread.

If the main menu looks deep enough to invite repeat visits, the bar menu is genuinely overwhelming, with 100 beers, all presented by the region of origin. Award-winning microbreweries from across the US are well-represented, as are foreign beers and good old-fashioned macrobrews like Bud and Miller.

If your order a cocktail, you can have it made with Robert's Boardroom Spirits (see the story in our October issue) and if tequila is your

thing, ask for Robert's very own blend of Patron, which he formulated while on a trip to the distillery in Guadalajara, Mexico.

"Friends and family night" might sound like an easy soft opening, but shortly after the doors open, every table top and bar stool is filled. This, it turns out, was by design. Moiles said that the restaurant was intentionally overloaded on both nights leading up to the grand opening.

"You're supposed to fail on those nights," Moiles said. "They are stress tests. You



Above: Robert's own blend of Patron. Top right: the hickory smoked chicken wings. Middle right: the French Onion poutine. Bottom right: shepherd's pie. Make reservations at [tropolv.com](http://tropolv.com).

# PUBLIC HOUSE

can't get it right until you see where things are going to break down. Once they did, we were able to iron it out and get it perfect for the grand opening."

Public House Executive Chef Scott Green has more than two decades of culinary experience under his belt and previously opened restaurants for Celebrity Cruises. Before taking the reins at Public House, he came directly from running the kitchen at a ski resort in Alberta, Canada. A Las Vegas native, he's no stranger to the heat of the strip, having also worked at Caesar's Palace.

Green has opened a fair share of restaurants in his day, but the impending launch of Public House, he said, gave him fewer nerves than in the past.

"There's so much support from Robert and his team here that I know we're going to be just fine," Green said. "I'm just excited to be in on the ground floor."

The following morning, a throng of Robert's fans and press gather outside the Tropicana's main entrance. An attendant pushes a cart filled with ice and bottled water amongst the bodies as the thermostat climbed to a—mercifully dry—104 degrees.

Robert didn't keep the crowd waiting long. Right on schedule, his helicopter—emblazoned with the Public House logo—descended into the parking lot. When the blades stopped spinning, he hopped out to thunderous applause, flanked by his wife Gail and Medal of Honor recipient Woody Williams. He and

Williams then grabbed T-shirt cannons and fired swag into the crowd, posed with fans in front of a Patron roadster, then made their way inside for the unveiling ceremony.

Aaron Rosenthal, General Manager of the Tropicana, spoke first,

heaping praise on Robert's efforts to make the restaurant a one-of-a-kind experience, then detailing the extraordinary travails of special guest Williams. In World War II, Williams was part of the Marine detachment that planted the Amer-



Gail Kim-Irvine strikes a pose in front of the Public House logo.

# PUBLIC HOUSE

ican flag on Iwo Jima; in that same battle he singlehandedly cleared a number of foxholes with a flame thrower, running out of fuel, doubling back behind his lines, then pressing again forward for several hours.

When Williams took the mic, he waved off the applause, deflecting all praise to his host.

“Today isn’t about me. It’s about Robert,” he said. “And the incredible things he’s done for veterans.”

Robert fought back tears as Williams continued in that vein for several minutes—pointing out Robert’s extensive work to raise money and awareness for veterans’ issues through The Robert Irvine Foundation, the Gary Sinise Foundation, and several USO tours—before finally turning the mic over to Robert.

Later, Robert explained what made the ceremony—and Williams’ speech in particular—such an emotional experience.

“I know the restaurant has my name on the front, so obviously people are going to get up and talk about you,” Robert says. “Of course you’re going to be flattered. Of course people are going to present your best qualities and accomplishments. But when they come from a man like Williams—a true legend, a true hero, who did such incredibly brave things for this country... well, when he started listing my accomplishments as if they were of equal value, it was too much for me. I know that nothing can ever compare to what he did. But that’s how humble he is. That’s how gracious he is. They just don’t make them like him any more.”

Robert thanked the many team members of the Tropicana and his own staff for making the restaurant possible, as well as his wife Gail, and daughters An-



At left: tapped barrels of Knob Creek bourbon. Below: Robert checks in with some Public House patrons during dinner. Bottom: just being a dad at the photo booth with daughters Annalise and Talia.



# PUBLIC HOUSE

nalise and Talia. He then walked to the front entrance, cut the ribbon, and picked up a sledgehammer. In front of him on a table sat a massive ice sculpture with the Public House Logo etched on its face. He stepped into his best baseball swing and shattered the sculpture into a thousand pieces. The audience erupted with applause, then filed in to eat lunch.

A quick stroll through the tables revealed a lot of happy customers.

Las Vegas natives Tom and Jason had the grand opening date marked on their calendars. Jason works in construction and most recently worked to remodel the bridge that spans the Strip, connecting the Tropicana to the MGM Grand.

“I saw the signs daily, so I marked it,” Jason said.

Tom had a pizza; Jason the Pastrami Rachel. They shared the poutine. Too stuffed for dessert, they said they were eager to come back to work their way through the rest of the menu.

Bodybuilding legend Phil Heath, the reigning six-time Mr. Olympia and friend of Robert’s who once appeared alongside him on *Restaurant: Impossible*, was also in attendance. Heath couldn’t indulge in any of the more decadent menu items and even asked the kitchen to hold the glaze on his salmon and go easy on any cooking oils. They were happy to oblige, and Heath had a relatively Spartan but satisfying meal of grilled chicken, salmon, quinoa, and fingerling potatoes.

Heath, a favorite to win his seventh consecutive Olympia title in

September, says he’ll probably splurge on some of the regular menu items after the competition; he’ll host his after-party at Public House.

