

THE IZOD METHOD™

UNLEASH YOUR SUPERPOWER

Optimize Productivity & Focus,
Free Up Valuable Time,
Live Stress-Free,
Upgrade Body & Brain

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Edited by Jay McQuade

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DEDICATION

I would like to thank my parents, family, friends and colleagues for their support throughout the years. I'd like to acknowledge all people who crossed my path as each of them has taught me valuable lessons and shaped who I am today.

I would like to extend my gratitude to my two daughters, Kira and Eryn, as they unknowingly inspire me to do better each and every day, and my partner Jo Ellen, who has showed her commitment and love, motivates me and lifts me to higher levels of consciousness and connectivity. I love you all!

I would like to commend my fellow warriors in our quest for Health Freedom, including Donald Bass, Tasso Kiriakes, Dr. Greg Carder, my mentors Chip Van Vurst, Brian Fowler and Dr. Fab Mancini and his entire inner circle of highly professional and amazing individuals, the Anti-Aging Bed team and the ClariGenZ Health team.

In addition, I would like to thank all of the podcast hosts and event organizers for their dedication to help spread our message to the masses and help people find their purpose in life, be successful, be healthy and be happy.

UNLEASH YOUR SUPERPOWER – THE IZOD METHOD™

FOREWORD

This comprehensive plan-of-action book is dedicated to those of us who value their time and are eager to reach their goals and make their dreams come true, or simply want to be able to focus and get things done.

We all get distracted and side-tracked and end up doing projects that do not fit into our dreams. We lose sight of our dreams and grind away each day to make someone else rich. We end up working a job or accepting projects that we aren't really passionate about, and, even if we are passionate about it, we often do not maximize our potential and be the best we can be.

Our fast-pace, technology-driven society bombards us with more than 14,000 messages daily, and we don't seem to ever get ahead and get organized. We constantly put out fires and manage the unexpected. We worry and stress unnecessarily. We forget to live in the moment and enjoy our lives. We take the time with our families and friends for granted.

The simple and easy-to-implement strategies in this book and my IZOD Method™ will allow you to get back on track, prioritize, organize, focus on what's important, fulfill your purpose in life, free up valuable time and live a stress-free life. Learn what the top CEOs, successful entrepreneurs and top athletes are doing to crush their goals and their competition.

If you are someone afflicted with ADHD, anxiety, depression, PTSD or simply have difficulty focusing or completing a task, the advice in this book will be a life-changer.

Instead of being an uneducated victim of our dream-killing society, it's imperative that you learn and implement the strategies in this book and regain control of your life. Control creates clarity, and clarity omits stress.

Knowledge is power, but only if applied. If you benefit from the tips and strategies in this book, share this knowledge with others. Pay it forward and help others.

NOTE: Even though many resources and research links are mentioned and listed throughout the book, a comprehensive list and updates can be found on the Resources page of my website:

**MVTONline.com or
biohackingunlimited.com**

SCAN ME



To stay in-touch and keep up with the latest and most innovative information on health, wellness, nutrition, anti-aging, performing at maximum potential, your life purpose and useful biohacking strategies, download my app on your smart device:

BIOHACKING **UNLIMITED**



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UNLEASH YOUR SUPERPOWER – THE IZOD METHOD™

ENDORSEMENTS

“When it comes to biohacking your health, Dr. Mike is the best! The IZOD Method™ takes you step by step to the greatest science-based activities that will ensure you look and feel your best and live at your highest potential! This is a must-read.”

Dr. Fab Mancini
International Bestselling Author and Speaker,
Wellness Revolutionaries Hall of Famer

“After nearly 40 years of practicing ‘downstream disease and sickness care’ medicine, whenever I have the opportunity promoting a book that focuses on ‘upstream health promotion and wellness’, I do so with great excitement. I have come to know Dr. Mike Van Thielen very well over the past years as a true pioneer in the field of ‘Orthomolecular Medicine’, and ‘Lifestyle Management Medicine’.

His new book, ‘The Izod Method™’, presents the reader with the opportunity to empower themselves with information about how to improve not only your life span (how long you live), but your health span (how well you live), as well.”

Dr. Jeffrey Allyn Ruterbusch
Commander, United States Navy (Retired)
Aerospace Physiologist and Flight Surgeon
Hyperbaric Medical Officer

**Associate Professor,
College of Graduate Studies
Central Michigan University
Mt. Pleasant, Michigan 48859
Board-Certified Age-Management Medicine
Board-Certified General/Sports Nutrition
Board-Certified Integrative Medicine
Board-Certified Anti-Aging Sports Medicine
Board-Certified Functional Medicine
Board-Certified Managed Care Medicine
Diplomate, Sports Nutrition
DO, NMD, MPH, MSA, MS, MS, DACBN, DAAIM,
CNS, CSCS, CISSN, CMCM, PAHM, Dip. S.N.
Faculty, Preventive Medicine, Nutrition and
Sports Medicine
Fitness Institute of Technology
Tampa, Florida**

“Dr. Mike is fantastic! He is a nice and humble man, and he and his team took excellent care of me when I had lower back and left knee pain. The treatment went smooth and was very professional. I feel so much better. I recommend anyone to contact Dr. Mike and seek help. He’s a pro in regenerative medicine and biohacking, and swimming, too. He knows how to make you strong again and help you achieve anything you’ll want in life.”

**Pinklton Thomas
Two-Time World Heavyweight Boxing Champion
Author of ‘Back from the Edge of Hell’**

“Dr. Mike has a background that will raise the eyebrows of the most skeptical person. His story is

truly inspirational and uplifting. He is an example of what sacrifice, courage and hard work looks like. To use a swimming analogy, Dr. Mike's book will encourage readers to get excited and jump into the deep end of the pool with both feet, and swim to survive and achieve their goals."

Mark Lanton

Florida Boxing Hall of Fame

Author of 'The Executive Meeting'

Retired U.S. Air Force, Senior Master Sergeant

"Dr. Mike is a cool cat. He's a legit pro athlete who belongs with us in the World Sports Alumni. He is a top-notch physician who's been helping my friends recover from injuries. Now, I'm helping promote his IZOD Method™ and nootropics because they work great!"

Brandon Meriweather

Host of IHeartRadio's 'Meriweather Show'

NFL Pro-Bowler for the New England Patriots

All-American for the Miami Hurricanes

"This is a must-read book. Dr. Mike is the epitome of 'Self-Made Man'. Dr Mike's journey is amazing and a great life lesson for everyone! Do yourself a favor and master the IZOD Method™."

Bruce Rothschild

California State Shot Put Champion

Former San Diego Charger

Actor and Executive Producer

"Dr. Mike Van Thielen has been both a great leader and inspiration for our team. His approach to both sports and life is unique and provides a fresh perspective on conventional thinking about training habits, nutrition, time and life management. As a coach, I feel like I have learned as much or more from him as he has from me."

Scott Bay Ed. D.
ASCA Level 5 Coach
CEO and Managing Partner,
RSJ Event Specialists
Author of 'Swimming Steps to Success'

"Dr. Mike is an amazing person of high character. His enthusiasm made me feel excited about my procedure when I had lingering knee pain and had difficulty walking and running. As a world class athlete himself, he understands the pain that athletes go through. He has the knowledge of figuring out what's going on and how to make things better."

Ron Dixon
Former New York Giant
NFL Record-Holder for Most Kickoff Returns for
a Touchdown in a Playoff Campaign

"Dr. Mike is the go-to authority when it comes to modern health. His knowledge is vast and versatile, whether it's knowing the right foods to eat for physical and mental health, or the best way to protect yourself from diseases. He knows how to motivate the mind, as well as the body. Because he is also a renowned athlete, he lives what he preaches."

Charlie Williams
CEO World Sports Alumni
Former Billiards Champion

“This book is a must-add to your queue. After going through a chaotic pandemic, Mike provides us with tangible strategies that can level up our whole way of life and thinking. He adds values through many areas, including techniques to manifest ideas into reality and new ways to control feelings and emotions.

I have had the chance to connect with Van Thielen on a few occasions where he introduced the IZOD Method™ to me. I was so intrigued by the value he created that I had been anxiously waiting for this release. This book is going to help me bring my best in every facet of life and find ways to endure less stress.”

Vincent A. Lanci, MBA
Seven-Time Author and School Speaker
Podcast Host

“In working with many physicians and elite professional athletes over the last decade, Dr. Van Thielen is the first doctor I have worked with that falls into both of those categories. His dedication to maintaining his health and body while facilitating the healing of his patients’ bodies is inspiring.

Dr. Mike Van Thielen has a natural and cutting-edge approach to healing, and his patients see amazing success as a result of his continued innovation and dedication. Dr. Mike is also one of the most inspiring

and charismatic keynote speakers I have witnessed on stage.”

Dr. Kristofer Chaffin
Doctor to Professional Athletes and Consultant
to Entrepreneurs and Doctors

“As a retired major general, I enjoy playing tennis, swimming and working out. My right shoulder was giving me more and more trouble, and I decided to visit the doctor. He said it was arthritis and gave me a cortisone injection, but that didn’t help at all. An MRI showed rotator cuff tears, and the orthopedic doctor recommended a reversed shoulder replacement surgery, but indicated I probably wouldn’t play tennis again.

Therefore, I looked for another option and ended up receiving allograft injections in my shoulder with Dr. Mike and his team. Four months after the treatment, I was totally pain-free and playing tennis again. It’s been more than four years now, and my shoulder still feels great. Dr. Mike and his team are simply excellent and care for their patients.”

Story Stevens
Retired Major General
Veteran WWII, Korea and Vietnam

“What greater testimony to one’s life work and mission than being told what you did for me changed my life. You hear that repeatedly from those Dr. Mike has worked with. His own experience as a high-performance athlete enables him to bring a unique

perspective to not only the physical side of high performance, but also the mental side, which is often even more important.”

Honorable Alan Steelman
U.S. Congressman from Texas
Author

“My dad is a very loving and supportive role model to my little sister and I. He has always put my needs before his own, which is why I have been able to enjoy countless comforts. This selflessness that he has shown me is what he embodies in all aspects of his life, and it is a characteristic that I strive to exhibit in all things I do.”

Kira Van Thielen
Daughter and Entrepreneur

“Dr. Mike is one of the most committed and brightest people I know. He accomplishes anything he puts his mind to and has an eye for great opportunities. In just a few short years, he has shown his capabilities as an entrepreneur and knows how to surround himself with a team of experts to achieve his highest potential. Dr. Mike is an outstanding communicator and public speaker. He naturally inspires and motivates any audience. His IZOD Method™ is what you need to become superhuman.”

Chip Van Vurst
Former CEO of BioStem Technologies, Inc.
Race Car Driver
Philanthropist

“The first time I met Dr. Mike was in the 1980s. He had a big smile on his face. The last time we met, I saw a 51-year-old guy with the same smile. This is exactly what defines Dr. Mike. Always cheerful and with the same positive attitude. Even in the most precarious situations, he stays optimistic. His glass is always half-full and giving up is not in his dictionary. His persistence has delivered him success in both his athletic and professional career.

Does this mean he had an easy life? Not at all. I remember when he was a freshman at the University of Brussels, and he couldn’t even afford a lunch that was only \$2. Yet, he never complained about his financial situation. Instead, he grabbed the bull by the horns and worked hard and relentlessly. He showed his passion in the swimming pool and showed his determination in his studies, obtaining his master’s degree at the University of Brussels (VUB).

As long as I have known Dr. Mike, he has always been there to help, and he always wants to share his happiness with others. The moment he has some financial leverage, he will invest in his business or his family and friends. His fighting spirit and drive to help others is what I admire most about him. In addition, there is never a dull moment with him around.

This book shares Dr. Mike’s life experience, perseverance, intelligence and logical thinking. His IZOD Method™ will change your life!”

Dirk Boets
Professional Swim Coach

“Dr. Mike Van Thielen’s IZOD Method™ is absolutely remarkable. His method shows you how to expand your horizons, live your full potential, and lead a happy and fulfilled life. This book helps you truly become unstoppable by reaching ultimate mental and physical performance, and to achieve any goal or level of success. Dr. Mike will teach you to add years to your life and stay youthful with powerful science-based techniques. This is a must read!”

Angela Tompkins
The Corporate Wellness Agent
IGNITE Corporate Culture

“I have known Dr. Mike as a colleague and partner, practitioner, motivational speaker and healer. His uniqueness in the Integrative Medicine Health Sector is one of Practical Performance: As a World Class Athlete and the ‘Houdini of Health’. If you haven’t seen him perform on stage yet, it’s a must!”

Jo Dee Baer
Certified Health Coach and Nutritionist

“Unlike most people, I had the privilege to call Mike a close friend for over 35 years. Mike is a person that goes all in when he sets his mind to something. He has been an inspiration and motivation to many people who were involved in the endeavors he has undertaken in both his personal and professional life.”

Hans Bylemans
Olympic Swimmer
65-Time Belgian National Champion

26-Time Belgian National Record-Holder Life-Saving World Champion and Record-Holder

“I’ve had the pleasure of working with Mike Van Thielen as a partner at Neo Matrix Medical for over three years. During that time, I can say without reservation that he has consistently impressed me with his commitment, dedication and resolve as the President of Neo Matrix Medical. He is one of the few people I know that is persistently dependable, positive and a powerful source of motivation to all those he interacts with. I’m glad we had such a capable leader guiding our company.”

**Nick Sasso,
Former CFO of Neo Matrix Medical
President of Sasso Holdings, Ventures and
Properties
Former Senior Vice President of Jones Trading**

“Dr. Mike was an integral part of the early success of my small business. His inspiration, drive, intelligence and general good nature also led to a cherished friendship. I have had the pleasure of being at several of his motivational and educational seminars, and am always able to come away with either a greater understanding or a new idea for my health and business decisions.”

**Larry Sigafos, PTA
Owner of Elite Physical Therapy Associates,
Ormond Beach, Florida**

“Dr. Mike Van Thielen is a professional with a unique combination of integrity, ingenuity, intelligence and commitment to excellence. My relationship with Dr. Mike has been as a student of nutrition and regenerative medicine, his trainer to break world and national records in the swimming pool, and the friend who enjoys life at its best. I know him to be a great father, a fierce competitor and an individual to set the bars high. He is always committed to succeed and finishing the projects he starts. It is my honor and pleasure to be his strength trainer and friend.”

Tasso C. Kiriakes, MS

Founder of Bodez Personalized Fitness

Trainer of National Champions in Wrestling, Football, Basketball, Baseball, Swimming, Racquetball, Track and Field, Lacrosse, NASCAR Hall of Famers and Current Drivers

“In a time where health care is complicated, and people are left wondering what choices they have, Dr. Mike brings solutions to a broken system! Dr. Mike is changing the industry of health care with breakthrough science to let patients function to the best of their ability.”

Dr. Alexander Greaux

Owner of Aventura Wellness & Rehabilitation Center; Former Therapist for the Miami Heat

“A paradigm-shifting book from author, biohacker and motivational speaker Dr. Mike Van Thielen. It’s a seemingly undeniable truth that aging is inevitable.

But what if everything we’ve been taught to believe about aging is wrong?

This eye-opening and provocative work takes us to the frontlines of research that is pushing the boundaries on our perceived scientific limitations, revealing incredible breakthroughs.

A must-read for anyone who’s truly ready to take control of their health destiny!”

Donald Bass, RCS
Former VP of Neo Matrix Medical

“Dr. Mike Van Thielen has written a must-read for anyone wanting to optimize productivity and focus. While using Focus Plus+ and learning the IZOD Method™ by Dr. Mike, not only have I improved focus, but I can proudly say that it took the place of the traditional Adderall. No more ADHD!

Reese Williamson
Founder and CEO of Next Wave Marketing (SRO, website, digital marketing)

“Dr. Mike is a dynamic public speaker, and he truly captures the best of East and West mental health knowledge to bring the world his highly effective IZOD Method™.

I found Dr. Mike's book to be both uplifting and profound. His decades of knowledge conveyed in this book will be powerfully transformative to anyone who can get their hands on this treasure of immediately actionable tips & strategies!”

V. Rao Emandi. MD, FACRO
Radiation Oncologist

“Mike was the physical therapist and assistant coach for our team and myself during the preparation for the Olympic Games in 1996. He was always eager to help and learn more about swimming and athletic performance in general. We continue to stay in touch, and I personally witnessed his world record swim in 2019. He showed everyone that it’s never too late to reach your goals.”

Frederik Deburghraeve
Olympic Gold Medalist
100m Breaststroke, Atlanta 1996
Former World Record Holder,
100m Breaststroke (SCM and LCM)

INTRODUCTION

Do you remember the superpower you wanted when you were a kid? The dreams about who you would become? You believed, without any doubt in your mind, that you could be that person ... until someone or your parents told you it's impossible, right?

So, then most of us settle for the ordinary. But some of you are as stubborn as I am, keeping the dream alive and figuring out how we can make that dream a reality, with a relentless drive and passion.



Whether you are a Silicon Valley CEO, a top athlete, a John Doe or someone afflicted with a medical condition, everyone can choose to take the unfair advantage.

I took this advantage at age 25 when I saved \$400, bought an airline ticket to the United States and packed a backpack. I came here by myself to live the American Dream, without any experience, guidance or mentor. As a result, I failed in small business again and again. I overextended myself, I didn't have enough capital, I got stolen from, I got sued when becoming successful, etc. But I got back up every single time. My motto quickly became, "I never lose. I win, or I learn."

The past few years, I have been blessed by being surrounded by like-minded people, successful professionals and mentors which has accelerated my career. There are no words to describe the importance of mentors who have a roadmap to the success you want so badly.

Another time I took the unfair advantage was in 2016 when I started swimming again and crushed my competition in the swimming pool, resulting in a world record in 2019, two YMCA national records, 31 national titles and two-time All-American status ... in just three years.

I'm at a stage in my life where I understand that it's imperative to have mentors in your life if you want to perform at your highest potential, or a team of experts, if you will.

Currently, I'm a mentor myself. I have more than 30 years of experience in health, wellness, nutrition, regenerative medicine, biohacking, business culture, ethics and management, and creating customer loyalty. As an entrepreneur and world record holder, I'm a product of my products. I'm a living example of this program. The difference is that I will identify the pitfalls for you, accelerate your growth and success, and put you in contact with my inner circle and other experts you may need.

I passionately help people live their lives at their fullest potential. I'm here to get you back on track, identify what your passion is, your purpose in life, and who you want to be in life. I'm confident that I can help you reach your full potential when it comes to your health, your business goals or even your personal life.

My intent is to push you beyond your limits and reach the highest levels of success. Think of me as a business partner who will keep you accountable.

Please visit my website and review the several mentorship programs we have available. I'm sure one will be right for you. You may also schedule a free 20-minute Zoom meeting with me personally so we can discuss your goals and initiate a plan or strategy. I'm looking forward to meeting you, helping you live your potential and accelerating your success.

That's my story. So, what is it that you want so bad? You want to deliver killer presentations? Crush your sales goals? Heal yourself? Find inner peace? If so, make the decision and act. Take control and take the unfair advantage!

This book will show you how to find your life purpose (if you didn't already), re-focus, get motivated, get organized, free up valuable time, enjoy all the things you like to do, say no to the things you don't like to do, live stress-free, be excited when you get up in the morning, and get things done so you can accomplish your goals and realize your dreams. Just do it.

UNLEASH YOUR SUPERPOWER – THE IZOD METHOD™

CHAPTER 1

YOUR SUCCESS DEFINED

First, we need to know what we want in life. What are your dreams? What's your life purpose? What is it that you are passionate about? Whom do you want to be? If you don't really know yet, take your time to figure it out because this decision sets the stage.

Here is a helpful exercise for you to find your purpose in life or, if you already did, confirm that purpose.

Part 1 of the exercise: If you had to choose three to five topics for a 15-minute TEDx Talk (which thousands or even millions of people will watch), what would the topics be? What message or idea would you like to deliver? Write these topics and ideas down.

Part 2 of the exercise: Close your eyes and imagine yourself standing on top of a beautiful mountain. Then imagine people slowly start gathering at the base of the mountain and sit down, facing you. More and more people gather until eight billion people are sitting down at the base waiting for you to deliver a

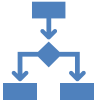
message. You have 10 minutes. What is the one message you will deliver? Write down this message.

Part 3 of the exercise: Does the message from the mountain top align with one of the TEDx Talk topics you wrote down? Often, the topics or ideas we write down for the TEDx Talk are passions that we have, usually based on our credentials and experiences. They can make a life change for a specific group of people. These topics sometimes are money-driven because we want to drive a message or idea that benefits us, as well, and these topics are derived from our brain. The mountain top part of the exercise makes us think bigger because the entire world is listening to you, and you can only share one idea or message. That message usually comes more from the heart and may not align with your field of expertise. However, this idea or message can be supported by one or more topics you wrote down for the TEDx Talk.

The question you need to ask yourself is not which idea or message you would be more proficient at delivering to the world right now, but the question should be what idea or message elicits fire in your stomach and

makes you feel more passionate? That's the one! That's your purpose in life.