“This space is outstanding,” Heath said. “And I want something intimate, a place where I’ll really be able to engage with everyone who supports me.”

Most of the patrons were long-time Robert fans. Others, like Eric and Fleur, who were visiting from the Netherlands with their three children, had never seen Robert on TV before.

They simply saw Robert’s massive mural that covered the side of the Tropicana and figured something special had to be cooking. They came in off the street, waited for a table, and became fans on the spot. Amidst a table littered with empty plates, Eric declared that he would definitely bring his family back.

As the day melted into night, strangers began to mingle with one another at the bar. A single question kept repeating amongst them: “So what did you think?”

Many said the food was amazing.

Others couldn’t believe how extensive the beer selection was.

Yet the most common answer was that Robert Irvine’s Public House had something almost indescrib-



Executive Chef Scott Green has over 20 years of culinary experience and previously worked for Celebrity Cruises.

ably special about it.

Perhaps that special quality is this: in a tourist city designed to overwhelm the senses with unrelenting spectacle on every corner, Robert Irvine’s Public House is a spectacle of a different nature—a place where the expertly crafted food and drink and affable staff combine to create a true feeling of contentment. From the top of the building you can see the barren desolation of the Mojave Desert stretching out to the horizon in all directions. But just beneath your feet is a place where, no matter who you are or where you’re from, feels just like home.



# FROM PUBLIC TO PRIVATE



Can't make it to Robert's new Vegas restaurant anytime soon? We bring four signature Public House recipes home to you. Big, family-style portions make these perfect for pleasing a crowd.

# HOMEMADE PUBLIC HOUSE

# POUTINE

## YOU'LL NEED

### PULLED PORK

(Makes enough pulled pork for 12 servings)

- 3 lbs pork shoulder
- 2 tbsp garlic
- 3 tbsp chili powder
- 3 tbsp cayenne pepper
- 3 tbsp paprika
- ½ tsp ground black pepper
- 1 quart chicken stock
- 1 cup red wine
- 2 cups soy sauce
- 1 quart water
- 2 tbsp grapeseed oil

### SHIITAKE GRAVY

- 2 cups shitake mushrooms sliced
- 1 cup sliced onions
- 1 tbsp chopped garlic
- 1 quart of mushroom stock
- ½ quart braising liquid
- ½ cup butter
- ¼ cup flour
- 1 quart water

### POUTINE (2 SERVINGS)

- 2 cups French fries
- 4 oz pulled pork
- 3 oz shitake mushroom gravy
- ½ cup chopped green onion
- 2 oz peppered goat cheese

## MAKE IT

### PULLED PORK

- 1) Heat a Dutch oven or roasting pan over high heat.
- 2) Season pork shoulder with salt and pepper.
- 3) Add grape seed oil to Dutch oven and sear pork shoulder on all sides.



- 4) Add garlic, chili powder, cayenne pepper, and paprika. Cook for approximately 2 minutes.
- 5) Add red wine, soy sauce, water, and chicken stock.
- 6) Make sure that the pork shoulder is completely submerged in the liquid bring the liquid to a boil and braise in a 300-degree oven for 5 hours.
- 7) Allow the meat to cool in the liquid. Once cool, pull the meat as if you were making a pulled pork sandwich.

### SHIITAKE GRAVY

- 1) In a medium sauce pan, sweat mushrooms, garlic, and onion with butter. Season with salt and pepper; cook until onions are tender, making sure not to get too much color.
- 2) Add flour; incorporate with a

wooden spoon. Cook for approximately two minutes, making sure not to burn.

- 3) Add mushroom stock; incorporate using a whisk.

### POUTINE

- 1) Place fries in a 350-degree fryer or in a 400 degree oven and cook until crispy
- 2) Pull from fryer, drain, and add pulled pork.
- 3) Top with shitake gravy and crumbled goat cheese.

### THE MACROS

CALORIES: 466  
PROTEIN: 19 g  
FAT: 26 g  
CARBS: 36 g

## SHEPHERD'S PIE

SERVES 12

### YOU'LL NEED

#### FILLING

4 lbs ground lamb  
1 cup shallots, small diced  
1 cup celery, small diced  
1 cup Spanish onions, small diced  
1 cup English peas  
1 pint chicken stock  
2 cups red wine  
½ cup thyme, chopped  
½ cup rosemary, chopped  
½ pound butter  
Salt and pepper

#### MASHED POTATOES

3 medium Yukon gold potatoes,  
peeled and cut into quarters  
1 pint heavy cream  
¼ pound butter  
Salt and white pepper

### MAKE IT

#### FILLING

1) In a medium sauce pan over medium heat, add butter and white onions, allow onions to sweat for approximately 3 minutes or until onions are translucent. Add carrots and celery; allow to sweat for another 3 to 5 minutes.  
2) Add ground lamb meat. Turn the heat up closer to a high heat, using a wooden spoon break up and stir the lamb meat allowing the meat to get some color; this should take approximately 8 to 10 minutes. Add red wine, deglazing the pan. Using a wooden spoon scrape the bottom of pan and allow wine to reduce.  
3) Once reduced by half, add chicken stock and peas.

#### MASHED POTATOES

1) Place cut potatoes in medium to large sauce pot fill with cold water and add salt to the pot.  
2) Place pot on stove on high heat. Allow to boil, reduce to a simmer, and cook for 5 minutes.  
3) Strain the potatoes, pass potatoes through a ricer into a large bowl.  
4) In a small sauce pot heat up butter and cream.  
5) Add hot cream and butter to potatoes use a wooden spoon to mix together.  
6) Finish with salt and ground white pepper.

7) In a bowl add shepherd's pie filling and top with mash potatoes and serve. Place under broiler for a few minutes, watching constantly, if crispy top is desired.

#### THE MACROS

CALORIES: 553  
PROTEIN: 34 g  
FAT: 37 g  
CARBS: 21 g



# HOMEMADE PUBLIC HOUSE

## FISH & CHIPS

**SERVES 4**

### **YOU'LL NEED**

#### **BATTER & FISH**

16 oz. pilsner style beer  
2 lbs all-purpose flour  
1 tbsp baking powder  
1 whole lemon  
½ cup water  
½ cup rice flour  
4 eight-ounce portions of white fish similar to Cod  
5 cups shoe string French fries  
2 tbsp rendered bacon

#### **SEASONED FLOUR**

2 cups all-purpose flour  
Lemon zest  
Salt and black pepper

#### **CURRY AIOLI**

1 cup mayonnaise  
1 tbsp yellow curry powder  
½ tbsp turmeric  
2 tbsp malt vinegar  
2 tbsp honey  
Salt and pepper

#### **MAKE IT**

1) In a large bowl add beer, water, and with whisk add baking powder lemon zest, rice flour, and all-purpose flour and whisk together.  
2) In a large mixing bowl add flour, lemon zest, salt and pepper to make seasoned flour. Dredge fish in flour.  
3) Take fish from seasoned flour being sure to shake off an excess flour.

4) Place fish in beer batter coating entire fish in batter.  
5) Place fish in a 350 degree fryer using a pair of tongs, allow to cook for approximately 5 to 7 minutes making sure to flip the fish half way through the cooking process.  
6) Add French fries; allow to cook for approximately 4 minutes.  
7) Finish with curry aioli and rendered bacon.

#### **THE MACROS**

**CALORIES:** 579  
**PROTEIN:** 51 g  
**FAT:** 15 g  
**CARBS:** 60 g



# HOMEMADE PUBLIC HOUSE



## BREAD PUDDING

**SERVES 12**  
**YOU'LL NEED**

### **BREAD PUDDING**

2 cups milk  
2 cups granulated sugar  
2 cups heavy cream  
4 whole eggs  
2 vanilla beans  
4 cups croissants, cut to 1" cubes

### **RHUBARB CHUTNEY**

4 cups fresh rhubarb, cut in to 1-inch cubes  
2 cups granulated sugar  
1 vanilla bean  
½ cup lemon juice

### **STRAWBERRY ANGLIASE**

2 cups heavy cream  
8 egg yolks  
½ cup granulated sugar  
1 vanilla bean  
½ cup strawberry puree

**MAKE IT**  
**BREAD PUDDING**

- 1) Preheat an oven to 350 degrees and grease a 13 x 9 inch pan
- 2) Mix granulated sugar, eggs, and heavy cream in a large mixing bowl.
- 3) Add cut croissant rolls to the mixture, allow to sit for 10 minutes.
- 4) Take rhubarb chutney and line the bottom of the grease pan, then add bread mixture. Cover with foil and place in the 350-degree oven.
- 5) Cook for 45 minutes.

### **RHUBARB CHUTNEY**

- 1) Place rhubarb, sugar, and lemon juice in 3- quart sauce pan. Bring to a simmer
- 2) Continue to simmer for approximately 20 minutes. Rhubarb should hold its shape.

### **STRAWBERRY ANGLIASE**

- 1) Add heavy cream to a 4-quart

- sauce pan and bring to a boil.
- 2) In mixing bowl add egg yolks, sugar, and vanilla bean.
- 3) With a whisk combine hot cream into egg yolk, and sugar mixture. Be careful not to scramble eggs.
- 4) Add cream and egg mixture back to the sauce pot.
- 5) Bring mixture back to a simmer, stirring, continue to cook for approximately 10 minutes or until the mixture has reached sauce consistency. Finish sauce by adding strawberry puree and pass through a strainer.
- 6) Plate bread pudding and finish with strawberry anglaise

### **THE MACROS**

**CALORIES:** 560  
**PROTEIN:** 9 g  
**FAT:** 28 g  
**CARBS:** 64 g

**COMFORT FOOD**  
**COMFORT EVERYTHING**



**ROBERT  IRVINE'S**

COMFORT FOOD WITH A CELEBRITY TWIST ARRIVING 7.27.17 AT *Tropicana*  
LAS VEGAS

# DEEPAK CHOPRA: THE RI MAGAZINE INTERVIEW



A candid conversation about existence,  
technology, and the pillars of true health.

BY MATT TUTHILL

# DEEPAK CHOPRA

*Of all the thought leaders and luminaries of the new age movement, none are as famous, outspoken—and sometimes polarizing—as Deepak Chopra. But the prolific author (the New Delhi native has written 86 books) and public speaker has credentials that many of his peers in the movement don't have; an overlooked fact about the 70 year-old is that he is a medical doctor, and early in his career served as chief of staff at New England Memorial Hospital. That background uniquely positioned Chopra to bring Eastern concepts of health and mindfulness to the West; he then exploded into the mainstream in the early 90s when he appeared on the Oprah Winfrey Show.*

*His earlier books about self-healing and personal fulfillment have now given way to exploratory writings on the subjects of quantum physics and technology. He co-authored *You Are the Universe: Discovering Your Cosmic Self and Why It Matters*, with Menas C. Kafatos, Ph.D., an American physicist. The ensuing journey is a true head trip that asks deep, seemingly impossible-to-answer questions about the nature of the universe, such as, "What came before the big bang?" and posits the notion that each of us are co-creators of a reality that spans the entire universe. Without mankind,*



If a tree falls in the woods and no one is around to hear it, does it make a sound? Deepak Chopra would like you to consider the idea that maybe the tree wasn't there before you showed up.