No matter what you decide, you want to be the best at it. You want to get there without wasting anymore time, right? Take the unfair advantage!



DECISION



ACTION



PERSEVERANCE

Next, we need a plan to reach our goals and fulfill our dreams. Without a plan, nothing significant will come to fruition.

Lastly, we need to be relentless, tackle all obstacles and stay focused on our dreams. No doubt. No wavering. Nothing else matters.

People always ask me: How did you do it? Who was your coach? My answer: I made the decision, then took action and assembled a team of experts:

- ✓ An experienced personal trainer who guided many top athletes to maximize the benefits during my gym workouts
- ✓ A seasoned swim coach with master swimming experience
- ✓ A mentor to prepare me mentally, teach me visualization and manifesting
- ✓ A personal assistant to off-load regular work; this can be a real person, a virtual assistant or some A.I. platform
- ✓ A functional medicine doctor to monitor and optimize my nutrients and hormones, including testosterone levels
- ✓ I didn't need a nutritionist because I hold a Ph. D. in holistic nutrition myself, but I kept current with the biohacking experts and implemented strategies that may help my performance. For example, I added L-carnosine to my daily supplements because it helps remove lactic acid from the muscles, and I also used a PEMF (Pulsed Electro-Magnetic Frequencies) device (Beemer) after my workouts to promote recovery
- ✓ A massage therapist to help me recover faster in between workouts

- ✓ I be-friended the competition and learned about their approaches in the gym and the pool, and what they did to optimize their performance.



When you add perseverance and commitment to this recipe of a team of experts, there is only one result ... a big win!

So, who do you need on your team? Start making that list!

1.1. WHAT ARE YOUR DREAMS?

Are you with me so far? You need to search your soul for a bit, execute the three-part exercise (page 26), look in the mirror (literally) and ask yourself who you want to be, what are you passionate about, what is

your life purpose? What are your dreams? Dream big!

Many of us have their dreams squashed early on in life. Someone told you that the superpowers you wanted are impossible to obtain. Your parents and teachers push you in certain directions without consulting you. Often, Dad wants you to go to law school because he is a lawyer, or med school because he is a doctor. Often, parents failed or weren't very successful in life and desire to live vicariously through you. Often, we are told we need to go to college and get into a good profession that pays the bills. Our society funnels us into this artificial life plan that wants us to go through school, get a job and make someone else rich, work until we are 65 years old, and then we are promised the golden years during which we can buy an RV and travel the world. Reality is that the golden years usually end up being years of suffering, being in ill-health, and a retirement pension that doesn't even cover the bills. Luckily, you received that golden watch for 40 years of loyalty to your employer.

We need to realize that a life like that does not make us happy, nor fulfills one's life purpose. This life is yours, and life is what you make it.

You are in control. Find friends and mentors who support you in your decisions, no matter what they are. Don't worry about the opinion of those who tell you not to follow your dreams and serve your life purpose. They don't have a life purpose themselves, and they don't want you to step out of your comfort zone and leave them behind.

Don't focus on money, either. Sure, some professions pay better than others, but no amount of money is more important than happiness and fulfillment in life. In addition, when you are passionate about what you do, and you focus on the message and the journey, and not the reward or end-result, the money will flow and follow you, guaranteed!

What is it that you are passionate about? Who do you want to be? That's all that matters, period.

Many people have their thoughts shrink their dreams, wrongly assuming these smaller dreams would be attained easier. Wrong! You need to dream bigger than you ever did, like when you were a child and were convinced you would have that superpower. Only your biggest dreams will get you excited and motivated enough to roll up those sleeves,

make a plan, go to work, assemble your team, attack all obstacles and succeed.

Write down (if you are not sure yet, return to this page later and complete with conviction):

MY DREAM(S) / LIFE PURPOSE: _____

WHAT CORE VALUES DO I WANT TO REPRESENT: _____

WHO DO I WANT TO BE: _____

WHAT TYPE OF TEAM MEMBERS DO I NEED TO SUCCEED? _____

1.2. WHAT IS SUCCESS TO YOU?

Now that you defined your dreams, life purpose, core values and the person you want to be, how do you measure success?

The plan you make, the strategies you employ and the team you assemble will allow you to set in place objective measures and even deadlines. You can measure success by the accomplishment of the incremental steps you take towards the goals you have set.

In addition, you should set individual goals that measure your success, not only in terms of money or business, but in your personal life:

- ✓ Are you happy?
- ✓ Do you spend enough time with your loved ones?
- ✓ Have you found your life partner who is supportive, loving, your partner in crime and your confidant? If not, you may want to start manifesting that person in your life. I did recently, and it happened for me! If you don't actively do this, you will keep attracting the same type of people who bring you the same type of results. Learn more in chapter 11.
- ✓ Do you have enough time to enjoy the things you like to do? Make a list of the things you truly enjoy and make sure you do them all, regularly.
- ✓ Do you do things you do not like to do? Make a list and stop doing them, or at least implement a plan that eventually allows you to stop doing these activities.
- ✓ Do you surround yourself with like-minded people?

- ✓ Do you spend time with your true friends? Maybe you should be the one organizing a reunion or a trip.
- ✓ Do you volunteer for your favorite causes or charities?
- ✓ Do you have the resources to share your abundance with people who need help?

Make an initial list of what success is to you and how you can measure it. This is a dynamic and on-going list that you will refer to and edit regularly.

1.3. YOUR BLUEPRINT

Your mind and your thoughts are the blueprint to your failure or your success. There is no source of failure, worry or fear. There is only disallowing of success, inner peace and love. Stop disallowing.

A belief is only a thought you keep thinking, so you can change it any time. When your beliefs match your desires, your desires must become reality. Therefore, you need to believe in your dreams, goals and successes without any doubt. If you doubt it, the universe has two options ... failure or success. If you don't doubt it and always have the end in mind, the universe has only one option ... success.

Most of us are driven by our past. It's imperative that we choose to be pulled forward by our future. Our future needs to be defined by a clear path, a plan, a strategy and measures of success. R. Brault said, "We are kept from our goals. Not by obstacles, but by the clear path to a lesser goal."

Realization of your wishes, dreams and goals is accomplished by assuming the feeling of these fulfilled.

We need to understand the power of our mind and thoughts and acquire the skills to guide our mind, not react to it.

We need to set and define a clear blueprint for our successes.

UNLEASH YOUR SUPERPOWER – THE IZOD METHOD™

CHAPTER 2

CONTROL AND CLARITY

This chapter will reveal how you can significantly reduce stress by taking control of your schedule and your life. Control creates clarity, and clarity omits stress.

2.1. LIVE STRESS-FREE

In our modern day, technology-driven society, we are constantly bombarded with a gigantic influx of information, and we do not have the system in place to organize this chaos and be in control.

Stress comes from a lack of control, the unknown, being unorganized, lack of purpose and life goals, always putting out fires, being overwhelmed, fear of failure and worrying.

There is a solid inverse relationship between clarity and stress. The more clarity, the less stress, and less clarity will always invoke more stress.

Clarity doesn't mean you need to know how to do things but implies what you need to do and

what's on your agenda today, this week and next month. Clarity creates control and, once you are in control of your schedule, and eventually your life, you can live stress-free.

Some of the following strategies will significantly help you create clarity, free up valuable time and reduce stress.

2.2. A PLAN FIRST

We always hear things like “Think Big” and “Follow Your Dreams” and “Set Your Goals”. While these mindsets are indeed the start and the platform you need to work from, these big goals and dreams only create huge amounts of stress, and even disease when there is no plan.

Let's say you want to pitch your big idea that will change the world to an investor. You are full of passion, and you can feel the fire running through your veins while you are explaining your big idea. Do you know the first question the investor will ask? Here it is: “What's your plan?” In business, there is no such thing as success without a plan. A plan doesn't mean you need to know exactly what to do and how to do it. You don't need all the answers. A plan means you have a strategy on

what needs to be done. This doesn't just apply to business. It also applies to life. When you figure out what you want to do and who you want to be, you need that plan. Without a plan, nothing significant will come to fruition.

Remember that some type of plan is far better than no plan, and your stress will reduce as soon as you have a plan.

Here are the five components you need to sketch out a plan for your biggest goal in life:

1. The one-year look-back: Transport yourself into the future and place yourself one year ahead from today, and look back on what has been accomplished. Ask yourself: What are the things you did that make you feel good? These successes, called success criteria, indicate what needs to be done. Write them down.

2. Who? Ask yourself: For each of the success criteria, who can support you with these? Do you need employees, a mentor, a contractor or the services of a company? Maybe your partner or a friend or an existing employee can be one of these people you need to support you. Remember: If you don't have a *who*, it falls on *you*! If it falls on you, stress will drastically increase and productivity decrease.

Start a list of who you need and develop your team of experts.

3. The next five to 10 projects: What are the next five to 10 one-hour projects to get this plan moving forward? These are projects that require an hour of intense focus and do not include a call or a meeting.

4. Daily cadence: What must I do every day to move this forward and achieve my goal? This can be an activity that takes only 10 minutes, or an hour, or more. For example, I had a deadline for this book, so my daily cadence is to write for one hour, without distractions, daily. Set a time and stick to it. This is a must-do. Success is repeating the seemingly mundane tasks or actions, taking consistent incremental steps.

5. The three consequences: What are the three consequences if I don't execute this plan and its five components?

Your plan and the five components will create more clarity and therefore less stress.

2.3. BRAIN DUMP

A brain dump is a collection of things that are on your mind that need to be cleared and/or organized, so that we can plan.

There is a powerful connection between the mind and a pen and paper. I recommend reading *Morning Pages*, a book by Julia Child.

How do you do a brain dump? I do a brain dump every day as part of my morning routine, which also includes a 10-minute meditation and three to four minutes of a cold bath. I sit down with a pen and paper and write down or draw everything (yes, every single thought that comes to mind). This can include things like ... I have back pain and should go see a doctor, date night is coming up and I need to arrange for a babysitter, I need to start planning a family vacation, my car needs service and I should make an appointment, my goals for today are ..., I didn't sleep well the past few days and I don't know why, what am I stressed about?

All the things you draw or write down do not have to make sense, and you need to continue until your brain is empty.

Then transfer your to-do things from the paper (make an appointment with your

doctor, make an appointment to get your car serviced, get a sitter for date night, etc.) to your calendar.

When you are done, you will feel calm. Why? Because the clarity you created reduced stress.

2.4. PLAN FLOW

Your plan is a dynamic, ever-changing, fine-tuning project that will set you up for greatness. Our life experiences are lessons, and these lessons need to be captured. An easy-to-implement strategy to manage the flow of your planning is the SSC planning strategy. Prior to an SSC session, I suggest clearing your mind with a brain dump. You can do the SSC planning strategy sessions for yourself or with your team.

SSC stands for Start-Stop-Continue. Every month or 90 days, you will take a pen and paper and make three columns. Column one is the Start column. What are new things you would like to start? Examples are work out for 30 minutes per day, getting up 15 minutes earlier every day to meditate, calling your parents every weekend, start brain dumping,

etc. Review these new activities and add them to your calendar accordingly.

Column two is the Stop column. What are the things or activities you want to stop? Examples are to stop associating with negative people, stop engaging with haters on your social media, stop checking your phone during dinner, stop drinking soda and/or coffee, stop buying stuff you don't need, stop watching TV while you could be productive, stop interrupting people while they talk, etc. All these activities go in your not-to-do list. I have mine in my notes section on my smart phone. This not-to-do list should be bigger than your to-do list. These are your personal experiences and lessons you don't want to repeat or don't serve you any good. This is a very powerful list that will help you achieve your highest potential. Keep adding to this list, always. Review this list often and make sure you do not do or repeat things on your not-to-do list.

Column three is the Continue column. These are activities you are currently doing that are good. Examples are cold baths in the morning, date night, one-on-one time with each child, being mentored to achieve your highest potential, juicing, having a personal trainer or

making appointments with yourself. Make sure these activities stay on your calendar.

Make sure that the activities you start and continue contribute to your life goals, dreams, morals and values, and that the activities you stop do not.

Realize that the not-to-do list is a powerful plan itself. For example, not engaging with a hater on social media is an action plan that saves time and stress, and has no place in achieving your goals or dreams.

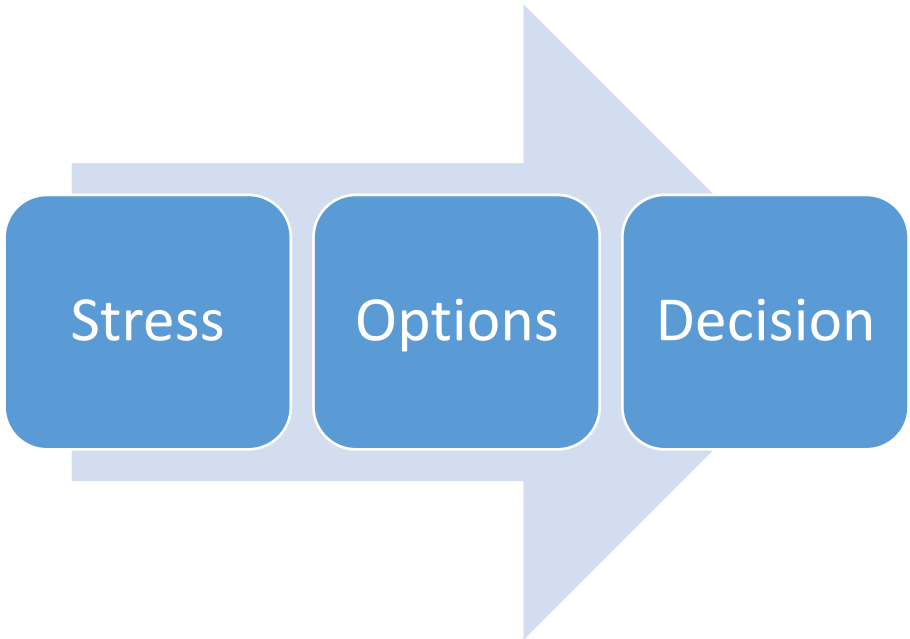
The SSC planning strategy creates clarity and therefore reduces stress. We know what we have to do, and what we shouldn't do.

2.5. SOD FRAMEWORK

The fastest way to move away from stress is utilizing the SOD framework I learned from Sharran Srivatsaa. SOD stands for Stress-Options-Decisions.

First, realize you never have just one response. If you are stressed about something, know you have options. List all possible options, and, only after consideration of each option, move to a decision.

Most of the time, we are stressed because we don't know what to do. For example, your



daughter needs a car. The timing is not perfect for you financially. Your wife and daughter really like the new Toyota Camry. The car has a good safety rating, but is more expensive than a used one, and you are stressed.

A scenario like this is very common. When you are stressed because you don't know what to do, you need to know your options. If you don't know your options, you don't have any (read that again). Write down all possible options. In this scenario, they would be:

- ✓ Buy the new car
- ✓ Don't buy the new car
- ✓ Don't decide
- ✓ Look at other cars
- ✓ Look at used cars
- ✓ Lease a car
- ✓ Discuss with your wife and daughter

Next, ask yourself which of the options are viable and which ones are not. Then decide how you are going to approach this. For example, you are going to discuss the viable options with your wife and daughter, talk to a friend in car sales and talk to your accountant. You also set a date by which you will make the decision, and therefore you have delayed the decision and omitted the related stress. You went from one option to buy the car or not to several options, and a path or direction to guide you and make the best decision, not now, but by a later date.

Whenever you are stuck or life throws something at you, ask yourself what you are stressed about and apply the SOD framework.

2.6. LOVE IS ALL YOU NEED

We all have things we enjoy and like to do, and we also have things and activities we truly

dislike. The activities we dislike often put us in a bad, grumpy mood. In my case, it would be assembling furniture or being around unkind, ungrateful people. When we are in a bad mood or grumpy, we tend to do stupid stuff such as eating bad foods, or drinking a few too many beers, or going shopping and spending more money than we have, etc.

A simple way to be aware and control this is to make two lists on your smartphone ... an “I love to” list and an “I dislike” list. I pinned those lists in my notes app so they stay on top.

Use these lists to add things when you experience them. Some of the things on my “I love to” list include spending one-on-one time with my daughters, calling my daughters, boating, swimming, educating people on health, helping others, listening to Flemish music, self-development, staying fit, consulting my girlfriend, etc. Some things on my “I dislike” list include assembling furniture, handy work, ungrateful people, unkind people, wasting time, being late, not having juice, not sleeping well, etc.

When you are in a grumpy or foul mood, avoid doing stupid stuff and immediately refer to your “I love to” list. Just reading this list will

make you feel better because it puts you in a different frame of mind. However, I suggest you select an item on the list and execute. For example, I could simply call my daughter or talk to my girlfriend, put on my favorite Flemish music, go for a swim or listen to that podcast.

Another little tip I wanted to share to resolve conflict or improve relationships, both business and personal, is the power of the ARC triangle. ARC stands for Affinity-Reality-Communication. Affinity is attraction or liking someone, not just physically, but overall. Reality is what two people have in common, what they agree upon. Communication is the time spent communicating. When one of these three components lowers, the other two also lower. When you bring one of the components up, the other two go up, as well. For example, if you are in an argument with your partner because you disagree on something, then reality lowers. When reality lowers, affinity and communication automatically lower, too. When you know this fact, you can actively remedy the situation by increasing one or both of the other components of the ARC triangle. In this example, you can either initiate positive communication (ask to sit down and

talk, send a text, make a call) or increase affinity (buy flowers, give a hug, sit next to them, etc.). Increased affinity will open communication, and communication can improve reality by resolving the disagreement. Another personal example is an employee I had who did not produce, in my opinion, and there was no affinity between us. As a manager, I had to remedy this situation if possible. I opened communication with her (small talk at first) to create some realities (finding things we may have in common). I found out that her daughter, just as mine, played soccer. We talked about soccer. This simple reality increased affinity, and guess what? Production increased without mentioning production.

Use the ARC triangle strategy in your business and personal life. It works.

The tips and strategies in this chapter will help organize your agenda and calendar, help you focus on what activities are important and useless, and will significantly improve clarity, which omits stress. Some people may say that controlling every aspect of your own life stands in the way of creativity and spontaneity. I beg to differ in that opinion, mostly because I can schedule family time (so

it's not overlooked or forgotten), and I can schedule appointments with myself (for thinking and creativity). Try and you will find that more control equals more clarity and less stress.

CHAPTER 3

FREE UP VALUABLE TIME

I suggest you invest some time to save time, and implement some mundane yet very effective strategies to accomplish that.

We are bombarded with 14,000 messages daily, and therefore are constantly distracted. We need to get in control of this chaos and realize that all these seemingly small distractions have a compounding effect, resulting in significantly reduced productivity on our end. Here are some tips and strategies that will help mitigate distractions and free up valuable time. Try them!

3.1. MAKE APPOINTMENTS WITH YOURSELF

The number-one discipline successful people and achievers have mastered is to make and keep appointments with themselves. Give it a try and schedule a 30-minute appointment with yourself for the next seven to 10 days. Schedule the appointment at the same exact

time each day. You will be amazed how much more productive you will be.

Experts say just one week of keeping appointments with yourself increases productivity three or four-fold!

3.2. TIME-SAVERS

The following exercises will help you save time and reset your attention and focus to what's important.

Unless social media is your job, you need to start controlling your engagement with it. For the next 48 hours, simply ignore your social media. I know this will be hard, but just do it. You won't regret it! Move your most used apps from the first screen to the second screen, and turn off all notifications for all social media apps. This exercise will recapture your focus and attention.

For the next five days, do not respond to emails from 5 p.m. until 9 a.m. If your job is responding to emails, set different time restrictions. For example, 8 p.m. until 8 a.m. I know this will be difficult for many of us, but just do it. I promise you will free up valuable

time. Maybe you can schedule your appointment with yourself during this time.

For the same five days, I recommend you triage your emails. This means that you set your email system on your smart phone up so that you can unsubscribe, delete or move to another folder by just swiping and not using a keyboard. This is much faster on your phone than on a laptop or computer. Triage your emails on your phone prior to jumping on your computer and responding to emails. Only swipe on your phone or tablet, and only use a keyboard when on your computer. Surprisingly, this will significantly improve productivity and create more time.

It's irresponsible to let other people distract us. For the next five days, you are not going to allow the outside world to distract you. The first action you will implement is to put your phone on airplane mode after you use it. You use it to text or make calls or triage as often as you want, but simply put it on airplane mode afterwards. If you work on your desktop, put on the "no disturb" option after you are done working on it. Remember that you are not a subject of someone else's to-do list. You can't allow to be distracted while

working on a project. This exercise eliminates distractions, helps you focus and saves time.

The average American spends more than 100 hours a year commuting.

If you travel, drive or commute, you should take advantage of that time and be productive. Don't scroll through your Facebook feed, but instead plan for calls, emails or some type of self-development activity.