*Chopra and Kafatos write, the universe ceases to be.*

*How could this possibly be so? We asked Chopra himself, and touched on a number of other timely subjects, such as the rapid advance of technology, the idea of an absolute truth (and fake news), health and fitness, and Donald Trump.*

**RI:** My first question is in regards to your most recent book, **You Are the Universe**. Right off the bat in that book, you take the old riddle "If a tree falls in the woods and no one is there to hear it, does it make a sound?" and you answer it definitively in

a really surprising way. You say, "Well, actually, if there's no one around, then there's no tree." The premise early on is that without people to observe it, there is no universe. And you explain this throughout the book by citing different studies, and you construct all these very useful metaphors. So I'm not going to ask you to restate the thesis of the book, but I am curious to know if I take what you're saying at face value — that if we're not here then the lights go out and everything ceases to be — what can people do with that information? How do you think this



# DEEPAK CHOPRA

## book can help people?

DC: The first thing is, sound is an experience. Just like color is an experience. Form is an experience. Taste is an experience. Smell is an experience. Sensation is an experience. Thought is an experience. And anything that you call “imagination” is an experience. If you didn’t experience these entities, then you wouldn’t know that they existed. So your only knowledge of the existence of anything is the awareness of it.

Without going into detail ... is there a universe? Is there a body? Is there a mind? I think we can say for sure there is something called “existence”. You know that you exist. And you also know that everything that you look at and experience around you also exists. Never mind defining that in detail. So then the next question is, “Where is this existence apprehended? Where is this experience occurring?” And most people would say, “It’s occurring in the brain, or it’s occurring in the body.”

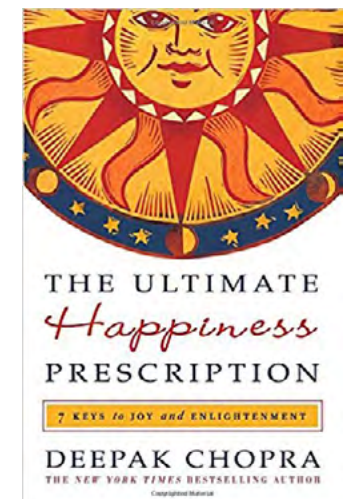
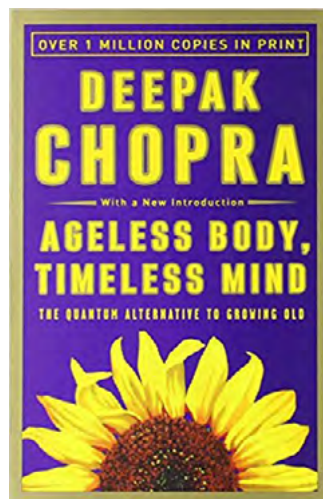
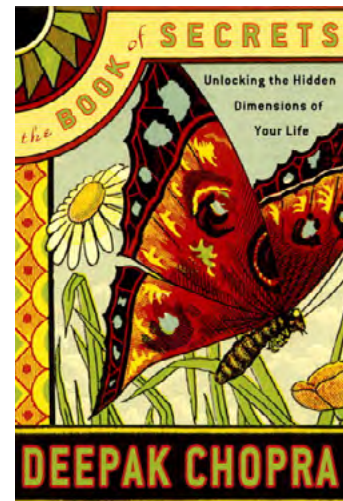
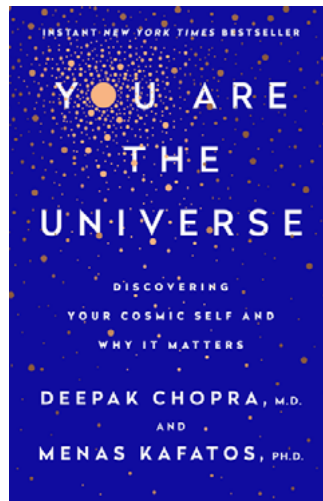
But even that is questionable. You have to question that because how do you know there is a body? How do you know there is a brain? And you know there is a body and a brain, because you’ve experienced such a thing. You experienced a brain on a CAT scan or you look at it on a dissection table. You experience your own body. And in fact, when you look deeply into the experience of your body, you’ll realize that it’s a bunch of sensations, and sense perceptions, and images in the

same way as everything else is.

Furthermore, your body is changing. The experience of your body is changing in every moment of now, even though you don’t see it as such. And every time you look at your body, it’s like taking a photo of the body, because the body’s on the move, you know. You don’t have the same body you had ten years ago, fifteen years ago, or as a child. So what is the essential experience of anything including your body or your brain? It’s sensation, images,

feelings, and thoughts, and sense perceptions.

When you go deeply into this, and you realize that these are all modifications of awareness of that which we call consciousness. We have to use these words, because without words we wouldn’t be able to communicate. So in reality, that which we call the physical universe, that which we call a physical body, and that which we call a physical brain, and even that which we call the mind are human constructs. So most of knowing



Deepak Chopra has written 86 books. Click the image above to browse his author page on Amazon.

# DEEPAK CHOPRA

and experience is awareness. Ultimately there is only awareness, though the experiences seem to occur in time. The experience you had five minutes ago, before you called me, is gone. Experience you had one minute ago, when we started this conversation, is gone. By the time you've heard the end of my sentence, the beginning of the sentence is gone.