Another tip to save valuable time is to learn to speed read. When you read faster, you save time, or you can read more and learn more in the same time frame. Look up various ways to increase your reading speed, or use the app Outread. In addition, learn to skip when you read. When reading, just read the parts that you need and skip the rest. Read with purpose.

With technology's help, you can significantly increase work efficiency by learning keyboard shortcuts. In addition, you can learn how to improve your typing speed, of course.

I also watch videos or podcasts at 1.5x or 2x speed.

Other simple time-savers include taking direct deposits (and save trips to the bank), setting your bills on autopay, and shopping online.

Focus on result-oriented activities. Pareto's law, also known as the 80-20 rule, says that 80 percent of the outputs result from 20 percent of the inputs. This means that 20 percent of our actions result in 80 percent of the desired results. We must find out the 20 percent of activities that are responsible for 80 percent of the results and focus solely on those.

Go on an information diet. We simply spend too much time on the internet and are exposed to an information overload. Stop reading two different newspapers and stop checking the same feeds multiple times a day. Limit yourself to the information that is relevant to you only and you can take immediate action on.

Find a mentor and model after someone who has already achieved success in your field. A mentor can help you avoid pitfalls, guide you in the right direction, make you accountable, motivate you, put you in contact with people or resources you may need, and save you much energy and time.

3.3. ORGANIZE YOUR CHAOS

Each of us is bombarded with about 14,000 commercial messages per day through email, text, calls, social media, radio, TV, billboards, etc. Each of us has different goals and priorities. So, everyone's chaos is unique to them and different from anyone else's. Hence, nobody can organize your chaos for you. My system wouldn't work for you and vice versa.

We need to manage this chaos that comes at us so fast and from so many directions. If we don't, we will always feel overwhelmed and stressed. Start putting a personal system or strategy in place to organize your chaos, now! You can't afford to wait. With this system, you will be able to handle whatever comes your way and be in control. Control creates clarity, and clarity omits stress. Here are some building blocks that can help you get this personal system developed.

A priority for you to find out is what your time is worth. Time is the most important asset we have. We can't just waste it because we can't get it back. Here is how I suggest you calculate that number, for example:

What do you want to earn yearly? Let's say it's \$100,000.

- ✓ How many workdays are in a year? 220
- ✓ How many work hours are in a day? 8
- ✓ Total work hours: $220 \times 8 = 1,760$
- ✓ Base hourly number: $100,000 / 1,760 = \$56.82$
- ✓ What percentage of your working hours are you generating revenue versus performing administrative duties, marketing, PR, etc.? 33%
- ✓ What is your time worth? $\$56.82 \times 33 = \172.18

If your time is worth \$172 per hour, why are you performing administrative jobs when someone can do them at \$10 or \$15 per hour? Why are you cleaning your house or your car? Why would you not get a virtual assistant?

What if you are conducting a webinar or seminar for three hours? What will you charge? You can't charge \$250. Why not? Your absolute base fee should be $\$172 \times 3 = \516 . That's the minimum. If you don't charge what you are worth, you become worth what you charge!

If you want to make \$1 million, then your time would be worth \$1,721 per hour in the above

example. Should you not hire a virtual or personal assistant, a marketing director, an accountant, etc.?

Time cannot be saved, bought or manipulated. The only way we can create more time or free up more valuable time is to plan, plan, plan. Ask yourself the following question: If you were 10 years older than today, but everything else – your job, your house, your life, your family, your income – was the same, would you treat your time differently? I assume you would answer yes when you think that through.

3.4. THINK IN MINUTES

We need to start thinking in minutes, not hours. A good example is when we schedule meetings. Meetings are one of the biggest time-sucks around, yet for some odd reason we tend to book and attend them without question. Research shows that the average worker spends more than 30 hours per month in unproductive meetings.

Do not schedule one-hour meetings. Most problems can be solved in 15 minutes or less, and questions can be answered in 15 minutes or less. Get to the point and get things done.

Don't ever accept one-hour meetings, either. Limit them to 10 to 20 minutes. You don't need an hour to make a decision, right? Be respectful of their time and your own time. Start scheduling meetings in your Apple or Google calendar in minutes (program in 15 minutes slots), not hours.

Many of us have a fear of missing out on an opportunity when not spending the maximum allotted time with others. Instead of worrying about missing an opportunity, simply understand that you don't have to choose right now whether or not you want that opportunity. Instead, ask yourself: Am I going to do this project now, or not now? Does this project fit in your goals and aspirations right now, or not right now? Maybe sometime later?

Don't get caught up in the "What If's". Sometimes you will have to make hard decisions, ask now or not now? If now, make it a priority and get it done. If not now, ask when? Sure, we all miss out on an opportunity from time to time, but more opportunities will always be present.

3.5. STOP PROJECTS

To be productive, we don't need to do more things. We need to do the right things. We should only do tasks and projects that contribute to our goals and dreams. Most of us accept and are engaged in projects that do not help our goals and dreams move forward. We work a job or projects that assist someone else's dreams and goals.

It's time you take control of your own life and your calendar. Make your own rules and stop participating in projects that do not serve you. You will free up much valuable time for the important work that needs to be done to fulfill your own dreams. Start saying no to work, tasks and projects that do not serve you.

Write down all tasks, activities, jobs and projects you are currently doing that do not directly serve your life purpose and personal goals. Then calculate the number of hours per week you are engaging in these activities. Now, find a way to stop wasting all of that valuable time and start focusing on your dreams and goals.

Ask yourself: What is the consequence if I don't do this?

UNLEASH YOUR SUPERPOWER – THE IZOD METHOD™

CHAPTER 4

OPTIMIZE PRODUCTIVITY

The key to optimal productivity is to live by your own rules, not someone else's. That's a choice you make. Write up your own rules, and script your life.

Productivity does not mean getting more things done. It means achieving and getting the right things done. To achieve great things, you need to do fewer things. Productivity means getting things done you get paid for, or getting the things done that bring you closer to your goals and dreams.

Proper planning eliminates stress while taking action. Having no plan only creates stress and poor results.

The tasks, activities or projects that are worth doing more than once need a system. Systems are more important than tools, and results are more important than systems. (Chapter three, 3.3.). Amateurs automate for efficiency, and professionals automate for accuracy.

Optimizing productivity is the art of auto-organizing the chaos that comes at you instead of becoming a victim to it. Design a formula or system to control your chaos.

4.1. PLAN AND PRIORITIZE

The only way you can make time work for you is to plan. You can't stop or pause time, but you can create more time or save time by planning and organizing. You need a scripted life.

We don't need to work more to succeed. We need to plan before we execute. The hustle and grind causes anxiety and leaves us fatigued. If working hard would make us rich, we all would be rich. We only get paid for results. Plan and prioritize. When you plan and organize before you execute, there is no anxiety or worry, and the result will be there.

For example, I wrote the outline for this book before I started writing. If I had no outline, I would write without a purpose and would end up writing on subjects I would delete later. I would constantly be asking myself where the content of the book would lead me. I need the end in mind, I need an outline, I need to assemble resources and references,

accordingly, and take incremental steps and set deadlines to get the book done, the way I want it. Just starting to write would result in a much longer project and most likely a book not worth publishing.

Prioritize: Every week or two weeks, make a list of what needs to be completed. Make sure you address the most critical or time-sensitive assignments first. Then work your way down the list. Get the hard stuff out of the way so that everything that comes after seems more manageable. Refer to 5.4. in this book for more tips and strategies.

4.2. MULTITASKING IS A MISTAKE

Do you multitask, or are you forced to work on multiple tasks at once? Maybe you are so used to it that you don't even realize you are multitasking anymore. You are not alone in being led to believe that if we don't multitask every minute of our day, we will not be productive. We believe that multitasking saves us time. This can't be further from the truth.

Multitasking is overrated. It's simply a bad idea. Below, we will discuss the top six reasons

why multitasking is a bad idea and lowers productivity. Many people like to multitask because they become bored working on one task at a time.

Why is multitasking bad?

1. Multitasking is counterproductive. You have to switch from task to task, and that takes time for your mind to change into the right mindset for the new task. You lose concentration, and you have to take the time to remember where you left off.
2. Multitasking leads to attention and memory loss, according to a study by Harvard professor Clifford Nass. The findings indicate that people who use online social media and other forms of electronic communications have trouble focusing their attention and have lower scores on memory tests.
3. Cognitive performance is diminished. A recent study by Zheng Wang, a professor at Ohio State University, showed that multitasking caused students to feel more productive, but showed they were actually reducing their cognitive skills abilities such as studying.

4. Loss of respect. It turns people off when you are interacting with them while multitasking. If you only half pay attention to them, answering texts and phone calls while talking to them, you will lose their respect.

5. Multitaskers are less likely to finish one quality project. They may finish all their tasks for the day, but they will most likely be sub-par than if they had focused solely on one task to complete.

6. Multitasking makes it difficult to focus entirely on each task. You are thinking about emails or texts you have to respond to when writing a report, and the phone calls you need to return while you are thinking about the next task on your to-do list. This type of working environment induces lots of stress. Instead of multitasking, you should prioritize your tasks and break them up into workable time chunks.

4.3. A SCRIPTED LIFE

I recommend you script your life, as you write the script for your own movie. You decide how it starts, who gets the major roles and supportive roles, who gets more time, what

happens, and how it ends. To script your life, you need to control the constructs of time. You need to manage your calendar. Each day, you know exactly what to do and when to do it, and you also know what's on your calendar in the upcoming weeks. Looking back at the previous week allows you to fine-tune how to manage your calendar. Your calendar cannot be a to-do list on a piece of paper. Your calendar, on your smart phone and accessible on the internet, are carefully planned and timed activities that contribute or complete a small, incremental step towards a bigger goal.

Just because you have a planned and scripted calendar and life doesn't mean you can't be spontaneous, or you can't live in the moment. It's the opposite. In a scripted life, you have planned time with your children, a date night with your wife, etc. You may not have planned the activities you will do with your children and therefore you can be spontaneous. Unlike people who live in chaos and most often don't find the time to spend with their loved ones because they are putting out fires or they are feeling overwhelmed, those with a scripted life are in control of the important things in life and can balance their life accordingly. In a scripted life, you design your life the way you

want it. Being in control of your calendar, and therefore your life, creates clarity, frees up valuable time, and omits most stress, while living life the way you want it, according to your priorities, values, goals and purpose.

4.4. YOUR CALENDAR

The construct of time is so important that a clear and organized calendar is essential for your success.

The most successful people run their entire life from their calendar. They have obtained calendar mastery. It's the only way to perform at your highest potential. You may still use to-do lists to capture to-do items, project plans and a task management system, but these are simply inputs or collections of items that need to be driven to an action item in your calendar.

All your lists and systems need to equate on how you run your day on your calendar. If not, they are useless. Your emails are for communication only, your calendar is your action tool or plan and you design it, and a task management system is simply an organizational tool or planner to accomplish the actions of your calendar.

The items that are not on your calendar do not exist. They are simply inputs. The items on your calendar are the things you are getting done. If my calendar says “swim at 5:30 a.m.”, then I’m deeply committed to get that done. Items not on the calendar most likely don’t get done.

You need to get into this mindset that whatever is on your calendar must be done, period. Commit to your calendar. If you put things on your calendar and don’t execute, you lack commitment to yourself and won’t succeed at your highest potential.

We already learned that multitasking is a mistake, so do not overlap to-do items on your calendar. Focus on one thing at a time and get it done, correctly. Structure your time properly.

I suggest to not start your day until you planned and scripted it on your calendar. If your day is not completely planned, don’t start your day until you finish planning it. If you don’t have a planned, scripted day, it will become a disorganized mess.

Once you commit to this mindset of your calendar running your life, you quickly will get into a routine, and days will be planned and

scripted well in-advance. The beauty of this is that you run your day the way you want! Looking at your calendar should inspire you.

4.5. AUTOMATION

Should we outsource everything we don't want to do? It's not that simple. There are four components to successful outsourcing:

1. Standardization: How to do something?
2. Optimization: How to do it better? You need to find the best and most effective way to complete a task before outsourcing.
3. Automation: Ask yourself if you can automate that task, with existing technology. If you can, you don't need to outsource and get other people involved. Automation is more about accuracy than efficiency.
4. Outsourcing: Someone who manages the automation (one push of a button completes 12 tasks) or manages the workflow (a checklist).

A simple example is the amount of time and communication it takes for people or their assistant to schedule appointments and match calendars. Instead of having to communicate

back and forth, simply use an application such as Calendly. When someone wants an appointment with you, send them a link and they can schedule one on your calendar. This is standardization.

Now, you can optimize this process by creating multiple calendars. For example, I have one for my podcasts (60-minute slots), one for the free Zoom call I offer to prospects (20-minute slots), one for Zoom calls with my mentees (30-minute slots), and one for calls and meetings with affiliates, colleagues, etc. (15-minute slots). Based on the type of meeting requested, I forward the applicable link. This is optimization.

Then I put all links on a keyboard shortcut on my laptop. When a link is needed, I simply click and paste. This is automation.

I don't need to outsource this simply automated process of scheduling all appointments, but my partner also has the links, so she can forward my calendar, as well.

By going to this four-step process, you can replace an entire "job" of communicating back and forth with people, with just a few clicks.

I suggest you automate or outsource every single aspect of your business, from invoicing

clients, placing phone calls, posting on social media, to payroll, hiring, firing, marketing, etc.

You can outsource management of automated tasks or workflows to an employee or assistant, or you can hire a virtual assistant.

4.6. A.I. (ARTIFICIAL INTELLIGENCE)

A.I. or artificial intelligence is a diverse branch of computer science concerned with making machines smart enough to perform tasks that would require human intelligence. A.I. is the component of science that aims to create smart machines that function and behave like humans. Technically speaking, A.I. is intelligence demonstrated by machines, which is in strict contrast with natural intelligence demonstrated by humans.

A.I. is not human intelligence, but programmable human intelligence wherein machines are programmed to think, act and behave as humanly as possible. Machines are programmed to perform actions, learn new techniques, and discover hidden patterns based on a set of data. However, A.I. is still in its evolving stage. In the future, we may see

almost every area of day-to-day life automated by A.I. when machines or software starts making decisions just like humans.

V.I. or virtual intelligence is a program relative to artificial intelligence designed to assist us within a controlled environment, using pre-determined factors. V.I. is a term relative to A.I., but within a virtual world. Virtual intelligence is the intersection of A.I. and virtual world. The term may sound like something new, but V.I. has been around for quite some time now. Every time you look for a nearby restaurant or a grocery store in Google Maps, or when you track the number of steps you have taken via some activity tracking application, or command your smart speaker to play your favorite song, you use virtual intelligence. These are the things that respond to your spoken commands, and they are simply using the virtual intelligence technology to make your lives much better. V.I. is a well-coded program designed to function within a controlled environment.

A.I. and/or V.I. can help organize, streamline and increase effectiveness of tasks and projects in your personal and/or business life. Look into it.

4.7. POWER ROUTINES

Routines drive results, intentional routines drive transformational results.

It's suggested you have a morning and evening routine. Remember that the best evenings drive the best mornings, the best mornings drive the best days, and the best days drive the best life.

As an example, here is my evening routine:

- ✓ I like to be in bed before 10:00 p.m. I'm tired by 9 p.m. because I get up early. After 9 p.m., I would be making poor decisions. I turn off all devices at 9 p.m. so I can wind down. In business, this is called the digital sunset.
- ✓ I drink a glass of hydrogen water.
- ✓ I shower, brush my teeth and lay down in bed.
- ✓ I watch 30 minutes of TV with my partner, or we simply chat or cuddle up.
- ✓ We/I listen to 10 to 15 minutes of a podcast or read two pages of a book. As they say: "It's okay to suck, but not okay to skip."

- ✓ We/I do three minutes of visualization. I visualize the next day and make all the good choices, now.
- ✓ I put on my NuCalm Deep Sleep journey and close my eyes.

My morning routine is as follows:

- ✓ I wake up at 5:15 a.m. (no snooze).
- ✓ I drink a glass of hydrogen water.
- ✓ On my swim days, I get ready in five minutes and head to the pool for a 6 till 7 a.m. workout.
- ✓ On my other days, we do breathe exercises and natural movements outside on my deck or go for a brisk walk/run on the beach.
- ✓ I take a cold bath (three to four minutes).
- ✓ I do 20 minutes of FIR sauna.
- ✓ I do my brain dump (five minutes).
- ✓ I take my supplements (no breakfast).
- ✓ I take a shower and get ready for work, and I take my juice with me.

In addition to powerful morning and evening routines, I personally have a few other routines. Customize and develop your own power routines. Initially, this is a trial and error, and dynamic process until you figured

out what works best for you and gives you results!

My Dream Routine:

My dream routine refers to my most important or most valuable task or project that furthers my dreams and goals, or my purpose of life. I suggest you schedule one hour per day to work on your dream. Schedule it as a recurring activity in your calendar, at a time that works for you. If you think you have no time, free up some valuable time (chapter three), or rise earlier in the morning. Remember, this is the most important project of your life. Are you going to sleep instead? What are the consequences if you don't schedule this time in your calendar?

My Biohack Routine:

Besides my daily supplements, hydrogen water, cold bath, FIR sauna and exercise or movement, I have some modalities I implement weekly, monthly, quarterly and yearly. These modalities are vital to my success and part of the IZOD Method™ and need to be scheduled in the calendar.

For example, I schedule four HBOT (hyperbaric oxygen therapy) sessions per week (I have my home unit), two vibration plate sessions weekly, one strength training session with my personal trainer per week, one infusion (IV) session per month, one stem cell/exosomes infusion bi-annually, one BHRT evaluation bi-annually, one biological age test bi-annually, one transformational retreat annually, two mastermind sessions annually, etc.

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CHAPTER 5

FOCUS

It becomes more and more evident that the ability to focus is an increasing problem in our society. We are bombarded with 14,000 messages (read: distractions) per day and victim to social media, resulting in short attention span, lack of focus and poor productivity.

Marcus Aurelius once said, “Most of what we say and do is not essential. If you can eliminate it, you’ll have more time, and more tranquility. Ask yourself at every moment, ‘Is this necessary?’”

In this chapter, we will discuss how focus will maximize production, quality of work and creativity while reducing stress in your personal and/or professional life.

Increasing your focus means you should get up each day, looking forward to what you can

achieve. Being focused means you are making progress towards what is most important to you. You will feel a greater sense of productivity and fulfillment.

It's difficult for people to remain focused on one task for a variety of reasons. For one, we live in a world where we are constantly bombarded with TV, radio, cellphones, internet and social media, as well as a much larger population that lives closer together than ever before. It's difficult to get completely away from all these distractions. But when you focus on a single task, avoiding distractions, your brain becomes focused on that task alone. This lets you complete that task much faster than if you are trying to complete two or more tasks at once.

Being focused on one task for a certain period of time is less stressful, allows for better quality of work, more work gets done faster, and creative ideas flow easier. You'll come up with new ideas associated with the task at hand. This is great if you are someone who creates in some way. This includes traditional creative types like artists, writers, photographers, designers and musicians, as well as people who create products or services, teachers, researchers, stay-at-home

parents, executives and anyone who needs ideas.

Focusing allows your subconscious to do the work. Think about when you learned to ride a bike or drive a car. It was difficult in the beginning, but when you began focusing on what you were doing, your subconscious took over and helped you learn. The same is true for your everyday tasks. Once you begin focusing solely on one task, your subconscious helps you do them quicker and easier.

Lack of focus or inability to focus is correlated to one's purpose in life. If you have no life purpose, you are subject to someone else's goals and dreams, and things are thrown at you from all different directions, all the time. You have no control of your life and you have no clarity, resulting in stress, worry, fear (of the unknown and future), feeling emptiness, feeling powerless, feeling useless and purposeless. The emotions quickly turn into anxiety, depression, civilian PTSD and other illnesses of the mind.

Priority once more becomes finding your purpose in life, which will set the stage for a stress-free, successful, rewarding, happy life. When you have purpose, you can create a plan

and strategy, attract the people you need on your team, and wake up excited every morning to get things done. You are in control, and your organized calendar creates clarity, omitting stress, fear, worry and uncertainty.

Guess how your purpose in life affects focus? Indeed! Once you found your purpose in life, your passion and drive to achieve your dreams and goals will upgrade your ability to focus, without any prescription drugs or therapies.

5.1. ELIMINATE DISTRACTIONS

Are you easily distracted? Do you get side-tracked often? Do you spend far more time completing a task than it should take?

We all could benefit from the ability to focus better and therefore be more productive. But telling yourself to stay focused on a task, especially a mundane one, is often a lot easier said than done. That's why it's important to have a few simple tips and tricks at your fingertips. Knowing how to zone in on what needs to get done can help you stay on track with your most important tasks each day.

The ability to concentrate on something in your environment and direct mental effort toward it is critical for learning new things, achieving goals, and performing well across a wide variety of situations.

Fortunately, focus is a lot like a mental muscle. The more you work on building it up, the stronger it gets.

But first: You need to eliminate distractions. While you can't do away with everything, you can reduce or get rid of as many distractions as possible. Start with the simple things like:

- ✓ Move to a quiet area or set up a designated area in your home or workplace. Create a workspace that works for you. Do you need a quiet space, free from people, phones and noise? Do you work best in a neat and clean area? Do you focus better while listening to music or having some background noise? Set up the space that works for you!
- ✓ Turn off notifications on your phone or turn your phone off altogether.
- ✓ Close the door to your office.

- ✓ Tell those around you not to distract you for a certain period of time.
- ✓ Close out of programs or apps that aren't essential on your computer.

Don't let other people interrupt you! You can use your phone and social media when you have to, but don't let others interrupt you. That's a disservice to yourself. When you are working or in meetings, turn off social media, email and text notifications.

5.2. THE POMODORO TECHNIQUE

Staying focused helps you get more done in less time. While that sounds simple enough, it's not always easy to put into practice. So, the next time you're wrestling with your attention span, try the Pomodoro technique.

This timing method helps you train your brain to stay on task for short periods of time. Here's how it works:

- ✓ Set your timer for 20 or 25 minutes and get to work.
- ✓ When the buzzer sounds, take a five-minute break.

- ✓ Then, set the timer again and get back to work.
- ✓ Once you've done four rounds of this, you can take a longer break, approximately 20 to 30 minutes.

If your idea of a break from work is checking Facebook or Instagram every five minutes, you may want to consider an app that blocks social media.

In addition to social media, there are some distraction-busting programs available that also allow you to block online games, as well as apps and sites like YouTube, Netflix, Amazon, Twitter, text messages and even emails.

5.3. FUEL FOR FOCUS

Caffeine in small doses: Research shows that coffee and other caffeinated beverages, in small doses may have a positive impact on your ability to focus. The key to taking advantage of caffeine's cognitive-enhancing properties is to consume it in moderation. If you drink too much of it, you may end up

feeling anxious or nervous, which generally reduces your ability to stay focused.

Fuel your body: We all know what happens when “hanger” strikes. This dreaded combination of hunger and anger is a major focus fail. So, to keep your brain focused, your energy levels up, and your emotions on an even keel, make sure your body receives the essential nutrients it needs. Try to balance lean protein, complex carbohydrates, and healthy fats to stay fueled. Snack on fresh fruit, veggies, nuts or seeds if you get hungry while working or performing and be sure to keep yourself hydrated with plenty of water.

For an extra boost, Harvard Medical School says to include a few of these “best brain foods” in your day:

- ✓ green, leafy vegetables like kale, spinach, and broccoli
- ✓ fatty fish such as salmon
- ✓ berries, like blueberries, strawberries, raspberries, or blackberries
- ✓ walnuts
- ✓ tea and coffee for the caffeine, in moderation

Get enough sleep: It's no secret that the majority of Americans are lacking in the sleep department. While a few nights of minimal sleep are okay, not getting enough sleep most nights of the week can negatively impact both your short and long-term memory, as well as your ability to concentrate.

To boost your sleep health, try to:

- ✓ Avoid caffeinated beverages after lunchtime.
- ✓ Switch off all electronic devices an hour before bedtime. The light from these devices can stimulate your brain and prevent you from feeling sleepy.
- ✓ Take time to wind down. Read a book, take a warm bath, listen to soothing music.
- ✓ Keep your bedroom cool and quiet.
- ✓ Try NuCalm for a deep sleep (refer to chapter ten/eleven or my website shop).
- ✓ Sleep on the Anti-Aging bed cover (refer to chapter ten or my website shop).

5.4. PRACTICAL TIPS AND STRATEGIES

Prioritize: Every week or two weeks, make a list of what needs to be completed. Make sure you address the most critical or time-sensitive assignments first. Then work your way down the list. Get the hard stuff out of the way so that everything that comes after seems more manageable.

Remove non-essential tasks from your list and outsource what you can or consider outsourcing tasks that aren't your strengths. This could be anything from somebody mowing your lawn, hiring an accountant to keep track of your finances, a virtual assistant to take care of your social media, or a family member to keep your files organized.

Avoid multitasking and work on only one or similar tasks at once. Finish one project or task before moving on to the next one. Become laser-focused on one task at a time. This can really increase your productivity and the quality of your work. Multitasking promotes distraction and loss of focus. Refer to chapter four, 4.2.

Make a distraction to-do list. Any time we get distracted, it takes about 20 minutes to get back to the original task. So, when something pops into your head or you want to look something up, write it down on a piece of paper or a digital to-do list.

Plan your week: At the end of your week, find a quiet spot to plan out your week's tasks. Write down key projects and the tasks associated with them. Don't forget to add family activities that you participate in, as well.

Set your goals: Break down long-term goals into smaller weekly or daily goals to make them less overwhelming and easier to focus on.

Break your weekly or daily tasks down into smaller, more manageable tasks and chunks of time with short breaks in between. For example, work on a task in 20-minute chunks with 5-minute breaks.

Set aside a specific amount of time each day for checking and answering emails and social media or making phone calls. It could be the first 30-minute task of the day, the last 30

minutes of your workday, or maybe the 15 minutes before your lunch break. Only do it once a day, though.

Learn to say no. If you already have full day, don't feel like you have to take on another project for someone else.

Use an app on your phone to boost your productivity and concentration. Check out Apps like NuCalm, Evernote or BrainWave.

Live in the moment: It's tough to stay mentally focused when you are ruminating about the past, worrying about the future or tuned out of the present moment for some other reason.

You have probably heard people talk about the importance of "being present." It's all about putting away distractions, whether they are physical (your mobile phone) or psychological (your anxieties) and being fully mentally engaged in the current moment. This notion of being present is also essential for recapturing your mental focus. Staying engaged in the here and now keeps your attention sharp, and your mental resources honed in on the details that really matter at a specific point in time. It

may take some time and work on learning how to truly live in the moment, but it will be worth it.

Mindfulness: Does your mind tend to wander away from where it's supposed to be? Don't worry, you are not alone. Distracted thinking is common, and something we all experience. However, these short mental vacations often make it harder to focus on the task in front of you. That's where mindfulness comes in.

By being mindful and recognizing when your attention starts to drift, you can quickly bring your focus back to where it needs to be. Plus, you can train your brain to be more mindful by practicing breathing techniques, meditation and mindful movement, such as yoga.

How to quickly regain focus: Start by taking several deep breaths while really focusing on each breath. When you feel your mind naturally beginning to wander, gently and uncritically guide your focus back to your deep breathing. While this might seem like a deceptively simple task, you may find that it is actually much more difficult than it appears.

Fortunately, this breathing activity is something you can do anywhere and anytime. Eventually, you will probably find that it becomes easier to disengage from intrusive thoughts and return your focus to where it belongs.

The strategies for becoming more focused are endless. Make lists. Remove distractions. Set up your ideal environment. Find what works best for your style of working.

5.5. CONCENTRATION EXERCISES

People ask if our ability to focus and concentrate can be trained, just like our muscles. The answer is yes.

Here are some concentration exercises to help increase focus and maximize productivity (from the Success Consciousness website):

Exercise 1

Count the words in any paragraph from a book. Count them again. Repeat until it's easy. Now count the words in two paragraphs. Repeat until it becomes easy. Finally, count all the words on the page. Count mentally and

with your eyes only. Don't use your finger to point to each word.

Exercise 2

Count from one hundred backwards to one.

Exercise 3

Count backwards from one hundred, by threes. For example: 100, 97, 94 and so on.

Exercise 4

Pick an inspiring word or simple sound. Repeat it silently for five minutes. When this becomes easy, try doing it for 10 minutes continually.

Exercise 5

Hold a piece of fruit in your hands. Examine it, keeping your entire attention focused on the fruit. Just focus on the fruit, ignoring other thoughts. Examine its shape, the smell of it, its texture when you touch it and how it tastes.

Exercise 6

Visualize a piece of fruit. First, examine a piece of fruit for two minutes. Then close your eyes and visualize how it feels, looks and smells. Try to visualize a clear image. If the image gets blurry, look at the fruit again for a few seconds, then close your eyes and try to visualize it again.

In our current technology-driven society, it's very hard to stay focused, but exercises like these can help.

5.6. APPLIED FOCUS

Would you like to increase productivity and accomplish more in less time? A technique called Applied Focus can help. Applied Focus can help you avoid the little distractions that can derail your efforts and productivity.

Applied Focus is an effective strategy that significantly increases your productivity. Here is how it works: Each session is 45 minutes, with a 15-minute shift in focus, or you can do 90 minutes followed by a 30-minute shift in focus. In other words, you stop focusing intentionally on your task and do something completely different in the shift focus period.

During the focused session, though, you cannot allow anything to distract you. No phone calls, no email, no social media, no distractions whatsoever.

Here are some customizable guidelines:

1. Open only one browser or application window at a time. So, if you're writing a blog

post, only your word processor or text pad is open.

2. Keep your sessions timed. Don't go past your 45 or 90-minute session, no matter how focused you are. You need the break.

3. During the shift focus period, get away from your task. Get up from your desk, walk around, walk the dog or get a drink or snack. Give your mind a break.

4. Prepare for your focus sessions. For example, when writing an essay, do your research during a different applied focus session than from the writing session. That way, you're able to concentrate on the writing alone.

5. Have a session set up for phone, email and social media time.

Applied Focus sessions can increase your productivity, but it will take some getting used to. Start slowly by scheduling one or two sessions per day. Once you become used to the routine, you will notice an improvement in your concentration and productivity.

5.7. TAKE CONTROL

Building your mental focus is not something that will happen overnight. Even professional athletes require plenty of time and practice to improve and optimize their concentration skills.

One of the first steps is to recognize the impact that being distracted is having on your life. If you are struggling to accomplish your goals and find yourself getting sidetracked by unimportant details, it is time to start placing a higher value on your time. By building your mental focus, you will find that you are able to accomplish more and concentrate on the things in life that truly bring you success, joy and satisfaction.

I also suggest implementing and mastering my IZOD Method™ (refer to chapter eight) and consider Focus Plus+, the all-natural nootropic I personally take to help with focus and getting into the zone (refer to chapter seven, 7.5. Nootropics and BioCitroid™).

Use the tips and strategies in this chapter and take control and monitor or assess your progress.

One way to find out if you are really focused is to keep track of how you spend your time for one week. You might find out you've been wasting time on little things like constantly checking Facebook or Instagram. Track your time for one week and analyze the results. Tweak and get rid of time-wasters.

UNLEASH YOUR SUPERPOWER – THE IZOD METHOD™

CHAPTER 6

ADHD, ANXIETY, DEPRESSION AND PTSD

People suffering from ADD/ADHD, anxiety, depression, military or civilian PTSD and other mental or emotional conditions often have no real solution. Prescription medications may mask some of the symptoms, but come with possible severe adverse reactions, including suicidal thoughts.

Instead of masking and managing symptoms, why not assess the cause(s) of your condition and eradicate those? The tips and strategies in this book, along with some safe treatment options can resolve these conditions and put you back on track in life. Take control of your mental health. I'm here to help!

6.1. SYMPTOMS AND COMORBIDITIES

Do you have symptoms of ADHD, anxiety or depression? Did you know that these conditions often co-exist? Therefore, symptoms can overlap, and you may not be diagnosed accurately.

Attention deficit hyperactivity disorder (ADHD) is a disorder of the brain, causing functional impairment in the ability to focus one's attention to performing daily activities.

ADHD takes on one of three forms, each with specific symptoms:

The inattentive form:

- ✓ lacks the ability to follow instructions
- ✓ lacks focus
- ✓ forgetful
- ✓ always seems distracted
- ✓ does not listen when spoken to
- ✓ lacks organization
- ✓ loses things

The hyperactive/impulsive form:

- ✓ must constantly be in motion
- ✓ runs/climbs at inappropriate times
- ✓ is unable to do quiet tasks or activities

- ✓ talks non-stop
- ✓ interrupts others
- ✓ blurts things out
- ✓ lacks patience

The combination:

This mixture of both inattentive and hyperactive/impulsive is the most common form of ADHD in the U.S.

Research shows that three-quarters of individuals with ADHD have at least one psychiatric condition, and 80 percent of those individuals have more than one comorbidity.

Four possible reasons why people with ADHD have comorbidities:

- 1) One disorder is a precursor to the other, which evolves over time.
- 2) One disorder is a risk factor for developing the other.
- 3) Two or more disorders have a common genetic basis.
- 4) Some comorbid disorders, such as depression and anxiety, may develop due to the impact of ADHD, making it a secondary condition.

The presence of comorbidities can complicate the diagnosis of ADHD, as symptoms of these comorbidities often overlap with symptoms of ADHD. For example, ADHD symptoms such as easily being distracted, difficulty concentrating, being agitated, restlessness, difficulty controlling emotions, fidgeting, anger outbursts and difficulty sleeping are also common symptoms of anxiety while lack of motivation, difficulty concentrating, lack of interest in enjoyable things, isolation from friends, difficulty completing tasks, inattention, poor memory and inability to prioritize are very common in depression, as well.

Common ADHD comorbidities are anxiety, depression, learning disorders such as dyslexia, oppositional defiant disorder (ODD), bipolar disorder, sensory processing disorder, obsessive compulsive disorder (OCD), tic disorders and Tourette syndrome.

So, given the overlap of symptoms of ADHD and its comorbidities, what are the steps to ensure an accurate diagnosis?

First, it is important to establish the diagnosis by confirming that the individual meets DSM-5 criteria for ADHD. Then, we need to conduct a differential diagnosis by ruling out

alternative explanations for the symptoms, and, in addition, we need to assess for comorbid conditions, which may affect the treatment of ADHD.

ADHD and Anxiety

Do you have symptoms of both ADHD and anxiety? It's not uncommon! A majority of people with ADHD have one or more comorbidities.

Common causes of ADHD and anxiety are:

- ✓ Genetic
- ✓ Environmental
- ✓ Social: Tobacco and alcohol use when pregnant
- ✓ Physiological: Exposure to lead, premature birth, and development deficits
- ✓ Injury to the brain
- ✓ Any brain disease
- ✓ Stroke
- ✓ Tumor

Children and adults suffering with both ADHD and anxiety experience a double-negative effect of having both conditions significantly hinder the quality of their life.

While ADHD and anxiety have their own set of symptoms, the common symptoms include easily being distracted, difficulty concentrating, being agitated, restlessness, difficulty controlling emotions, emotional meltdowns, fidgeting, anger outbursts, avoidance and difficulty sleeping.

People suffering from both ADHD and anxiety often have an overall sense that something terrible will happen. Depression is a condition that can coexist, as well.

A child with anxiety often feels uncomfortable outside of their home. Agoraphobia – fear of leaving the house – is a condition that may co-exist.

ADHD and social situations often do not mix well, and children often experience separation anxiety and have the inability to cope while away from family or familiar people.

ADHD and Depression

According to research by Daviss and Bond, published in *Psychiatric Times*, depressive disorders and ADHD commonly co-occur, and comorbidities are more impairing and challenging to assess and treat. Comorbid

depression in patients who first develop ADHD may be related to a chronic history of functional deficits from ADHD, along with adverse environmental and genetic factors.

While ADHD and depression have their own set of symptoms, the common symptoms are lack of motivation, difficulty concentrating, lack of interest in enjoyable things, isolation from friends, difficulty completing tasks, inattention, poor memory and inability to prioritize.

Despite the relative lack of randomized controlled trials, there is some evidence for the role of pharmacotherapy, including stimulants, SSRIs, atomoxetine or bupropion, to target either or both disorders.

There is also some suggestion for the potential benefit of concomitant psychosocial interventions to address the patient's depressive and ADHD symptoms and any potential environmental factors contributing to such comorbid presentations.

I strongly advise against prescription and OTC drugs for all the obvious reasons.

ADHD, Anxiety and Depression

While ADHD, anxiety and depression each have their own set of symptoms, the common symptoms of all three are sleep problems, being easily anxious or worried, poor decision-making, being easily upset, being rejection-sensitive, self-harm actions or thoughts and inability to concentrate.

The ability to cope with ADHD is a struggle in and of itself. When you add in anxiety, depression or other disorders, it creates surges of hopelessness.

Therefore, it is vital to find a health care provider who specializes in the treatment of comorbid conditions. A patient with ADHD, anxiety, depression and other comorbidities should undergo rigorous tests to get an accurate diagnosis, or take control of your own mental health and implement the recommendations in this book.

6.2. TREATMENT OPTIONS

Conventional treatment consists of individual or family therapy with a mental health professional, cognitive behavioral therapy,

antidepressant medication and/or anti-anxiety medication.

However, I personally prefer not to use pharmaceutical drugs as they may cause various adverse reactions. I recommend combining therapy with proven, safe and natural compounds such as CBD, delta-8, medical cannabis, high quality supplements, and nootropics. My favorite nootropic is **Focus Plus+** (refer to chapter seven, 7.5. Nootropics and BioCitroid™ or visit trysmartpill.com for a free sample). In combination with a wholesome diet, good sleep, movement and light, healing and balance will occur.

The above treatment options may be successful in managing the symptoms, but it would be much more beneficial to identify the cause or causes and remove them. In this regard, don't forget about the importance of your **life purpose**. Finding your purpose in life will abolish negative feelings and emotions such as fear, worry, uncertainty, a sense of inadequacy, despondency, pessimism, anhedonia and sadness, and create a passion and drive towards your dreams and goals, often resolving anxiety, depression and comorbidities. If you need help finding your

life purpose, or if you would like to confirm it, feel free to reach out to me personally!

Another option to consider for depression is ketamine. **Ketamine** got its start in Belgium in the 1960s as an anesthesia medicine for animals. The FDA approved it as an anesthetic for people in 1970. It was used in treating injured soldiers on the battlefields in the Vietnam War.

Emergency responders may give it to an agitated patient who, for example, they have rescued from a suicide attempt. That's why Ken Stewart, MD, says doctors began to realize that the drug had powerful effects against depression and suicidal thoughts.

Ketamine causes what doctors call a "dissociative experience" and what most anyone else would call a "trip". That's how it became a club drug, called K, Special K, Super K and Vitamin K, among others. Partiers inject it, put it in drinks, snort it or add it to joints or cigarettes.

Ketamine comes in several forms. The only one that the FDA has approved as a medication for depression is a nasal spray

called esketamine (Spravato). It's for adults who either haven't been helped by antidepressant pills, have major depressive disorder or are suicidal. I suggest consulting your local functional medicine doctor.

Antidepressant drugs are not always effective, and some have been accused of causing an increased number of suicides, particularly in young people. **Magnesium** deficiency is well-known to produce neuro-pathologies. Only 16 percent of the magnesium found in whole wheat remains in refined flour, and magnesium has been removed from most drinking water supplies, setting a stage for human magnesium deficiency. Magnesium ions regulate calcium ion flow in neuronal calcium channels, helping to regulate neuronal nitric oxide production. In magnesium deficiency, neuronal requirements for magnesium may not be met, causing neuronal damage, which could manifest as depression.

Magnesium treatment may be effective in treating major depression resulting from intraneuronal magnesium deficits. These magnesium ion neuronal deficits may be induced by stress hormones, excessive dietary

calcium, as well as dietary deficiencies of magnesium.

Case histories show rapid recovery (less than seven days) from major depression using 125 to 300 mg of magnesium with each meal and at bedtime. Magnesium was found usually effective for treatment of depression in general use. Related and accompanying mental illnesses in these case histories including traumatic brain injury, headache, suicidal ideation, anxiety, irritability, insomnia, postpartum depression, cocaine, alcohol and tobacco abuse, hypersensitivity to calcium, short-term memory loss and IQ loss were also benefited.

Dietary deficiencies of magnesium, coupled with excess calcium and stress may cause many cases of other related symptoms including agitation, anxiety, irritability, confusion, asthenia, sleeplessness, headache, delirium, hallucinations and hyperexcitability, with each of these having been previously documented.

Ref: Rapid recovery from major depression using magnesium treatment, George A Eby¹, Karen L Eby. PMID: 16542786, DOI: 10.1016/j.mehy.2006.01.047

I recommend including magnesium-rich foods into your diet and using a professional-grade magnesium threonate supplement (use the FullScript link on my website for a discount; all proceeds go to charity).

6.3. PROCRASTINATION

Are you a procrastinator? Do you delay or postpone things – unnecessarily and voluntarily – despite knowing there may be negative consequences? Well, you are not alone.

Maybe you are a student procrastinating doing your homework, completing a project or studying for a test, or maybe you are a working adult, and you know what you should be doing, but you don't want to do it now, and you wait until the very last minute. Either way, procrastinating can put you in a very stress-induced situation, and the task may not be completed as expected, which may result in unnecessary negative consequences.

Here are 10 tips and strategies proven effective to help with procrastination:

1. **GET ORGANIZED:** You are more likely to procrastinate if you don't have a set plan for completing your work. Investing in a planner or using your calendar is a good idea because it allows you to work within a measured framework. Start keeping track of all your assignments and their deadlines.

2. **LET IT GO:** Most of us have too much on their to do list. Cross some things of your list that really are not that important and prioritize. Focus on one task at the time.