So experience is in time, or appears to be in time, but the awareness in which that experience is, is not in time. Because when you had the experience of a baby or a teenager as you, your awareness is that experience occurred is a constant. The only constant is that which we call "I". You know, "I went to a movie yesterday. I had

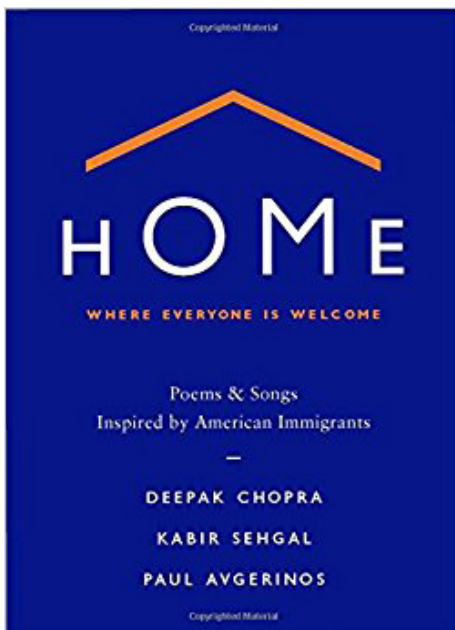
Chinese food today. I'm in love. I don't like Donald Trump." "I" is the only constant.

So what is the "I" that experiences the body, mind, and universe as a unified activity? And you can see just from your own logic and also from your own experience, that "I" doesn't seem to be in time. And that's a very important thing to know, because then all these constructs that we have, birth and death and body and mind and universe, are literally constructs. And they're human constructs. We experience a human universe. You don't experience dolphin universe. You don't experience the universe of an insect with a hundred eyes. You experience the human universe

and it is not only a construct, it's a modification or a modulation of your own awareness.

This is important to note. This changes everything. Because human beings suffer because they don't know what fundamental reality is. They hold on to experience that is ephemeral and over as soon as it arises. They're afraid of impermanence. They identify with a socially induced hallucination called ego, and they fear death. And all these problems, are actually occurring because we confuse the construct with the awareness in which the construct is conceived.

In other words, you confuse yourself with your selfie. Your selfie is literally the body you perceive



Chopra's latest book, co-authored with Kabir Sehgal and Paul Avgerinos, is called *Home: Where Everyone is Welcome*. It is a collection of 34 poems and 12 songs inspired by immigrants who made significant contributions to the U.S. Learn more and order by clicking [HERE](#).

Follow Deepak on [Twitter](#) and [Facebook](#), and visit his website, [DeepakChopra.com](#)

Photo credit: Jeremiah Sullivan; Pg. 31 photo and cover photo credit: Todd MacMillan



# DEEPAK CHOPRA

at this second, but there's no permanence to it. It's just another experience. Broken down into sensations, images, feelings thoughts, sense perceptions, which toward the end of the book I call "Qualia". This is a Qualia universe, a human Qualia universe. Qualia means "quality of experience". Just like Quanta means "quantity of measurement."

**RI: Now, if I'm taking that and I'm distilling it into something smaller, like the realm of self-help, I see the value in that. I see that that would make me let go of the past and stop stressing about the future and kind of stay in the moment. But do you see any danger -- ?**

DC: Wait there, just wait there. You cannot experience the past, and you cannot experience the future. All you can experience is thought about the past and the thought about the future, which is always now. Now is not a moment in time. Now is the awareness in which the universe is arising and subsiding. And that's all it is.

**RI: Okay, but do you see any danger in espousing this theory? Imagine it takes root all over the world, and everyone accepts this.**

**The absence of an absolute truth or constancy without human involvement, that might open the door for a lot more people to take it too far and say, "Well, nothing is permanent so I'm going to do whatever I damn well please whenever I want"?**

*"Our technological capacities, our scientific pursuit, have outpaced our emotional and spiritual development...as long as our technological capacities continue to outpace the emotional and spiritual evolution, it's a negative net balance."*

DC: The danger is only if you think of someone taking away your personal property. Awareness is that in which we all experience ourselves and each other, and therefore you cannot divide that awareness, so that takes you to a place or an understanding of inseparability. I won't use fancy words. Scientists blame me, you know, they're always kind of targeting me, they say I steal

their words. But if you understand quantum entanglement, or the inseparability of space, time, energy, information, and matter, then you see that the ultimate truth is the one awareness in which we are all being experienced. And as you go in that direction and the people are understanding, then love and compassion and joy, and equanimity and peace of mind, and thoughts begin in that truth. Not as moral imperatives to be followed, but as natural aspects of your being.

**RI: Meditation is an incredibly powerful tool for alleviating much of the anxiety that it seems like more and more people are feeling these days. I felt that maybe at the turn of the millennium that it was permeating the mainstream pretty well but with technology advancing so rapidly and being the addictive thing that it is, it does seem like fewer and fewer people are willing to disconnect, to take that time for themselves. We're rarely looking within, we're often looking without. Do you have any hope that in a society that really worships technology, that meditation could ever take root firmly enough to make a positive global impact?**

DC: I think technology is the

# DEEPAK CHOPRA

next leap of human imagination and therefore part of our evolution and if we kind of resist technology, we'd definitely — if we understand Darwinian principles — we will be soon obsolete. So you can't stop technology. The question is, how do we use it? Do we use technology to disconnect? To create cyber hacking? To create atomic bombs? To create biological warfare? To create destruction of the planet? I read today that an iceberg the size of the state of Delaware separated from its main shelf in Antarctica. This could create huge havoc in the world. So we are at a crossroads. We can't stop technology, but how do we use it? I'm a big fan of the good, appropriate use of technology, including artificial intelligence, augmented reality, virtual reality. I think these can give us a deeper understanding of the very fact that the present reality is also virtual reality. The extension of that augmented reality can give us a deeper understanding into the matrix of existence from where all this happens. Whether that'll happen or not, I don't know.