3. **PRIORITIZE:** Every week or two weeks, make a list of what needs to be completed. Make sure you address the most critical or time-sensitive assignments first. Then work your way down the list. Get the hard stuff out of the way so that everything that comes after seems more manageable.

4. **SET GOALS:** You need to set goals to avoid being overwhelmed. It's a lot easier to get started on a project when you establish simple, reachable goals rather than face a big, vague plan. Instead of telling yourself, "I'll study biology tonight," you might instead say, "I'll study chapter four tonight." This makes

your goals less intimidating and more attainable.

5. SET DEADLINES: We all get stuck in the “I’ll do it tomorrow or eventually” cycle when, in truth, that day never comes. It’s important to set a specific date for when you want a project or assignment to be completed. Aim to have them completed one or two days in-advance. That way, if something unexpected happens, you still have extra time to complete them.

6. ELIMINATE DISTRACTIONS: You are more likely to get things done if you limit the number of distractions around you. Shut your phone off, retreat to a quiet place, block noise, etc.

7. FIVE-MINUTE MIRACLE: This is one of the best techniques for people who struggle with procrastination. The Five-Minute Miracle involves asking yourself, “What action can I take in less than five minutes today that moves this forward even the tiniest bit?” Once you’ve identified a small action, set a timer for five minutes and spend five minutes working on the task. Research shows that, once you start something, you’re much more likely to finish it. Remember: Small action is still

action. Five minutes can make all the difference.

8. **THE POWER HOUR:** A Power Hour consists of putting away all distractions and working in concentrated chunks of time (to begin with, I suggest no more than 20-minute intervals) followed by short breaks, in order to harness the optimal performance of your brain and body.

Science has discovered that our brain naturally goes through cycles with peaks and valleys. To maximize your output, it is vital that you honor these peaks and valleys by balancing concentrated, focused time with relaxation and integration.

During the short 10 to 15-minute breaks, listen to music, take a walk or call a friend — anything that takes your mind off of your work and allows you to relax. Research shows that taking a break can increase focus, reduce stress and help you better retain information.

9. **REWARD YOURSELF:** Rewarding yourself may create an incentive to complete a task and help avoid procrastination. After a task is completed, consider giving yourself a reward.

It could be as simple as, “Once I finish this work, I can watch an episode of my favorite show.”

10. HOLD YOURSELF ACCOUNTABLE: While it is easy to find reasons not to work or study and take unnecessary or extra-long breaks, catch yourself before this happens. Remember that you are responsible for the work or assignments you complete or don't complete.

If you need help in holding yourself accountable, tell a friend or family member and ask them to check up on your goals, deadlines, and accomplishments, or make a bet and make it fun. It can be very helpful to have a designated accountability buddy, as well.

I hope these tips and strategies will help avoid procrastination. Please share them with those who can benefit.

6.4. ANGER AND FRUSTRATION

Do you get frustrated easily when things don't go your way? Do you get frustrated with other

people easily, and do you end up feeling angry and say or do things you may regret afterward? Well, we all get frustrated at times, but there are ways to manage our frustrations and avoid feeling angry. We will discuss three strategies to manage frustration and avoid anger.

First, let's look at the difference between anger and frustration. Knowing this distinction can be helpful as you think about ways to manage both.

Frustration is a byproduct of not getting what you want or expect. Like someone who continues to interrupt you during meetings, or when you fail to accomplish a simple task, when you are stuck in traffic, when your child doesn't follow your instructions, when your significant other doesn't listen to you or when your boss dismisses you.

When those things happen repeatedly and you do nothing to address it, you may start to feel angry. You got there because you repeatedly didn't get what you wanted or expected. Eventually, you reach the tipping point, and you went from feeling frustrated to angry.

Then you might say or do something you later regret. Has that ever happened to you? The

key is to be able to recognize when you are becoming frustrated and put on the brakes. You need to address the situation before you get angry and say or do things you will regret.

The emotions you are feeling are not wrong, but you need to learn to manage and control them before they externalize.

The key is to accept and honor your feelings, not to try to get rid of them. You can accept them, but you need to stop struggling with them.

STRATEGY #1 – BE PROACTIVE

The first step is being aware that your behavior is inconsistent with your personal values and long-term goals. The second step, of course, is wanting to change.

One key to making this change — managing your emotions — is practicing good self-care, such as eating well, getting enough sleep, exercising, getting enough downtime, taking your supplements, etc. If you are lacking in any of these or other self-care areas, it will be harder to manage your emotional response in any given situation. You already know that.

Another key is preparing in-advance for how you might respond to situations you know will likely trigger your frustration or anger. So, the next time you are interrupted in a meeting, you might decide you will say, “Hey, Susan. I want to hear what’s on your mind. Can I just finish this thought, so I don’t forget it? Thanks.”

Another way to be proactive is to be aware of the cues in your body that you’re becoming frustrated or angry. So, you have a chance to decide what you want to do before you get too “amped-up”. Some of the common feelings are:

- ✓ a racing heart
- ✓ breathing fast, like you can’t catch your breath
- ✓ tight muscles
- ✓ feeling hot and maybe even sweating
- ✓ a headache, like your head is pounding or pulsating

What’s your cue?

STRATEGY #2 – PAUSE AND THINK

Strategy #1 taught us it's imperative that you be aware of the cues in your body when you're becoming frustrated or angry. This way, you have a chance to decide what you want to do before you get too "amped-up".

Once you feel the cue in your body, heed the warning and hit the pause button. You can't just think your way out of anger. If you've tried to do this, you know it usually does not work.

First, breathe. Really. Breathing is a great strategy to help minimize the fight or flight response. If you don't already have a technique that works for you, try Box Breathing. If you practice yoga, you may be familiar with Ujjayi Breathing. Use any technique that works for you. Just breathe.

If that is not enough to help you feel grounded and able to respond the way you want, you might decide to remove yourself from the situation. You could:

- ✓ Go to the bathroom. That's always a socially acceptable excuse, right?
- ✓ Walk, or do your exercise of choice.

- ✓ Ask to change the conversation. Alternatively, take notes or just observe for a bit, rather than participating in the conversation.
- ✓ Give yourself as much time as you need and is possible to think clearly in any way that works for you.

Then, once you feel a little more grounded — your frontal lobe is back online — you can figure out your best option(s) given the context. Maybe you decide you should schedule a meeting with the person involved to discuss the issue, instead of saying anything in the moment.

STRATEGY #3 – CHANGE YOUR STORY

As you are considering how you want to respond to situations that frustrate and eventually anger you, you'll want to reflect on what stories you are telling yourself. Are you engaging in faulty thinking? You know, the kind of thinking that may lead you to say or do things that are out of sync with how you want to be and act.

When you check in with your thinking, you may come to realize there are several possible

interpretations of an event, and your story is by no means the “truth”. Let’s see how you might do this in situations you face ... for example, when you are interrupted during a meeting, you may:

- ✓ Personalize it by deciding the person is interrupting you because they don’t respect you.
- ✓ See it through a black-and-white lens by concluding the person is a jerk. Then you must be on high alert whenever you’re in a meeting with this person.
- ✓ Disqualifying the positive by ignoring the times the person doesn’t interrupt you.

There are other ways you may be engaging in cognitive distortions, but these are a few that may get in your way. One way to reduce your frustration and anger is to replace these thoughts with others that could also be true.

What if you became curious and wondered if one possibility was that the person interrupting you may have ADHD? And maybe she was blurting out because, you know, sometimes that’s what ADHD adults do. Would that change your perspective about the situation? It might, right?

Once you've entertained a few possible alternative stories, you'll be in a better place to respond. Your frustration and/or anger will dissipate with the reframing. While you might still decide you want to talk to the person who interrupts you, you'll be able to do it from a much more grounded place.

Then again, you might decide it's not that bad and you can just let it go.

Whatever you decide to do, you'll be able to respond with integrity.

6.5. FIDGETING

Do you have difficulty paying attention and feel restless or uncomfortable? Do you tap your feet, cross and uncross your legs, drum your fingers, tap your pencil, shift in your seat and constantly adjust your position, or blink your eyes constantly? Let's discuss 10 effective tips and strategies to manage fidgeting.

Energetic children can be very fidgety, and fidgeting usually diminishes as the person reaches adulthood. A certain degree of

fidgiting can be normal and even beneficial. But if you find yourself getting distracted, you may be wondering how to get it under control. There are some effective ways to help manage your fidgiting habit.

Consider that some level of fidgiting is normal, and consider that fidgiting can also be a symptom of a medical condition such as ADHD, anxiety disorder, social anxiety, PTSD, restless leg syndrome, hypothyroidism, Grave's disease, menopause and autism.

According to studies, young children benefit from frequent movement. It helps them to increase focus, decrease anxiety, improve cognitive function, and may help reduce obesity.

Everyone fidgets from time to time. Tapping a pencil, playing with a wedding ring or tapping a foot are all examples of typical human behavior.

Consider taking action if your amount of fidgiting is interfering with your life. Talk to a doctor if you believe you may have an undiagnosed condition, and try some of the following tips and strategies:

1. Consider how much caffeine you currently consume.

If you consume caffeine and you have insomnia, restlessness, anxiety problems, fast heartbeat, headaches, muscle tremors or extreme fidgeting, you may be extra sensitive to caffeine and should cut back to little or no caffeine at all.

Cut back gradually to avoid withdrawals or headaches. Caffeine is a drug that creates adrenaline surges, which your body gets used to. It could take a month to wean yourself from caffeine.

2. Keep track of how much sugar you consume.

Too much refined sugar and foods with added processed sugar (candies, pop, cakes and cookies, some cereals) creates energy bursts and troughs, leaving you craving more. During the brief energy bursts, you are likely to fidget.

Replace your sugary snacks with fruit. Fruit has some natural sugar, and this will help to slowly lower your intake of refined or artificial sugar because, if you eat plenty of fruit, you

will crave other sugars less.

3. Give yourself healthy diet choices.

If you are lacking in energy and turning to caffeine or refined sugar snacks to give you a boost, it may be because your diet is generally unhealthy. Be sure that you are consuming the right amount of a variety of vegetables, fruits, grains and proteins each day.

4. MOVEMENT is key.

A lack of movement may contribute to the tendency to fidget. To get more movement, you can walk, jog, swim, bike, play sports or do any other activity you enjoy that promotes circulation and oxygenation.

If you find yourself limited on time for exercise, one of the easiest ways to get enough movement is to just walk. Walking can even be part of your chores. You can walk the dog, walk to the market or the post office, or walk around the office or around the block a couple of times during your lunch break. Any amount of walking is better than none, and making it a regular habit helps ensure you are getting enough movement.

5. Convert your fidgeting hand and leg movements into isometric exercises while at work or school.

These exercises will curb fidgeting and strengthen muscles.

Rest your hands in your lap. Put your palms together and gently push them together. Hold for three to 10 seconds and repeat 10 times.

Place your feet flat on the floor. Push down into the floor for three to 10 seconds. Repeat until your muscles are tired. Your fidgeting will subside.

6. Take breaks.

Never sit in one place for more than 30 minutes. As well as being good for your back, walking around and stretching during short breaks will reduce your need to fidget and help you to get the amount of exercise or movement you need.

7. Take deep breaths.

When you feel the need to fidget, take a couple of slow deep breaths instead. This will help your nervous, restless energy to slowly disappear.

If you are feeling incredibly nervous and fidgety, stop what you're doing and count while you're breathing. Take a deep breath in while counting to 10. When you get to 10, start letting it out while counting to 10 again. Do this several times until you feel more relaxed.

8. Begin practicing yoga.

Research and sign up for local yoga classes. If you already know yoga poses, practice them at home or during your breaks at work. The meditation, deep breathing and stretching aspects of yoga help tremendously with restless energy and will help you to stay focused.

9. Get enough sleep.

Getting enough sleep is very important for managing stress. It allows your brain to recharge and gives it the ability to stay focused and organized. Be sure that you allow yourself seven to eight hours of sleep per night, and if you have trouble falling asleep, try the following:

- ✓ Avoid stimulation one hour before bed. This includes TV, exercise, eating,

snacking or drinking, and time on your phone. For one hour before bed, try enjoyable reading in dim lights, or take a warm bath.

- ✓ Don't do work in your bed during the day. Let your bed be the place where you are relaxed and ready for sleep, not thinking about responsibilities.

10. Use tools to provide an outlet for fidgeting.

Try sitting on an exercise ball for a chair and keep a box of fidget toys for when you need to fiddle with something. As long as you're able to focus quietly without disrupting others, you can consider it a constructive way to channel your energy. You can buy or build your own fidget tools.

I hope some of these tips and tools will help you manage your fidgeting and allow you to be more productive.

UNLEASH YOUR SUPERPOWER – THE IZOD METHOD™

CHAPTER 7

SMART DRUGS AND NOOTROPICS

Words like smart drugs, nootropics, micro-dosing and stacks are quickly becoming household names amongst professional athletes, college students, e-gamers, Silicon Valley CEOs and business professionals, biohackers and medical professionals. Do we need them? Are they safe to use?

In this chapter, we discuss how to be smart about smart drugs and nootropics.

Our modern, technology-infused society is inundated with artificial, toxic, chemical and

electro-magnetic pollutants causing (in addition to lack of purpose in life) unprecedented stress and sensory overload, resulting in irritability, depression, anxiety, PTSD, mood swings and personality disorders. Those of us who wish to maintain our ability to learn, focus, process and retain information, and form new neural connections to enhance brain function and health, must methodically implement strategies to mitigate distractions and optimize focus and production.

Some of these strategies include the Pomodoro technique, avoiding multitasking, mitigating distractions such as social media and people around you, practicing mindfulness, getting organized, prioritizing, getting enough sleep and healthy nutrition. In addition, we can take advantage of the scientifically researched neuroprotective compounds that can amplify cognitive function, memory and creativity without side-effects.

In an attempt to upgrade our brain and nervous system, and improve our mental capacities, smart drugs and nootropics have been a field of study and experimentation. We

all know the movie *Limitless* with Bradley Cooper, who plays Edward Morra, a struggling writer who is introduced to a nootropic drug called NZT-48, which gives him the ability to use his brain fully and vastly improve his lifestyle. The question is how much of that can be reality today? To what extent has science-fact caught up with science-fiction?

7.1. BE SMART ABOUT SMART DRUGS AND NOOTROPICS

Smart drugs and nootropics are very distinct. Smart drugs such as Adderall and Ritalin are synthetic substances that enhance aspects of cognitive function, including memory, mood and concentration. In higher doses, smart drugs can have negative side effects such as high blood pressure, increased heart rate, headaches, hallucinations, psychosis, seizures, insomnia and many more as listed on their respective inserts. I'm also not convinced of their long-term safety.

Alternately, nootropics are natural smart drugs that have neuroprotective and non-toxic qualities, and no or minimal possible side-effects. Effective and commonly used

nootropics include caffeine, nicotine, green tea, yerba mate, maca root, lion's mane (a mushroom), black ant extract, traditional Chinese nootropics such as Ginkgo and DDS, Ayurvedic nootropics such as brahmi or bacopa, ashwagandha, vanillin (the main component of vanilla) and my recent favorite, BioCitroid™, a rare nootropic derived from the terpenes of a specific type of blood orange indigenous to Asia. In concentrated doses, BioCitroid™ increases focus and mental clarity within 30 minutes, while smart drugs may take several weeks to become effective.

Be aware: As our brain starts to work harder with the ingestion of high and frequent doses of these brain boosters, we are prone to certain nutrient deficiencies, jittery side effects and crashes. We can enhance the effects of our nootropics and prevent these side-effects by combining our nootropics with certain compounds such as amino acids, peptides, adaptogens, choline donors, vitamins, minerals and antioxidants. A great example is Focus Plus+, the combination of BioCitroid™ with L-tyrosine, DL-phenylalanine and phosphatidyl. These amino acids easily cross the blood-brain barrier and have proven

to enhance cognitive function, mental alertness, mood, memory, mental processing, learning abilities, focus and motivation. This combination works fast, is neuroprotective and there are no recorded side-effects. In addition, all five intelligence hormones are optimized and balanced for maximum performance.

The key to success in optimizing brain function, and therefore performance and productivity, is finding the right doses of nootropics, stack them intelligently and add synergizing compounds for the best results. Non-stimulant compounds are safer and don't have abuse potential, addiction and physical dependence. Take a closer look at Focus Plus+, the newest and most innovative nootropic on the market today, and get a free sample at trysmartpill.com

7.2. ADDERALL EXPOSED

Do you know someone who swears by Adderall? Do you know someone who uses it to stay focused, complete a task or treat attention deficit hyperactivity disorder

(ADHD)? This drug sure does wonders for many people, but it does pay off to learn more about its benefits, risks, precautions, shortcomings and non-stimulant alternatives. My concerns is mostly that I'm aware that a fair percentage of our youth is using Adderall off-label, and it's destroying their brain and health, hence the need for this type of education, and the offering of safe alternatives.

What is Adderall used for?

Adderall is a synthetic combination of amphetamine and dextroamphetamine, two central nervous stimulants that increase dopamine and norepinephrine levels in the brain. It can increase your ability to stay focused on a task, help you organize your tasks, pay attention, improve listening skills, reduce restlessness, impulsivity and fidgeting, improve energy levels and control behavior problems. Adderall is used to treat ADHD and is also used to treat narcolepsy, a sleeping disorder, by helping you stay awake during the day. The Food and Drug Administration (FDA) approved Adderall in 1996.

Even though Adderall is a stimulant, it has a

calming effect. People with clinical ADHD have brains with low dopamine function, and Adderall increases dopamine levels. In people who don't have ADHD, because Adderall produces an excess amount of dopamine, users may experience feelings of euphoria and increased energy levels, as well as possible dangerous physical and/or emotional side effects.

Side Effects

Adderall is not available without a prescription, so your doctor has judged that the benefit to you is greater than the risk of side effects. Many people using this medication do not have serious short-term side effects. However, long-term use can lead to addiction and dependence with serious complications.

Side effects include loss of appetite, weight loss, dry mouth, upset stomach, stomach pain, nausea and vomiting, dizziness, headache, diarrhea, fever, nervousness and trouble sleeping. If any of these effects persist or worsen, tell your doctor promptly. Adderall may also raise your blood pressure. Check your blood pressure regularly and tell your

doctor if it's high.

Serious side effects include signs of blood flow problems in the fingers or toes (such as coldness, numbness, pain or skin color changes), unusual wounds on the fingers or toes, mental/mood/behavior changes (such as agitation, aggression, mood swings, depression, abnormal thoughts, suicidal thoughts, uncontrolled movements, continuous chewing movements and/or teeth grinding, outbursts of words/sounds, change in sexual ability/desire and frequent/prolonged erections (in males)).

Get medical help right away if you experience shortness of breath, chest/jaw /left arm pain, severe headache, fast/pounding/irregular heartbeat, fainting, seizures, swelling of the ankles/feet, extreme tiredness, blurred vision, weakness of one side of the body, trouble speaking, confusion, hallucinations, loss of coordination, severe dizziness, severe nausea/vomiting/diarrhea, twitching muscles, unexplained fever, unusual agitation/restlessness, or a very rare serious allergic reaction resulting in a rash, itching/swelling of face, tongue or throat,

severe dizziness and trouble breathing.

In addition, Adderall can have some serious side effects when interacting with other drugs. For example, when taking Adderall and MAO inhibitors, the side effects can be very serious and even fatal.

7.3. DOPAMINE OVERLOAD

The main culprit causing brain fog and keeping you from being focused and performing at your best is something that 99 percent of people consume every single day. Can you guess what it is? It's dopamine!

Dopamine is known as the reward hormone, the hormone that makes you feel good. Whenever you do something that your body likes, such as eating delicious food or sugary snacks, crushing a work presentation, closing a deal or getting praised at work, your brain squirts out a little bit of dopamine to reward you. Normally, this is a good thing, but in a world where we are exposed to an overload of sugary snacks, Instagram, Facebook, Tik Tok, instant gratification and energy drinks, we get

too much of this reward hormone, resulting in dopamine overload. When this happens, brain chemicals become completely imbalanced, leading to brain fog, poor sleep, lethargy, short attention span, lack of focus, inability to be productive, etc.

This is the reason many of us feel like we can't perform at our best, no matter what drug or solution we try. It's a vicious, down-spiraling cycle.

7.4. THE FIVE INTELLIGENCE HORMONES

When my clients come to see me, they are not surprised I wouldn't recommend Adderall or other drugs, but they are shocked when I don't recommend herbal powders or nootropics, either. Most of these solutions are filled with ingredients that don't do much to combat dopamine overload, nor try to balance, modulate and optimize all five intelligence hormones in your brain. See, to achieve peak performance, you need all five of your intelligence hormones to be optimized.

First, we have dopamine, which is responsible

for “being locked in the zone” to crush your goals and effortlessly outwork the competition. Second, there’s serotonin, or the “master neurotransmitter” that regulates your emotions and helps you learn faster. Next, we have norepinephrine and epinephrine. Both intelligence hormones are associated with your fight or flight responses, and play a key role in performance, focus and drive. In fact, epinephrine is such a powerful focus agent that it’s banned as a performance-enhancing drug in both athletics and even e-sports. Lastly, there’s acetylcholine, which, when optimized in the brain, helps you retain knowledge better through photographic-like memory. It also helps deliver laser-like focus for performing under stress, like during sales calls or giving a presentation.

Do you now see how powerful you’ll be once you optimize all five intelligence hormones? This is the reason you’re always so disappointed whenever you try the next pill or chug the colorful energy drink pushed by an influencer. These solutions target just one or two of your intelligence hormones at most. Adderall only increases dopamine and norepinephrine levels, which is only two of the

five intelligence hormones.

The secret is to balance and upregulate all five intelligence hormones at the same time. My IZOD Method™ is currently the only way to accomplish this.

7.5. NOOTROPIC FOCUS PLUS+

The reason we are always so disappointed whenever we try the next pill or chug the next colorful energy drink pushed by an influencer is that these “solutions” target just one or two of our five intelligence hormones at most. Adderall, for example, only increases dopamine and norepinephrine levels, which is only two of the five intelligence hormones.

The secret is to balance and upregulate all five intelligence hormones at the same time. So, I began my research for a compound that would do just that. Scouring every news article, textbook and scientific piece of literature I could get my hands on for months, I had nothing to give to my performance clients who were begging me for an answer. As a last resort I called up a friend, Dr. V. Emandi.

Dr. Emandi is a world-renowned cancer doctor and founder of Boston Neuro Pain and Psych, where they see, treat and optimize the brain of thousands of patients per year. On our first phone call, Dr. Emandi didn't have any answers for me, either, but he told me to give him a call back a few weeks later, as he was testing out a new extract from a rare citrus fruit that could activate and balance all five intelligence hormones.

I kept following up every two weeks, but I didn't get any response until Dr. Emandi sent me this email:

Hey, Dr. Mike.

Sorry for the delay on all this. It's been hectic over here, as the results from our new extract are mind-blowing. We're treating patients who've been on ADHD medications for years, and people who aren't on medications ... Well, they're operating on whole new levels. It seems to be the magic of upregulating all five intelligence hormones at once, just like you said!

I sent you some samples in the mail :)

Looking forward to hearing your thoughts.

Thanks,

Dr. V. Emandi.

A few days later, the mystery citrus extract arrived in the mail. I ripped open the package and took some immediately. It tasted bitter, but nothing I couldn't stomach. For the first 20 minutes, I felt nothing. Maybe it didn't really work, but then everything kicked in 10 minutes later. I could almost feel all five of my intelligence hormones surging together at once, like the perfect chemical symphony in my brain. Suddenly, everything just became clear. I started to see solutions I had previously missed. I picked up on new patterns. My writing flowed effortlessly for my new book at that time, *EMR: The Invisible Threat*.

I felt energized, but without being jittery or anxious. By the end of the first day, I had accomplished more than I had in a week before. But I wasn't hooked yet. I know how these things can just be a placebo effect the first time you use them. So, I took some more

of Dr. Emandi's mystery extract again the next day, and, once more, I experienced clear focus, energy and out-of-this-world productivity. I just got stuff done, no whining or resistance, no procrastination. I executed like an unstoppable machine.

I decided to share some samples with my friends. Most of them reported the exact same benefits as my own experience ... more laser-focusing and drive to win.

Especially with everything that had been going on for the past few years (pandemic), we had to bring this to the masses, which is why Dr. Emandi and I partnered with ClariGenZ Health. It's an elite group of doctors and scientists who have some of the leading manufacturing and research facilities on the planet. Working together, we created the world's first formula that combines the citrus fruit extract into a single pill form, to activate all five of your intelligence hormones at once and unlock your best self. We call it Focus Plus+ by ClariGenZ. It's already helped thousands of ambitious people have an unfair advantage over their co-workers and competition, whether in the office, in the gym or during a long coding or writing session.

Words cannot describe how rewarding it is to hear from so many men and women raving about Focus Plus+. It takes less than 10 seconds every morning to take one, and within 30 minutes, Focus Plus+ goes to work and you really feel it. First, it's a subtle increase in attention, awareness and focus, and then the real transformation begins: Thoughts flow effortlessly and sparks of creativity come rolling in like a tsunami. Before you know it, you're operating on a whole new level: Your best self, dialed in and ready to seize any opportunity.

The effectiveness comes from our groundbreaking citrus extract: BioCitroid™, also known as "Nootropic Gold" for its potency and purity. BioCitroid™ is extracted from a rare citrus fruit (blood orange) in the dense rainforest in south-east Asia, using our patent-pending terpene cyclic extraction technology. Ounce-per-ounce, BioCitroid™ is worth more than physical gold, making it one of the rarest and most sought-after ingredients on the planet.

Once ingested, BioCitroid™ triggers an almost-immediate brain chemical cocktail of

all five intelligence hormones: dopamine, serotonin, epinephrine, norepinephrine and acetylcholine. These five intelligence hormones enhance the frontal cortex function of your brain, the area that manages higher-level executive functions to help you achieve your goals faster and easier. As a result, in just 30 minutes, BioCitroid™ provides unparalleled focus, concentration and creativity, locking you into your “flow state” for up to six hours.

Chemically speaking, you actually become “smarter”. If that wasn't enough, we included three more neuro-agents to supercharge your memory and cognitive performance.

The first is L-tyrosine, which is an amino acid that helps create the performance-inducing brain chemicals norepinephrine and dopamine. In fact, studies show that L-tyrosine supports peak mental processing, memory and cognitive performance, which means you'll be crushing your sales goals and knocking your office presentation out of the park!

The second neuro agent is phenylalanine, which helps support the effects of BioCitroid™

by supporting the catecholamine triad production: norepinephrine, dopamine and epinephrine. Clinically speaking, this results in sharper attention, stronger motivation, and more creativity. You will be able to solve any problem a client or your boss throws at you, without any hesitation. Phenylalanine also encourages thyroid hormone production, which improves your energy, mood and protects your cognitive health.

Lastly, we included phosphatidyl, which is a healthy fat found in all cells, but is especially concentrated in the brain. It helps promote new brain cell formation, faster learning, and better memory and recall by stimulating nerve growth factor (NGF). Studies also show that it optimizes brain cell membranes for peak performance, helping with signaling molecules, receptors and enzymes involved in neurotransmission.

Together, these neuro-agents work synergistically with BioCitroid™ to upregulate and balance all five intelligence hormones for optimal functioning, faster learning and better problem solving.

The end-result is an all-natural, one-of-a-kind intelligence solution that delivers prescription grade brain enhancement and on-demand flow state, whenever you need it.

Focus Plus+ is delivered in convenient, easy-to-swallow 0-sized NutriCaps®, 100 percent plant-based capsules that are naturally prebiotic-infused to support superior absorption of each intelligence-boosting ingredient found inside Focus Plus+. If that wasn't enough, Focus Plus+ contains zero stimulants or chemicals, which means no crash, no Jitters and no side effects. Whether it's your first time or whether you're a regular user, there's no build-up, and you don't need more of it to get the same effects.

Currently, we are seeing first-hand that men and women worldwide are raving about this brain breakthrough.

For dosage on Focus Plus+ and other nootropics, check the label and always start with the lowest dose, re-assess and increase if indicated. When combining various nootropics, called stacks, I recommend advice from a biohacking expert like myself.

UNLEASH YOUR SUPERPOWER – THE IZOD METHOD™

CHAPTER 8

THE IZOD METHOD™

You know those days where everything just goes right? You deliver that killer presentation at work, knock out a thousand words or lines of code effortlessly and crush your sales goals? And after it's all said and done, you catch a glimpse of yourself in the mirror ... smiling. You recognize this person, but it's not just you. It's the best version of you, firing on all cylinders. What if that could be you every day? What if you could be at your best, bringing your A-game on-demand when you needed to? It's possible with The IZOD Method™.

8.1. WHAT IS THE IZOD METHOD™?

That experience described above is called "being in the zone". Most of us have

experienced it at some point in our life, but it was merely by chance or accident.

What if I showed you how to reproduce that state of mind, the “being in the zone”, on-demand?

What if I coached you how to bring your A-game, each time, and crush your competition?

What if I mentor you and teach you the skill of winning? Taking the unfair advantage?

Well, I can.

I developed the IZOD Method™, and I’m sure you have been wondering what IZOD stands for.

IZOD is an acronym for:

In the Zone On-Demand.

The IZOD Method™ can be used by anyone, including entrepreneurs, Silicon Valley CEOs, top athletes, John Does or anyone wanting to perform at their highest potential. When you master the IZOD Method™, you will be able to bring your A-game, on-demand. You will be a winner, period.

8.2. THE SUPERPOWER TO WIN ON-DEMAND

The IZOD Method™ is a recipe for a big win, on-demand, and consists of three distinctive phases, customized for each client.

PHASE 1 – FOUNDATION (POL and C&C)

To perform at your highest potential, we need to assure that the foundation is in place. What is your purpose of life (POL)? What is your passion? Do you get excited and feel fire in your stomach thinking about accomplishing your dreams and goals?

Let's make sure and confirm that your current POL is indeed your POL. This sets the stage and is the foundation for winning on-demand. Without fire and passion, you will never perform at your highest potential, period.

When you find your POL, obstacles simply become steppingstones and opportunities to get you closer to the success you desire. Your focus sharpens, your drive becomes relentless, and you wake up wanting to get things done.

Next, we must create control and clarity (C&C). You must take control of your life (versus being controlled), and you need to start preparing for the big win. You need to get organized. Control creates clarity about your vision, your mission and your path.

PHASE 2 – EXECUTION (Plan and Strategize)

Whether your dream is to solve poverty in the world, to bring a new invention to market, to monopolize your marketplace, to crush your competition, to create a masterpiece of art, to land a recording contract, to publish a bestselling book, to speak in front of 5,000 people and kill your presentation, to win a competition or tournament, to become an Olympic champion or world record holder, to graduate first of your class, to regain control of your health, to find inner peace or to simply perform at your highest potential, you need a plan and strategy. Without a plan, nothing significant comes to fruition.

You don't need to know all the details of your plan, nor do you need to know all the "how's" and "to's", either. You simply need to write down the "what's" in a business plan format. Don't worry about the details or the "how's"

and “to’s”, as they will fall into place as we move forward, and as we assemble a team of experts or people we need.

As part of our plan and strategy, we will identify your strengths and weaknesses, and start a list of people (titles first, then names) we need on our team of experts to assure success.

The last part of our plan is to implement IZOD strategies. These strategies are custom and serve only you in your journey to master the IZOD Method™. Examples include strategies to eliminate distraction, maximize focus, avoid procrastination, maximize productivity, free up valuable time, omit stress, control your life and your calendar, stop projects and activities that you don’t like and don’t serve your POL, etc. Together, we customize, implement and revise these IZOD strategies until your life is 100 percent clear.

PHASE 3 – BIOHACKING (Body & Brain)

Step 1: Beyond Optimal Health

No matter who you are or what your POL, dreams and goals are, one cannot perform at

maximum potential when not in optimal health.

We assess what phase your health is currently in, and then coach and guide you to optimal health and beyond. Only then will your superpowers be revealed, and you will perform at your highest potential.

First, you need to regain control of your health by restoring balance, resolving pain and medical issues, and getting back to “normal”.

Next, you need to implement strategies and lifestyle modifications to optimize your health so you can be fit, strong and vital. You are now in control of your physical, mental, emotional and spiritual well-being.

Optimal health would then be the ideal foundation to maximize the benefits of biohacking strategies and technologies, reversing your biological age objectively, and becoming superhuman. Science-fiction has become science-fact, and everyone can take the unfair advantage.

I will show you how! Refer to chapter ten for more on biohacking.

Step 2: Belief, Visualization, Manifesting

Your mind and your thoughts are the blueprint to your failure or your success. There is no source of failure, worry or fear. There only is disallowing of success, inner peace and love. Stop disallowing.

A belief is only a thought you keep thinking, so you can change it at any time. When your beliefs match your desires, your desires must become reality. Therefore, you need to believe in your dreams, goals and successes without any doubt. If you doubt it, the universe has two options: failure or success. If you don't doubt it and always have the end in mind, the universe has only one option: success.

Most of us are driven by our past. It's imperative that we choose to be pulled forward by our future. Our future needs to be defined by a clear path, plan, strategy and measures of success. R. Brault said, "We are kept from our goals, not by obstacles, but by the clear path to a lesser goal."

Realization of your wishes, dreams and goals is accomplished by assuming the feeling of these fulfilled.

We need to understand the power of our mind and thoughts, and acquire the skills to guide our mind, not react to it.

We need to set and define a clear blueprint for our successes. We need to control our mind so winning is the only possible outcome.

We will coach you and teach you meditation, visualization, controlling emotions and feelings, and manifesting until no doubt remains in your mind.

Step 3: Nootropic Support

We advise you on the most innovative nootropics on the market and customize dosage and stacking accordingly.

Currently, I recommend Focus Plus+ in addition to several other biohacking compounds and nootropics. The individual goal is to customize a stack that works well for you, balances and optimizes all five intelligence hormones, and gets you in the zone, on-demand.

These custom stacks are far less effective without implementing the other phases and strategies of the IZOD Method™. You would

fall short. We all know that there are no silver or magic bullets.

The result of mastering the IZOD Method™ always is a big win, on-demand.

8.3. IMPLEMENTING THE IZOD METHOD™

To be successful, I suggest you enroll in one of my mentorship programs. You need a coach, a guide, a partner who makes you accountable, and someone who can help find or confirm your POL, implement and customize the plan and strategy, assemble a team of experts and much more.

I will coach and prepare you for change. You need to get smarter about the work you do, the people, relationships, processes, opportunities and strategies. My counsel will prevent missteps that could otherwise derail your success.

I will push you and invariably challenge you to go farther than you can possibly imagine. I will share life lessons. I will use my life stories and perspectives to paint pictures of what is possible. I use words and actions to support you.

I will commend you for your successes and guide you in extracting lessons from your failures. I will fine-tune, transform and amplify your vision. I will provide ideas, thoughts and insights that challenge and enable you to see beyond your sphere of influence.

The value of this personal mentorship program far exceeds its cost. I will elevate you, make you accountable and stay with you until you reach your goals. I never give up on you. I never quit believing, encouraging and engaging you. Great mentors assume your vision until it is a reality.

You and I will have regular Zoom meetings to keep you on the fast track and get things done. You will have unlimited texts/calls on my personal cell.

In addition, you will have access to my inner circle. This means that we will build a team of experts that we may need for your success. I will connect you with these experts who can help you. This alone is priceless!

If you are already a successful entrepreneur, you constantly upgrade your business. Maybe you even upgrade that nice car of yours ... but

isn't it time you upgrade yourself? Don't you want to perform at your maximum potential again? Full of energy, power and vitality? A lean body and a sharp mind? And bringing your A-game on-demand, crushing your competition?

We will strategize on how to get you in optimal health and in the best shape of your life, review and optimize your business culture, vision, marketing, management of employees, customer loyalty and so on ... because you need to become an industry leader in your area, and influence and attract as much business as you want.

I even can advise you on your personal life and relationships because we need balance in our lives.

I will be there for you, as an accountable partner, to make you live your life to your fullest potential and make your dreams and goals come true.

Sign up and let's start working together ... hard and smart! Schedule a free 20-minute Zoom call on my website so we can get to know each other on a personal level, and

identify where you are and where you want to be.

8.4. BECOME IZOD METHOD™ CERTIFIED

Once you mastered the IZOD Method™, you may opt to become IZOD Method™ certified and become part of our team, helping others succeed with their POL, dreams and goals. How rewarding!

8.5. THE EDGE IN ATHLETIC PERFORMANCE

In this part of chapter eight, I'll illustrate how The IZOD Method™ and Focus Plus+ affect athletic performance. The same benefits are obtained in business or any other area of life and performance or productivity.

Coaches are often asked what percentage of winning is mental, and they almost always answer between 50 and 90 percent. The great golfer Jack Nicklaus often said, "The game of golf is 90 percent mental and 10 percent physical." The truth is that these coaches and athletes are just guessing. Sports psychologists universally agree, supported

with evidence, that playing sports is 100 percent mental. The evidence encompasses how an athlete's performance is impacted by how they manage goals, mental toughness, emotions, faith, belief, motivation and confidence.

Indeed, each of these areas cover critical mental skills that make physical skills possible. From my perspective, focus and intensity prove that sports is 100 percent mental.

The secret to outperforming the competition lies in between the ears. One important tool to being in the zone is being present in the moment. During a soccer game, football game or 18-hole golf game, each shot or action, good or bad, causes a ripple effect and therefore affects the next few shots or actions. For example, if a golfer misses an "easy" put, that miss usually carries over to the next play or the next few plays. The same happens when a wide receiver tumbles the ball. However, the elite athletes are in the zone, they are present in the moment and therefore can give each shot or action the same level of importance. A bad shot or a miss never carries over to the next play. The elites have the end in mind, the win. Elite athletes focus on each

shot or action as it comes, and they do not worry or critique the previous shot or action. They don't speculate in the middle of the game what the outcome of the game may be.

Another great technique is visualization, which can be done prior to the game or competition as you mentally walk through the entire winning sequence, see yourself every step of the way, from start to finish. We can also use visualization before a shot or play. In golf, for example, we can visualize a smaller target to land your shot. That's where you want the ball to go. Focus on only that, as it should be the only thing on your mind. Then, commit to the process. Do not walk up to the ball until you are fully committed to the shot. Know that the club in your hands is going to direct the ball where it needs to go, and then take that shot. Watch the ball hit your target like a bullseye.

When athletes learn how to get in the zone on-demand, they win. They have laser focus, intense concentration and driving purpose. They anticipate faster than their competition and nothing distracts them, not even a bad shot or action.

Michael Jordan and Kobe Bryant are great examples of elite athletes who always were in the zone, not just during the game, but also

during each and every practice and training session. Being in the zone during practice results in greater benefits from the practice. Athletes perform better during practice and can train harder and longer.

Other athletes have good games and bad games, a good performance one day and a bad performance the next day. Did their athletic abilities change overnight? Did their physical capacity change suddenly? Did their skills diminish? No. People simply state “he or she had an off game”, “he or she had a bad day”, or “his or her head wasn’t in the game”. The latter is correct. The difference between a good or bad game, winning or losing, is mental. It’s about anticipating just a fraction of a second faster, not being distracted, being laser-focused, performing with high intensity, having the end in mind. Athletes who have an “off game” or “bad performance” were not in the zone or unable to get into the zone on-demand. They were distracted. They had something else (an argument with their partner, a bad day at work, financial issues, etc.) on their mind.

In addition, some nootropics can be very helpful in this process of getting into the zone.

I personally recommend Focus Plus+ (refer to chapter seven, 7.5.).

The same holds true for entrepreneurs, artists, performers and everyone else. You can only perform at your highest potential when in the zone, on-demand. This includes making the right choices, being in optimal health, and upgrading or biohacking your body, brain and life.

CHAPTER 9

HEALTH FREEDOM

I have been studying health, wellness, regenerative medicine, anti-aging and biohacking strategies for more than three decades, and have tried several therapies and systems on thousands of patients and clients. It's a fact that alternative or natural medicine (such as acupuncture, chiropractic, homeopathy, food therapy, etc.) is less harmful than conventional medicine (meaning drugs and surgery), but the results are not long lasting, either. So, I had to look further,

and I had to go back to the basics, and study the laws of human life and look at Mother Nature to find the truths about health. I will share a different perspective on health and disease with you.

9.1. WHAT IS HEALTH FREEDOM?

We like to talk about freedoms in this country, but none of these freedoms, including time freedom and financial freedom, would do us any good or serve us any purpose without health freedom. If you are sick, or suffer from a chronic degenerative disease, you can't enjoy your free time, and you can't enjoy your money, and you can't share your abundance and help others, correct? Therefore, it's imperative you are in optimal health! Do you agree?

Health freedom is the freedom we all have being in total control of our health, or the freedom to do with our health whatever it is we want! We can have doctors, insurance companies, the FDA and big pharma control (or ruin) our health and wellbeing, or we can take control of our own health and regain and maintain optimal health. In other words, we can choose to be sick and suffer, or we can choose to be healthy and happy.

So why is it so hard to make that right choice and to choose health freedom?

9.2. HUMAN VS. ANIMAL

What separates us from animals in the wild? The best answer is our awareness, and therefore the freedom to choose our response.