Many experts think that we're on the brink of the next mass extinction, the last one being 65 billion years ago when a meteorite fell on our planet, and dinosaurs were wiped out and humans are a product of that extinction. So if the human species goes extinct — maybe nature has other plans, I don't know. But on the



What came before the Big Bang? These and other seemingly unanswerable questions are pondered in Deepak Chopra's latest book, *You Are The Universe*. The answers Chopra produces are always thought-provoking, and potentially life-changing.

other hand, the technology can also connect us in a way that we have never been connected before. People are connected already but they're not connected at a deeper level of emotional and spiritual bonding. But technology can, if we so will it, or engineer it, we can use technology to our advantage.

**RI: You mentioned the iceberg. I'm curious if anything really does seem to worry you or keep you up at night. Does global warming, or the prospect of famine or overpopulation, do those things worry you?**

DC: Nothing worries me, but I do see the insanity of what is

happening in the world, and I refuse to participate in it. Because if you think that climate change, and extinction of species, and social and economic injustice, and poison in our food chain is not insanity, then you are participating in and declaring your own insanity. So I refuse to give up my stance that the world is insane at the moment. And I've kind of, in a way, picked up my visitor's badge and I will not participate in the insanity. I will speak what I think is the truth. I'm not concerned. The universe existed, not as a human concept, but whatever existed, existed before we came along. And if we are wiped out, it will go

# DEEPAK CHOPRA

on its merry way, and the human species will have been an interesting experiment that did not work. So who am I, a puny little ego, squeezed into the volume of a body in the span of a lifetime to worry about that, you know?

**RI:** You make the big point in the beginning of the book about the theory of relativity. Once people, especially other scientists, were aware of it, they started seeing it everywhere and realized it had always been there. It had been at work in their lives before they knew about it. It reminded me of when you see a word and you don't know its definition, then you look it up, understand it, and then you start seeing it everywhere. And you realize, "This has always been around me," and it's startling.

DC: Exactly.

**RI:** I feel like people are starting to realize that about each other, as we're walking around with these super-computers in our pockets and we're starting to be much more aware of all the different kinds of people and belief systems that are all around us. And there's a huge positive

**there, but it's also connected us in this way where we can be inexplicably cruel to each other anonymously. As you look at the whole of smart phones and social media and the way things have just exploded in the last decade, do you see there is a net**

*"You cannot experience the past, and you cannot experience the future. All you can experience is thought about the past and the thought about the future, which is always now. Now is not a moment in time. Now is the awareness in which the universe is arising and subsiding. And that's all it is."*

**positive still, or do you see a net negative?**

DC: I can't answer your question because we wouldn't be having this conversation in the absence of technology. So what I can state, that our capacities, our technological capacities, our scientific pursuit, have outpaced our emotional and spiritual development. So, you

know, you have ISIS, a bronze-age mythology, but with modern capacities like the internet and cyber warfare. So as long as our technological capacities continue to outpace the emotional and spiritual evolution, it's a negative net balance.

**RI:** Okay. The concept that we shape our realities is very empowering, but again I'll play devil's advocate and take the negative side of these things, because we see so much of that today. We see so many people saying, "Nothing is real unless I want to believe it." You see it with "fake news" and the way we have such strong confirmation bias, and the way we choose our information sources.

If I am a supporter of President Trump, there is no amount of evidence of criminal

activity that will ever make me believe that he's criminal. I can just yell, "Fake news!" at you, and I can walk away, and I can live in my own reality. When you think about that phenomenon, and you think about what you're talking about, does that ever give you pause and you say, "Hmm, maybe this isn't the message that

# DEEPAK CHOPRA

**people need to hear right now. Maybe the idea of an absolute truth could be more helpful even if you don't believe it?"**

DC: The absolute truth is the source of all experience is oneness. That's the absolute truth. So if you understand the absolute truth that we are activities in a single awareness, then we automatically go in the direction of truth, goodness, beauty, harmony, love, compassion, joy, equanimity. If we feel disconnected, then we do create personal realities that are destructive. But if you look around wherever you are, everything you see is a human construct, and we created it. We created what we call civilization. Everything. From machines, to technology, to even, in fact, the experience of our body, our biology is an experience in awareness and by changing your habits, like thinking and feeling and giving it good rest, as in sleep, meditation, stress-management, mindfulness, healthy emotions, good natural diet and food, you can actually change your biology and therefore the experience of your biology.

So this understanding is in a way what I would say the original fall from the biblical mythology of the knowledge of good and evil. And so when you have that, it's a double-edged sword. You can lead the world or you can destroy it. And I think we are at a crossroads at the moment. Which way will we go, only we will find out.

**RI: We do write a lot about health and fitness in this magazine, so I wanted to ask you, aside from what foods to eat and what exercises to do, how important are my day-to-day thoughts that I choose for myself? And how important are they to how they affect the overall health of my body?**

DC: Here are the six pillars that I call the six pillars of well-being.

Number 1: deep, good, natural, restful sleep.

Number 2: stress management, whatever way you use to manage your stress, including mindfulness and meditation.

Number 3: movement and exercise, possibly yoga and breathing techniques because they help coordinate mind and body.

Number 4: healthy emotions. Not just thoughts, but emotions. Because emotions are what drive us. So, emotions that connect us to life in general.

Number 5: food that is not contaminated by poison, including inflammatory products like insecticides and pesticides, and growth hormone and steroids and chemicals of all kinds.

And finally, Number 6: connection with nature.

All thoughts are important in that, if your thoughts alienate you from the rest of the world, and if you're feeling anger, resentment, hostility, guilt, shame, disgust, resentment, grievances, fear, that sort of thing certain-

ly cause inflammation in your body, and inflammation is the background of 95% of chronic illnesses. Only 5% of disease-related gene mutations are actually fully penetrant, which means they guarantee the disease. The others are influenced by how we live our lives on a day-to-day basis.