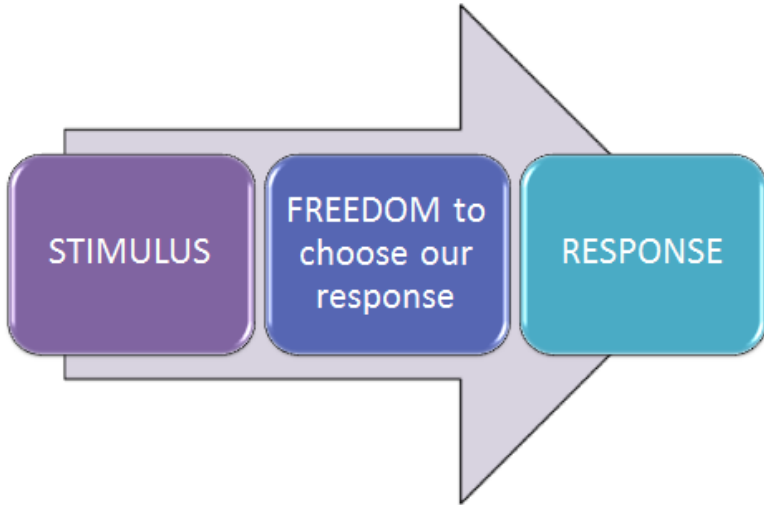
The freedom to choose our response is probably our greatest power. As said in *Spider-Man*: “With great power comes great responsibility.” Responsibility is simply the ability to respond.

Animals don't have that awareness. They don't have that freedom to choose their response. Animals have an instinct, and they always act according to the laws of Mother Nature. They act in their best interest and in the best interest of their species. That's why they are in perfect health. Have you ever seen or heard of a wild lion, an eagle, an antelope, a gorilla or a giraffe with COPD, Alzheimer's, type II diabetes, cancer, a stroke, a heart attack, a cold or flu? Have you ever seen a fat one?

We, on the other hand, have a choice when a stimulus or situation presents itself, and we have become slaves in choosing the wrong response, again and again, which has caused us to be in ill-health.

Our habits and behavior are a function of our decisions, not our conditions. We can make the right choices, or we can make the wrong choices. The choices we make are based upon our values, habits, independent will, self-awareness, imagination and conditioning. When it comes to our health and eating practices, we have been misinformed and wrongly conditioned.

Our habits are perversions. We eat synthetic man-made foods instead of natural, wholesome foods. We drink sodas, coffee and energy drinks instead of pure, natural water. We breath in polluted or poor-quality recirculated air instead of fresh, clean air. We wear clothes, live indoors, hiding our skin from sunlight. We overstimulate our senses with various technology, we lack outdoor activity, we overindulge on food and entertainment, and we lack sleep and rest.



Luckily, we have this same power, our awareness, and the freedom to choose our response to stop this nonsense once and forever and choose health freedom!

We can blame others for our ill-health. We can blame our parents, our doctors, the FDA, our government, big pharma, the fake news, etc., but it's time to take responsibility. So, take control of your health and life!

For more detailed information on our flawed health care system, our current health standards and poor lifestyle choices, refer to my book *Health 4 Life: User Manual* and/or *EMR: The Invisible Threat*.

9.3. TOXEMIA – THE CAUSE OF ALL DISEASE

Let's start with looking into the cause of all disease, and there's only one: toxemia.

What is toxemia? Well, toxemia literally means toxins in the blood. But let's take a closer look:

As part of our normal functions and processes of the body, cells are constantly being built (anabolism) and destroyed (catabolism). The destroyed tissue is toxic, but, in a healthy, body these toxins are eliminated from the blood and the body, so no harm done!

However, when we ingest a great amount of toxins, the body is unable to keep up with the elimination of these toxins. The toxins then accumulate in our blood and body, and that's what we call toxemia.

So, it's this toxemia or excess toxins floating around in our body that feed all disease.

Now, where do these toxins come from?

- ✓ Man-made foods and drinks, loaded with artificial sweeteners, artificial colorings, artificial flavors, preservatives, gluten,

high fructose corn syrup, soy, GMOs, etc.

- ✓ Medications or pharmaceutical drugs are synthetic, fake copies of active compounds found in Mother Nature and loaded with harmful chemicals and toxins.
- ✓ We are exposed to far more environmental chemicals and toxins than ever before, including polluted air and water, exhaust fumes, the chlorine fumes from our shower, and the invisible threat of the 21st century: EMR.
- ✓ Our daily stresses and negative emotions generate an abundance of toxins that affect our mind and body.

What do these excess toxins do in our body?

Free Radicals:

First, these toxins floating around in our body steal an electron from healthy atoms and generate free radicals, which are unstable and therefore cause substantial damage on a cellular level, impairing function.

The only defenses to combat and neutralize these free radicals are antioxidants. These

antioxidants donate an electron to the free radicals so that they become stable, healthy atoms again. More about antioxidants later.

Systemic Inflammation:

Second, our body is constantly dealing with these harmful excess toxins, and is therefore in a constant state of emergency which we call systemic inflammation.

Even according to conventional, western medicine, more than 90 percent of all disease is caused by this systemic inflammation. For example, cardiovascular disease is finally regarded as an inflammatory process much like rheumatoid arthritis and no longer a result of high cholesterol (which is a big hoax). Paul Ridker, a Harvard cardiologist, identified several principal markers for systemic inflammation, including C-reactive protein. The lower the levels of C-reactive protein, the lower the risk for heart disease, and any other disease.

Toxemia, or the excess toxins in your body, causes free radical damage and systemic inflammation, the cause of all disease. If there is only one cause of all disease, then there is only one solution. We need to learn to keep toxemia in check by simultaneously reducing

the intake and exposure to these toxins and increase the intake of nutrients that successfully neutralize free radicals and fight systemic inflammation. That make sense? Great!

9.4. HEALTH ON A CELLULAR LEVEL

I'm quite sure you understand that our body is immensely complex and ingenious, but can you really grasp the complexity of our creation? We can build a rocket and put a man on the moon, and we can build and control a nuclear plant (unless a natural disaster decides otherwise), but we are far from understanding the human body.

Let's talk about health on a cellular level:

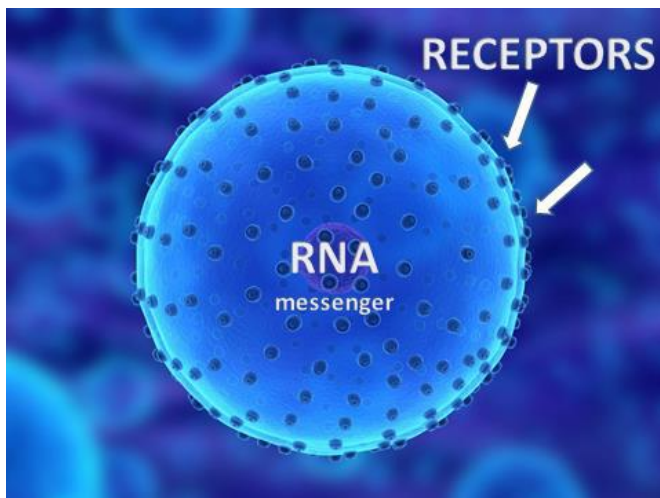
Our body has an estimated 75 trillion cells. That's more than the stars in our galaxy. Now, each one of these cells performs a few million chemical reactions per second. So, if you want to know how many chemical reactions occur in our body at any given second, we simply need to multiply 75 trillion with a few million. Next time someone asks you if you are busy, you answer, "Yes, extremely!"

Now, each cell has approximately 100,000

receptors on its outer membrane. The RNA or the messenger of the cell will continuously tell these receptors what the cell needs to carry out all its functions, and replenish, repair and renew itself.

For example, the cell may need vitamin C. The RNA will inform the receptors to get some vitamin C, but, if due to our standard American diet (S.A.D.) that vitamin C is not available, then the cell is forced to utilize less potent, incompatible nutrients.

What happens if we replace an original paper with a copy and keep making copies of copies? We can't read it anymore, right? The same thing happens on a cellular level, and we get degeneration and mutation, which then translates into disease and cancer.



What did we learn here? We learned that, as long as we provide our body with all the essential nutrients on a daily basis, the cells can stay healthy and function optimally, and we prevent any so-called disease.

So, we don't have to be health freaks, and it's okay to eat the occasional comfort food, but we need to assure that our body receives all essential nutrients it needs!

Only the body can heal itself.

As you now start to understand the complexity of this human body, do you really believe we are meant to interfere with this creation? Do you believe we are supposed to ingest man-made foods and poisons, and drugs to intoxicate this great gift? Do you think we are supposed to remove limbs and organs to the benefit of our body? Of course not!

Do you think we really need to understand the complexity of all functions and processes of the body? The answer is no. Even if we wanted to, we simply cannot and will never be able to comprehend the complexity and magnitude of the workings of our body.

All we need to do is realize that the body

knows what it's doing. The body and every living cell in it always (from birth to death) strive for perfect health. It's one of the laws of human life: the law of self-preservation.

All we need to do is listen to our body and put our body in the correct conditions so that it can heal itself. We need to make the right choices. We need to choose health freedom!

So, how do we regain control of our health? How do we become and remain disease-free? How do we achieve optimal health? How do we put our body in the correct conditions so it can heal itself? What are these correct conditions?

Well, I came up with an acronym. We need to live CLEAN. CLEAN stands for:

- ✓ **C**ontrol emotions and feelings
- ✓ **L**isten to the warning signs of your body
- ✓ **E**nough rest, sleep and sunshine
- ✓ **A**ctive lifestyle – no overstimulation, no overindulgences
- ✓ **N**atural and clean air, water and food

We need to turn our poor eating habits into some healthy ones. We need to replace man-made foods with natural, wholesome fruits and vegetables. We need to replace sodas, coffee, milk and juices with pure, natural

water. We need to expose ourselves to more clean air and do everything we can to avoid the inhalation of polluted air. We need to learn the basics of proper eating, including food combining practices and the alkaline food model. We need to shield ourselves from EMR, and we need to select the right supplements that can assist us in avoiding toxemia and obtaining optimal health.

The saying “you are what you eat” is partially right, but we need to incorporate the other principles of CLEAN living, as well.

For an action plan on CLEAN living, visit the resources pages on my website, or review my book *Health 4 Life: User Manual*.

9.5. OUR IMMUNE SYSTEM

The immune system is a complex bodily system, a network of cells and proteins, that protects the body from foreign substances, cells and tissues by producing the immune response. The immune system protects the body against infections and keeps us healthy.

The immune system keeps a record of every foreign organism or substance it has ever

defeated so it can recognize and destroy it quickly if it enters the body again.

Our complex immune system has six major components:

1. The lymphatic system is a network of organs, tissues, vessels and nodes that transports lymph fluid throughout the body. The lymph fluid contains our white blood cells (WBC) or leucocytes that fight infections. The organs and nodes are where toxins and waste by-products are filtered.

Phagocytes, lymphocytes and neutrophils are types of white blood cells. Phagocytes target and chew up invading organisms. Lymphocytes help the body remember the invaders and destroy them. Our neutrophils fight bacteria.

2. Lymphocytes are small white blood cells that search and destroy pathogens and orchestrate the immune response. Lymphocytes originate from the bone marrow and either stay there and mature into B cells, or go to the thymus gland to mature into T cells.

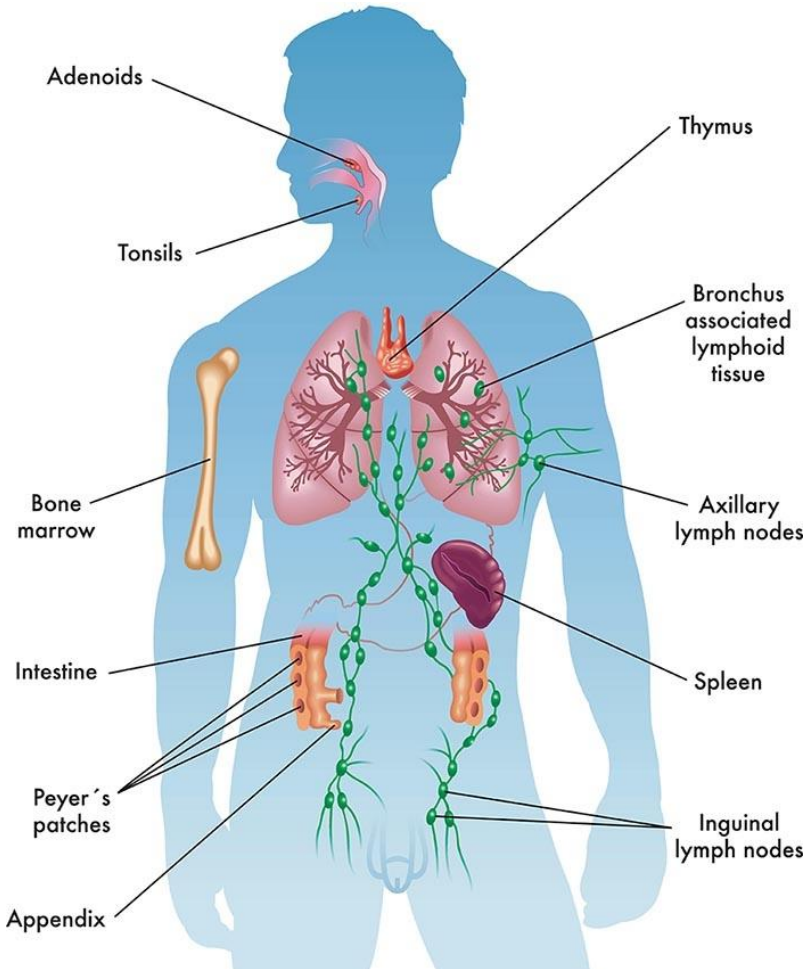
B-cells are like the body's military intelligence system. They find their targets and send defenses to lock onto them. B-cells make antibodies to attack bacteria and other toxins.

T-cells are like the soldiers. They destroy the invaders that the intelligence system finds. T-cells destroy infected cells and cancerous cells. Killer T-cells and Helper T-cells are subgroups of T-cells. Killer T-cells kill damaged cells or cells that are infected with pathogens, and Helper T-cells determine which immune responses the body has against any pathogen.

3. The respiratory system includes the mouth, pharynx, larynx, trachea and the lungs that take in oxygen and expel carbon dioxide. The airways are covered in a mucus layer that is designed to trap foreign particles and pathogens before they can reach the lungs. Cilia are hair-thin, tiny muscles that propel the mucus layer.

4. The spleen's function is to store white blood cells and platelets, filter blood and recycle used red blood cells (RBC). The spleen also helps fight certain types of bacteria.

5. The skin is our largest organ and acts as a barrier to the external environment. The immune system of the skin contains approximately 20 billion T-cells which control skin microbes and inform and educate the entire immune system.



6. The gut makes up the microbiome. The microbiome harbors many kinds of bacteria, flora and other organisms. The “good” bacteria help control the harmful colonies of “bad” bacteria. They also provide a chemical barrier against harmful microbes by affecting the pH (acidity) of the gut, and they produce antimicrobial substances to fight pathogens.

Gut flora activate immune functions and regulate inflammation in the body. About 60 percent of the immune system is found in the gut-associated lymphoid tissue (GALT), located just outside the intestinal lining. The intestines are lined with mast cells which are immune cells that coordinate the immune systems and nervous systems' responses to infectious agents and toxins.

HOW DOES THE IMMUNE SYSTEM WORK?

When the body senses foreign substances (called antigens), the immune system works to recognize the antigens and get rid of them.

B-lymphocytes are triggered to make antibodies. These specialized proteins lock onto specific antigens. The antibodies stay in a person's body. This way, if the immune system encounters that antigen again, the antibodies are ready to do their job. That's why someone who gets sick with a disease, like chickenpox, usually won't get sick from it again.

This is also how immunizations or vaccines are supposed to prevent some diseases. An immunization introduces the body to an antigen in a way that doesn't make someone sick. It lets the body make antibodies that will

protect the person from a future attack by that antigen.

Although antibodies can recognize an antigen and lock onto it, they can't destroy it without help. That's the job of the T-cells.

T-cells destroy antigens tagged by antibodies, or cells that are infected or somehow modified or damaged. T-cells also help signal other cells (like phagocytes) to do their jobs.

Antibodies can also neutralize toxins produced by different organisms and activate a group of proteins called “complement” that are part of the immune system. Complement helps kill bacteria, viruses or infected cells.

The protection that these specialized cells within our immune system provide is called immunity. Humans have three types of immunity: innate, adaptive and passive.

- ✓ Innate immunity (or natural immunity), which everyone is born with. This is a type of general protection. Innate immunity is also called cell-mediated immunity. For example, the skin acts as a barrier to block pathogens from entering the body. The immune system recognizes when certain invaders are foreign and potentially dangerous.

- ✓ Adaptive immunity (or active immunity), which develops throughout our lives. We develop adaptive immunity when we're exposed to diseases, or questionably when we're immunized against them with vaccines.
- ✓ Passive immunity, which is “borrowed” from another source, and it lasts for a short time. For example, antibodies in a mother's breast milk give a baby temporary immunity to diseases the mother has been exposed to.

WE HAVE TWO IMMUNE SYSTEMS

Passive immunity aside, we have two immune systems. These two immune systems need to work together in harmony to stay in optimal health.

Let's illustrate this with an example. When we are first exposed to a simple viral infection like chicken pox, for example, we have no immunity against it. The virus enters through our respiratory system and infects thousands or even millions of cells. These infected cells are dysfunctional and must be eliminated from the body. That's the job of our first innate immune system or cell-mediated immune system, as it's also referred to.

The cell-mediated immune system must target the infected cells, digest them and eliminate them through the various elimination channels such as the skin, nose, lungs and bowels. The key here is that “being sick” and having acute symptoms of fever, chills, cough, mucus production and/or a rash is simply the action of the cell-mediated immune system.

The cell-mediated immune system relies on non-specific defense mechanisms that activate either immediately or soon after the toxin or pathogen attack is initiated in our body. These non-specific defense mechanisms include immune cells like white blood cells, chemical defenses in the blood and physical barriers such as our skin, tonsils and mucus membranes.

The cell-mediated immune response is crucial to our health. It eliminates toxins and removes diseased cells and tissues from our body. The cell-mediated response usually lasts seven to 10 days, after which the pathogen is destroyed, and our health restored.

Our second immune system, called the humoral or antibody-based immune system, recognizes a certain unique protein associated with a virus or other foreign pathogen (antigen) and produces antibodies to that

specific antigen. From that moment on, our bodies can now clear the infection without involving the cell-mediated immune system. Because the humoral response has no “outward” symptoms, we will never again get “sick” in response to infection from that same microorganism.

When these two systems work in harmony and synergistically, our immune system is almost 100 percent bulletproof.

SYMPTOMS OF A WEAK IMMUNE SYSTEM

The primary symptom of a weak immune system is susceptibility to infection.

A person with a weak immune system is likely to get infections more frequently than most other people, and these illnesses might be more severe or harder to treat. These individuals may also find themselves dealing with an infection that a person with a stronger immune system would not get.

Infections that people with a weak immune system often get include:

- ✓ pneumonia
- ✓ meningitis
- ✓ bronchitis

✓ skin infections

These infections may recur with a high frequency. The other symptoms of a weak immune system can include the following:

- ✓ autoimmune disorders
- ✓ inflammation of the internal organs
- ✓ blood disorders or abnormalities, such as anemia
- ✓ digestive issues, including loss of appetite, diarrhea and abdominal cramping
- ✓ growth and developmental delays in infants and children

To optimize our immune system, we simply need to optimize the six components. Becoming bulletproof starts with moving lymph fluid throughout the body, keeping the respiratory system intact, limiting pathogens through the skin, keeping white blood cells elevated, strengthening the spleen and maintaining a healthy gut and biome.

We can fortify our defenses with daily strategies that reduce the ingestion and exposure to toxins and pathogens (avoid toxemia) and simultaneously increase the

nutrients that facilitate optimal function of our immune system, including “good” bacteria. For strategies, refer to chapter ten.

9.6. DO WE REALLY NEED SUPPLEMENTS?

Let’s talk for a minute about supplements because I often get asked if we really need supplements. My answer always is a definite yes, and here is why:

All commercial foods and drinks today are loaded with calories, chemicals and toxins, but lack essential nutrients. Even if we would consume organic wholefoods exclusively, we still need high quality supplements as an insurance policy to provide all our cells with the essential nutrients they need. Here are the top three reasons:

- ✓ We don’t get our fruits and vegetables out of our own garden anymore. We get them (hopefully if you can afford to or they are available) from the organic section at our supermarkets, local health food store or the farmer’s market. Therefore, there is a time that lapses between harvesting and consumption. During this time our healthy, organic wholefoods lose many live nutrients. For example, did you know that when you

store asparagus for one week, 90 percent of the vitamin C is gone? Did you know that when you pick an apple from a tree, 50 percent of the enzymes are dead within 30 minutes?

- ✓ Most of our soils are depleted from essential minerals. After WWII, commercial farmers started using NPK-fertilizers (only three minerals). The body needs 60 to 70 minerals to function properly.
- ✓ We don't live in pristine areas anymore. We mostly live in cities and towns and are exposed to far more toxins than ever before. These toxins are everywhere: our air, our water, EMR and the list goes on.

So, in addition to a wholesome eating plan, high quality supplements become a nutritional insurance policy. Selecting the right insurance policy is of utmost importance.

On my resources pages on my website, you can find a pdf. file titled "The Criteria to Select the Right Supplements" for free download and review.