**RI: That's a wonderful formula. Hard to argue with. For my last question I want to get personal. What makes you happy?**

DC: You know, I don't use the word happiness. I use the word fulfilled, and peaceful, and what makes me peaceful and happy is when I'm expressing my creativity and doing something that makes a difference in other people's lives.

**RI: I know you never stop writing. What is your next book?**

DC: The next book is called *The Healing Self* with Rudy Tanzi, who's the Harvard neuro-geneticist that I wrote my last two books with before this one. *Super Genes* and *Super Brains* then *The Healing Self*, and following that, I'm doing what I think will be the culmination of my career, it's called *Meta Human: The Next Leap in Human Evolution*. And it's about basically what human capacities could be, if you really tapped into our inner-most being and highest potential for evolution.

# AVOIDING TEMPTATION AT WORK

Offices are an incubator for bad nutrition habits. Here's how to stay the course when you're surrounded by junk.

*"I recently lost weight and I'm trying to stay the course with eating healthy at my job, but my coworkers always have junk food around. How to I avoid temptation?"*

*- Carrie H., via e-mail*

**Answer by Sara-Jane McShane, personal trainer, nutritionist, fitness writer:**

First off, Congratulations on your weight loss! Most people spend the majority of their waking hours at work, so it's no surprise that the workplace nutrition habits have a major impact on health. With that said, there are a few things you can do to help keep you on track.

**1. Prep your meals and snacks:** Having healthy options available are a great way to fight off workplace temptations. This way when hunger strikes you will have all you need to fight and win the battle. Having prepped food available also helps you feel more satisfied by not allowing you to go too long without eating. Some examples of healthy snacks are sliced veggies and hummus, fruit, a mix of nuts, a clean protein bar, salad, rice cakes with an avocado spread, unsweetened applesauce with cinnamon, sweet potato chips, or celery sticks with



a serving of your favorite nut butter.

**2. Drink more water:** Water is so important for every bodily function, but it can also be used in dealing with food temptation. Staying hydrated fights off fatigue; which can weaken you to give in to not-so-good snacks. Water also cleanses the system and helps the stomach feel full and gives more energy to our cells. The more energy we have, the easier it is to stay on track!

**3. Get rid of the processed junk:** Empty your candy bowl and get rid of chips, crackers, and other unhealthy, processed snacks that may be still stashed in your desk.

Remember, you don't need them now that you've got nuts, fruit, and the like. The less you're tempted by junk food, the healthier you'll eat.

**4. Use good ol' willpower:** It's what helped you lose weight in the first place. Remind yourself of why you started this weight loss journey. Make a vision board of inspirational images or write down your goals and place them at your desk. Read them whenever temptation is strong. Think past the moment and look at the big picture (your health).

Follow Sara Jane on [Twitter](#) and visit her [website](#).

# KEEP IT SIMPLE



# CLASS IS ALWAYS IN

We're designed to crave new information. But just like your body won't run on junk food, your brain needs the right sustenance, too.

BY HEATHER QUINLAN

As the days get shorter and the temperature starts to cool down, there's a simultaneous undercurrent of excitement as another school year commences. The beaches and pools go quiet as kids get back to their routine, their sports, and their friends. But all of this excitement is pinned to the back drop of acquir-

ing knowledge.

As you think of those kids, I want you to think of your own daily life and your appetite for new information. These days, that appetite is thoroughly overfed with almost constant connectivity to technology in one form or another. It's why smart phones are so addictive.

That feed of new information from a short headline, or a brief video keeps you scrolling for more and more and more. Why? Because your brain was designed to keep learning. Every time you learn something new, it releases dopamine as a way to tell you to keep learning. But there's a big difference



# KEEP IT SIMPLE



Studies have shown that you retain knowledge better when you write it down on pen and paper. See [HERE](#). Online classes are a great option for continuing education. [MasterClass.com](#) offers writing, acting, music production, and more.

between endlessly scrolling for tiny new bits of information that just barely holds your attention for the moment it takes you to scan the headline and delving deep into a topic that can really satisfy your deeper thirst for knowledge. To employ a food metaphor, it's the difference getting a candy bar out of a vending machine and sitting down for a balanced meal.

Take a cue from those kids heading back to school. You don't need to be young to feel the incredible, positive rush of learning something new. Sign up for an art or creative writing class at your nearest community college, sign up for an online class in wood working, or

French cuisine, or acting. Or just pick up a great book of self-help or non-fiction. The common thread amongst the most successful people in the world is reading. Bill Gates reads a new book every week. In 2015 Mark Zuckerberg committed to reading one book every other week on topics that would expand his horizons in a "deeper way". Oprah Winfrey is a voracious reader and says she wouldn't be where she is today if reading was such a "fundamental tool" in her life. To keep up on his competition Mark Cuban would read various magazines and books for hours a and accredits his success to it. The list goes on (see [HERE](#)).

Overall health isn't just about being physical with your body or eating the right foods. Keeping your brain active and engaged through learning, is a third and crucial pillar to overall health. Quite simply, learning keeps you young. In my yoga classes, I always say that when you know better, you do better. Without continually expanding your knowledge in one direction or another, you'll never do better. Take the example of child going back to school this fall and it will enrich your life for all the years to come.

*Heather Quinlan is a certified Bikram Yoga instructor and health coach. Visit her website at: [hquinlan.com](#) and like her page on [Facebook](#).*

# WHAT'S COOKING

A look at what's new with Robert this month.

## ROBERT IRVINE'S PUBLIC HOUSE

Robert Irvine's Public House at the Tropicana in Las Vegas, Nevada is open for business. Boasting over 9,000 square-feet, the all-new restaurant offers a range of comfort food options inspired by Robert's culinary travels from around the world—all in a pub-like atmosphere. The 275-seat restaurant features dishes such as burrata and heirloom tomato salad; fried butter-milk chicken; a Tomahawk ribeye (pictured) and much more. Visit the bar for 100 beers and a wide selection of specialty craft cocktails. Click the photo for more info.

## ROBERT IRVINE LIVE

Tickets for an RI Live Chandler, AZ (Friday, September 22) and Shawnee, OK (Saturday, September 23) are on sale now. Click [HERE](#) to buy. What is RI Live? It's not a cooking demo and it's not scripted. In short, it showcases Robert's gift for improvisation. You'll see him enter the theater with no idea of what he is about to face, and then cook his way through a series of audience-generated challenges. And if you've got a ticket, you should be prepared to get onstage yourself.



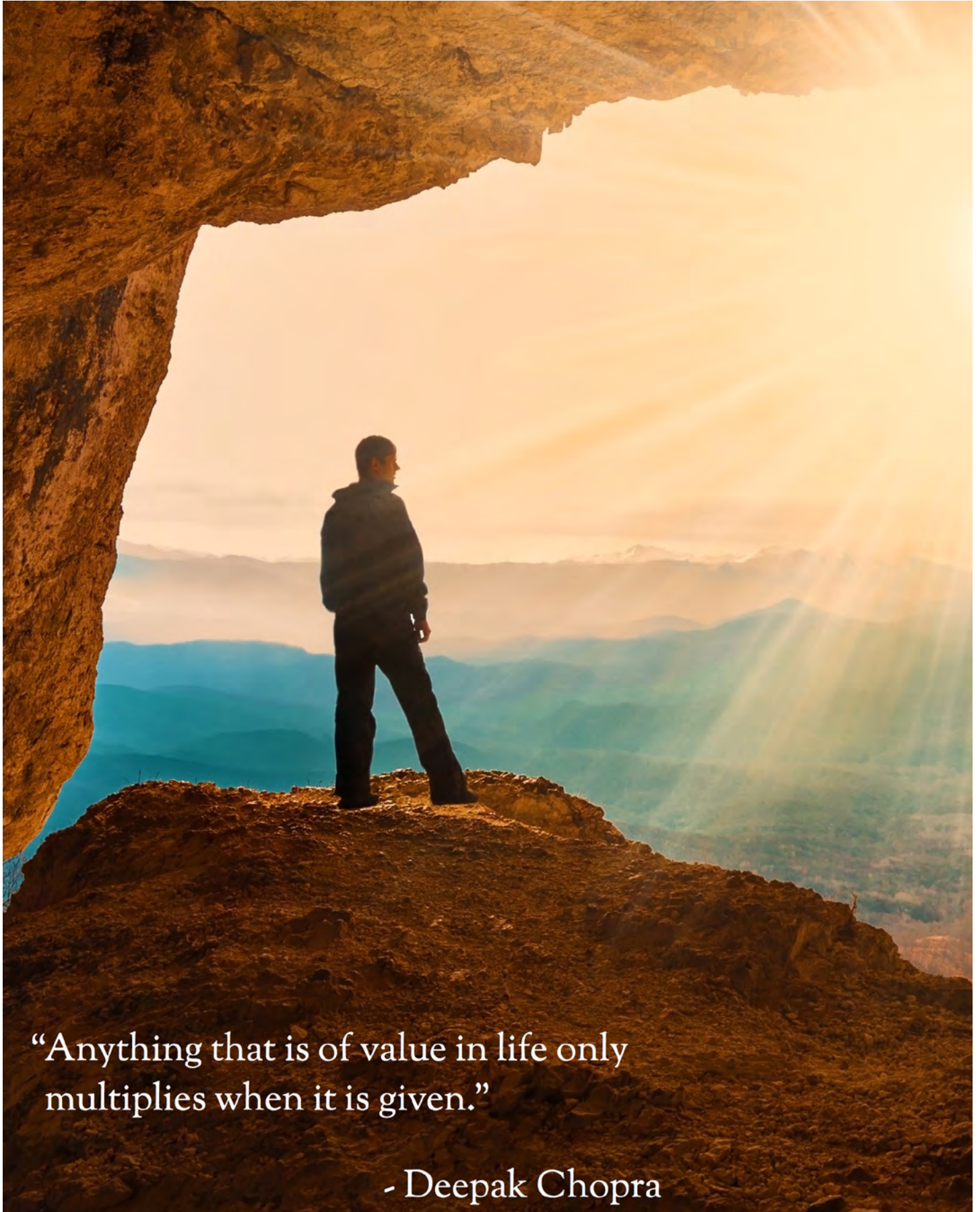
## KABOO MUSIC FESTIVAL

The massive Del Mar (San Diego) music fest is headlined by Red Hot Chili Peppers, Pink, Muse, and Tom Petty, and features standup comedy from David Spade and culinary entertainment from Robert Irvine. This one-of-a-kind festival runs from September 15th through the 17th. Learn more at [KabooDelMar.com](http://KabooDelMar.com).

## NEW FITCRUNCH FLAVOR

Robert's continually expanding line of protein bars recently added a new flavor, Caramel Peanut, to the existing lineup of Cookies & Cream, Peanut Butter, Birthday Cake, and Chocolate Chip Cookie Dough. Each one packs 30 grams of quality protein. FitCrunch Brownies, which are microwaveable, are also available. Buy online at [FitCrunchBars.com](http://FitCrunchBars.com).

# WORDS TO LIVE BY



“Anything that is of value in life only multiplies when it is given.”

- Deepak Chopra