It's difficult, if not almost impossible, for the consumer to figure out the best possible supplements on the market and investigate sourcing, safety, potency, bioavailability, manufacturing practices, etc. You may always

contact me directly to find out the best professional grade supplements on the market today that pass the criteria. I recommend certain brands and companies based on the needs of my clients/patients. Feel free to review my “favorite protocols” or browse the thousands of medical grade supplements on my FullScript page (scroll down to the bottom of my homepage at MVTonline.com or biohackingunlimited.com). You can make yourself an account, if you like, and start purchasing your supplements from this easy-to-use online platform. Products are shipped directly to your doorstep.

Note: Proceeds of my books and commissions on supplement sales go to charity.

CHAPTER 10

BIOHACKING

In this chapter, we will dive a little into the newest field in medicine and anti-aging, named biohacking. The latest and most innovative biohacking strategies upgrade the body, brain and human life, and are indispensable to performing at your highest potential, giving you the unfair advantage.

10.1. WHAT IS BIOHACKING?

Luckily, science-fiction has become science-fact, and we are able to reverse our biological age, objectively, and become superhuman. Biohacking and transhumanism are the attempt of upgrading brains, bodies and human nature by employing the most innovative technologies and strategies.

Biohacking is an extremely broad and amorphous term covering a wide variety of activities in the attempt to boost physical and cognitive performance. Therefore, we need to employ an effective strategy that addresses all aspects of aging and performance, and takes a gradual, yet comprehensive approach to maximize benefits.

10.2. SCALING BIOHACKING

How do you scale biohacking to maximize the results?

First, you need to regain control of your health by restoring balance, resolving pain and medical issues, and getting back to “normal”.

Next, you need to implement strategies and lifestyle modifications to optimize your health so you can be fit, strong and vital. You are now in control of your physical, mental, emotional and spiritual well-being.

Optimal health would then be the ideal foundation to maximize the benefits of biohacking strategies and technologies.

The Three Levels of Biohacking:

Bio-modulators are factors that slightly shift or modulate the body’s functions. For example, light, movement, healthy nutrients, a high-quality supplement, cold baths, sauna, etc. create adaptive responses that make the body slightly stronger.

Bio-enhancers are mostly external substances that cause rather dramatic effects. Examples are BHRT when hormone levels drop off and

stem cell-based therapies, when stem cell quantity and quality in the body drastically declines, both due to genetic programming. Thus, these measures allow us to go beyond our genetic programming. No need to be crippled at age 75.

Bio-transformers are more permanent in nature. Examples are pacemakers, bionic limbs that perform with greater efficiency than our own biological limbs, interfacing the brain with computers (such as Neuralink), genetic modifications (replacing bad genes with good ones) and genetic engineering (the ability to edit out all diseases).

If becoming a modern-day cyborg is not your cup of tea, you can simply stick with bio-modulation and bio-enhancement.

10.3. AGING ACCELERATORS

When you've decided biohacking is for you, it's very useful to understand the top aging accelerators.

Telomeres are the endcaps of our chromosomes that protect our DNA. However, with each cell division, the telomere is not fully copied and loses some of its length. When

telomere sequences are fully lost, the cell can no longer replicate, and is considered a zombie cell. With a simple test, we can track the length of telomeres.

The field of epigenetics has clearly established that we have the power to manipulate and alter our inherited genetics by up-regulating and down-regulating gene expression. Our genes do not define our fate. We do!

We have various tools to optimize mitochondrial function, enzymatic activity, and intra/inter-cellular communication.

To optimize stem cell quantity and quality we can incorporate regular fasting, HBOT (hyperbaric oxygen therapy), stem cell and exosomes injections or infusions, or utilize shockwave therapy for example.

10.4. BIOLOGICAL STRESSORS

To be successful, we also should recognize the enemies: our biological stressors. We need to control and check or mitigate these stressors effectively.

It doesn't need explanation on how stress impacts our physical, emotional, mental and

spiritual well-being, and how stress related hormones like cortisol impact our body chemically and physiologically. We need to get organized and be in control of our life. Control creates clarity, and clarity omits stress.

Nutrient deficiencies cause disease and death. Based on one's age, genetics, lifestyle, physical capacities, energy requirements and goals, we need optimal doses of vitamins and minerals, enzymes, probiotics, amino acids and other essential nutrients. We need to factor in quality and bioavailability.

Toxemia, the toxins that accumulate in our body, causes free radical damage and systemic inflammation, the cause of all diseases. To keep toxemia in check, we need to reduce the intake and exposure to toxins (as from man-made foods and drinks, pollution, EMR, etc.) and simultaneously increase the intake of nutrients that fight free radical damage and systemic inflammation.

Over the past decade, EMF (electro-magnetic frequencies) have caused an exponential exposure to EMR (electromagnetic radiation), the invisible threat, adding to toxemia. Let's expand on EMF and EMR next.

EMF and EMR

As we adopt smart technology and computer-assisted living in every part of our life, and welcome its conveniences, we dismiss the health ramifications that come with it. A large body of science clearly shows how the exposure to EMR adds to toxemia and causes DNA damage. For detailed information and hundreds of tips and strategies to mitigate EMR, check out my best-selling book *EMR: The Invisible Threat – Strategies to Shield Yourself and Repair Your DNA*.

We all are familiar with the electromagnetic spectrum. EMFs (electromagnetic frequencies) are often categorized as ionizing and non-ionizing radiation. Ionizing radiation, such as x-rays and gamma rays, produces ample energy to promote free radicals and cause DNA damage which can result in cell death and cancer.

Non-ionizing radiation, such as from our smart phones, wireless devices, routers, appliances, TVs, etc., does not have enough energy to cause direct DNA damage and has been considered safe ... until now.

A vast body of scientific research shows how EMR affects the body's physiology and biology,

and as a result causes damage and disease.

This is the scientific consensus on how non-ionizing radiation causes free radical damage and DNA damage:

Almost all our calcium is concentrated extracellularly (outside the cell) with only minimum amounts intracellularly (inside the cell). The flow of calcium from the outside to the inside of our cells occurs through voltage-gated calcium channels and is highly regulated. These channels are very small ion channels embedded in the cell membrane. EMR activates these channels, resulting in an uncontrolled influx of calcium into the cells.

Excess calcium increases both intracellular levels of superoxide, which is produced inside the cells by burning food and turning it into energy, and nitric oxide. When they combine, they form peroxynitrite.

Peroxynitrite is a strong oxidant that breaks down into carbonate free radicals, which have a much longer half-life than most other free radicals, and thus causes extensive oxidative damage and can break DNA bonds.

You can review some of this published and peer-reviewed scientific research, a collection

of more than 30,000 studies, at emf-portal.org/en

Our four-step action plan to mitigate the damaging effects of EMR is as follows:

- 1) Minimize in-house exposure. For example, place filters on electrical outlets to avoid dirty electricity, identify magnetic field hot spots, avoid wireless connections, use grounded and shielded power cords, avoid smart appliances, turn off Bluetooth when not in use ... and the list goes on.
- 2) Shield your house from outside exposure such as EMF from neighbors, your smart meters, power lines, etc.
- 3) Shield yourself from exposure: Learn how to minimize exposure from your phone and wireless devices, sleep on an Anti-Aging Bed, or purchase a cover with nano-silver thread technology, use fabric to shield from EMR from your laptop and to sit on at your work station, consider EMF protective clothing and CMOs.
- 4) Repair DNA damage. We can't avoid and stay free from all EMR, so repair the DNA damage that is done.

10.5. BIOHACKING STRATEGIES

We need to approach the body as a whole, and therefore address the following areas as one will fortify the other:

Biohacking cells and organs slows down aging and increases functional capacity, preventing cell death and organ dysfunction.

Sleep remains a crucial aspect of optimal and superhuman performance as, during deep sleep, the body replenishes, repairs and renews.

The many easy-to-implement strategies to optimize productivity, free up valuable time and live stress free in this book are key to successful biohacking. We need to modulate our five intelligence hormones, maximize our ability to focus and omit multitasking.

In our fast-paced society, it's critical that we optimize our brain and nervous system, our nutritional intake, and that we be aware that movement is key to our circulatory system, lymphatic system and therefore our immune system.

Lean muscle mass obviously improves physical performance, but also has many

incredible health-boosting benefits.

We have an innate DNA repair system, using NAD+ as fuel, as we will discuss later in this chapter.

THE FOUNDATIONAL 7

The seven foundational or basic areas we need to upgrade are:

- ✓ Water
- ✓ Air
- ✓ Nutrition
- ✓ Light
- ✓ Sleep
- ✓ Movement
- ✓ Mind

1. Water

Just like air, water is vital to life. With two parts hydrogen and one part oxygen, water is the most abundant substance in our body. When we are born, 80 percent of our body is water and only 20 percent is matter. As adults, approximately 65 percent is water. As seniors, our body dries up to hold only 50 percent of water, reflecting in stiff joints, dry and

wrinkled skin, reduced saliva flow (dry mouth), etc. Our brains consist of 75 percent water, our blood 80 to 85 percent and our bones 25 percent.

Water provides for all essential bodily and cellular functions, including respiration, elimination (removes wastes, alkalizes and detoxifies), perspiration (regulates body temperature), digestion (saliva and digestive juices) and absorption, circulation and nutrient transportation, and many other chemical processes.

Water is also the base for building all body tissues and organs, and is the base of all blood and fluid secretions (tears, saliva, sweat, gastric juices, synovial fluid that lubricates our joints, etc.). Therefore, a loss of five to 10 percent of body water results in significant dehydration, while a loss of 20 percent results in death.

WATER RETENTION:

When the body receives an inadequate amount of water, it will start holding on to water as a means of survival. This water is stored in the spaces outside the cells (extracellular space) and presents itself as swollen ankles, feet, legs and hands along

with of course some significant weight gain. This gain in weight is due to water retention, plus the storage of fat that has not been metabolized by the liver. The natural feeling of thirst is also inhibited during this process.

Our conventional, western medicine solution is the prescription of ... yes, diuretics. As usual, just the opposite of what really should be done. Well, diuretics force the stored water out of our body along with some essential nutrients. Yet again, our body will react by storing water as a means of survival. The short-term “results” (better called adverse effects) of the diuretics are corrected by the body. The only way to overcome the water retention is to consume more water. As soon as the body receives sufficient water to carry out its normal functions, it releases the stored water.

Excess salt (sodium) intake is a prime contributor to water retention. The more salt is consumed, the more water the body needs to utilize to dilute these salts. Watch your salt intake (or omit salt altogether), but, more importantly, consume enough water.

DEHYDRATION:

While water retention is a sign of dehydration

(yes, that is correct), there are other signs that indicate lack of bodily water:

Dry skin is a sign of dehydration. The skin is not only the largest organ, but it's also the organ that reflects the conditions of the internal organs. This is not only a diagnostic tool in TCM (traditional Chinese medicine), but simply a fact. If the skin is dry, the internal environment is dry. If the skin exhibits break-outs and pimples, it reflects toxicity in the body. How is that, you may ask? The skin is an organ of excretion. It expels toxins. These toxins come from inside your body and show up at the skin as a variety of skin conditions: rashes, dermatitis, eczema, rosacea, oily skin, etc.

Any or all cosmetic products or topical agents designed to improve these skin conditions produce no or very limited result. Why? Because the cause of these skin problems is internal, and temporarily masking the superficial symptoms can't be the solution. The internal toxicity needs to be addressed if one wants to obtain lasting results. Normal skin has a healthy, vital complexion and is flexible, soft and odorless.

Dark urine with odor indicates excess toxins in the urine accompanied with little water for

their excretion.

Constipation or difficult stool is also a result of lack of water. Water is the main force behind normal elimination. When water in the body is limited, the body will halt elimination because using the available water for survival is more important. As we continue to eat more, food and toxins pile up and we become constipated. A normal stool is soft (but not loose) and floats, doesn't require straining during elimination, is painless and has no foul odor. In a state of perfect health, one wouldn't even need to use toilet paper ... I'm not kidding, really! Do animals in the wild wipe? It's not necessary because their diet is normal and therefore the stool is normal. If your stool is hard and sinks right to the bottom of the toilet, you are dehydrated and, if not resolved soon, you will be constipated.

Dryness of lips and dry mouth are other signs of dehydration. Many of us would eat to overcome this dryness as thirst is mistaken for hunger. Another reason people overeat unnecessarily.

Fatigue and weakness are common signs of dehydration. If our body lacks sufficient water, all bodily and cellular functions become sluggish, resulting in physical and mental

weakness.

A quick note about water and weight loss: First off, water reduces appetite (not necessarily hunger). We only drink when thirsty, and preferably 15 to 20 minutes before a meal or four hours after a meal. When we drink before a meal, we reduce appetite and help prevent overeating. Second, it has been proven that water helps metabolize stored fat. Here is how: If the kidneys receive insufficient water, they can't function optimally, and a part of the workload is then dumped onto the liver. One of the liver's prime functions is to metabolize fat, but, when preoccupied with helping the kidneys, some of that fat will be stored instead. Drinking enough water thus is the catalyst in losing weight (fat) by promoting metabolism of stored fat in the body. It also is crucial in keeping that weight (fat) off.

HOW MUCH WATER SHOULD WE CONSUME?

This is a topic of controversy, and we all have been led to believe in false thoughts and ideas, false assumptions, and wrong habits ... including myself. But nature yet again will tell us the truth. Here is the dilemma and the confusion. Let's clear it all up. In normal circumstances, meaning in optimal health, we would only drink when thirsty. We would only

have to listen to the warning signs of our own body. Our body will tell us when it needs water. If we would simply follow these “instincts” or “warning signs” of the body, we wouldn’t have to worry about all these questions: How much do I drink? When do I drink? Confusion arises, however, being that mankind has adopted many perversions.

Perversion is a concept describing those types of human behavior that deviate from those which are understood to be orthodox or normal. Perversion is behavior or habits that are antagonistic to the normal, natural laws of human life. The cause for our perversions stems from our ability to choose our response. When we decide to place our body in the wrong conditions for optimal health (eat man-made foods, overeat, overburden the digestive system when eating at wrong times, drinking during a meal, consuming contaminated water or inhaling pollutants, lack of rest and sleep, lack of sunshine, overstimulation, mental and emotional stress, etc.), toxemia occurs and the disease process starts and progresses unless the cause is taken away, and the body is placed under the right conditions.

After a period of ignoring the right conditions, the warning signs of the body are no longer

there. This creates confusion.

We mistake appetite for hunger and appetite for thirst. We mistake symptoms of healing for disease and interfere with the healing process of the body. We live life by overindulging and overstimulating our senses. A simple example is that of alcohol. The first time one consumes the toxin, the body reacts with a headache, vomiting, nausea, etc., in a successful attempt to expel the toxin from the body. This should have been a warning sign not to ever consume the alcohol again, right? We tend to ignore these warning signs and we violate the natural laws, again and again. After consuming the alcohol a few more times, the body does not react with vomiting anymore. The energy expenditure is too high and the reaction too violent. The body warned you, but you ignore the warning signs. The body stops warning you and is now forced to deal with this regular intoxication differently. It will continue to deal with it by expending countless vital energy and essential resources, all to preserve life. Now you can understand why there are no longer any warning signs, and the body just deals with this situation of habitual intoxication as long as it can in order to preserve life. After years of abuse, disease finally shows up and one wonders what went wrong. "Why me?" The habitual ignorance is

called a perversion, a deviation from normal. The body is not functioning in normal circumstances and is not functioning in a normal environment. So, when the normal and natural sense of thirst is messed up (as in most of us, believe me), we need to look for these other signs of dehydration: water retention, dry skin, dry mouth, dry lips, constipation or hard stool, dark urine, fatigue and weakness, and weight gain. These are now, in our perverse situation, the warning signs of the body. To overcome these dehydration signs and provide the body with sufficient water, we will need to drink more water, even when not feeling thirsty. When we have signs of dehydration, we need to force ourselves to drink, or force others who show these signs. Even when not thirsty, keep in mind when you should drink! How much should we drink? In normal, healthy circumstances: until we feel no longer thirsty.

Imagine a herd of wild cattle drinking from a pond in the African desert lands. They drink a lot of water. They wait until their body tells them to stop. They don't drink all day long, like we do. It's because they don't confuse thirst with appetite. We drink because of appetite: the sight, taste, smell, habit of toxic, sugar-loaded, man-made, addictive toxic cocktails. So, how much do we drink in this

perverted, abnormal situation in which our sense of true thirst is messed up? That's arbitrary and depends on the individual's condition. But a guideline to start is to drink the number of ounces of water equal to half of one's body weight in pounds. For example, if one weighs 140 pounds, he or she should drink a minimum of 70 ounces of pure, clean water per day. I think that's a good start, but one would have to adjust this amount based on the warning signs of the body. Are the signs of dehydration improving, or not? What about the circumstances? What is the external temperature? What is the activity level? What other emergencies is the body dealing with? Be sure not to drink all day long in a forced effort to consume this water. Just like animals in the wild, drink a huge amount only a few times per day. For example, you may drink a huge amount 20 minutes before breakfast or just drink that water and skip breakfast. You can drink lots of water four hours after breakfast or about 20 minutes before lunch, or four hours after lunch, or 20 minutes before dinner. I don't have to explain why. You already understand. Drinking more water will make you go to the bathroom quite more often, and that's okay. Your body is used to being dehydrated and is not used to this amount of fluid intake. As your body becomes more hydrated, frequency of urination will

lower.

Be careful not to consume too much water. Drinking too much water quickly can lead to water intoxication. Water intoxication occurs when water dilutes the sodium level in the bloodstream and causes an imbalance of water in the brain. Water intoxication is most likely to occur during periods of intense athletic performance, but some people force too much water into their system to hydrate.

Again, watch for signs and gradually increase your intake. Over time, the skin, mouth and lips will be moist again, the urine will be clear (no color) and free of odor, the stool will be normal, soft and frequent and water retention, fatigue and weakness will be no more. Then, the sense of thirst returns and becomes, once again, your warning sign indicating when to drink. Be aware that, for this to happen and normal thirst to return, other perversions need to be returned to normal, as well. In other words, normal eating needs to replace feasting, food needs to be combined properly to allow for effective digestion and absorption of nutrients, emotions need to be balanced, rest and sleep need to be sufficient, as well as sunlight. Only in the right conditions can health be restored.

SHOULD WE ONLY DRINK WATER?

Yes. Do animals in the wild drink anything else but water? No. Only the calves or the young drink mother's milk to grow strong. As humans, our babies should do the same: only drink mother's milk. As children (after one year of age) and adults, we also should do the same as animals: only drink water. It's yet another perversion of us humans (excluding me and hopefully you soon) to consume not only milk as adults, but even consume milk from a different species! We could discuss milk and dairy, but just know that there is no nutritional value to consuming any dairy product.

And then we have juices. If the juices of fruits and vegetables are all natural and contain no colorings, additives, preservatives and added sugars, you may certainly consume them. However, be aware that even most of the natural juices are very sugary because they are made from sweet fruits. So, limit your intake. Maybe consume just a glass of orange juice in the morning. The amount of fruit juices consumed, especially by our children, far exceeds what is needed. Remember that sugar induces acidity. We can also look at animals in the wild again and observe nature. Most of nature is vegetation consisting of

plants and trees, not many fruit trees in relation to green vegetation. While fruits are loaded with a variety of essential nutrients, fruit is Mother Nature's candy and needs to be consumed in moderation. Some animals eat fruit, but not in excess. Also, just as with fruit itself, don't mix sweet and acid fruits in fruit juices.

Any other man-made substances should be omitted from your diet, including all sodas and carbonated drinks, man-made fruit juices, milk, coffee, alcoholic beverages, and anything else. All are just a burden on our body, robbing us of energy (yes, also the so-called stimulants) and increasing the toxic load in our body, while providing no essential nutrients or benefit to our body.

We do not have a physiological need for these drinks. We merely created a perversion or appetite for them.

OUR DRINKING WATER:

We understand the major importance water holds in our lives, but many of us know very little about the water we use each day. We drink and use tap water and enjoy the convenience and cost-effectiveness of this practice. However, we fail to recognize the

serious threat this water poses to our health.

Those who are willing to forgo the convenience of tap water and indulge in bottled water often know very little about the contents of that water. They simply assume that bottled water is better than tap water. Even conscientious consumers, who wisely attempt to treat their own water to ensure the healthfulness of that water, often know little about the many home water treatment options now available.

In this age of information, with so many resources immediately at our fingertips, there is no reason why anyone should remain so ill-informed about our drinking water.

Tap water, is it safe? There are more than 2,100 known drinking water contaminants that may be present in tap water, including several known poisons. Besides the occasional episodes of waterborne illnesses, our drinking water becomes increasingly polluted by pesticides, chemical and radioactive wastes, nuclear wastes, industrial wastes and fertilizer. Common contaminants are the following:

Chlorine: As part of the process to treat our drinking water, chlorine is added to destroy bacteria. This comes with a price, though.

Chlorine itself is not just a toxin releasing toxic fumes, but it can combine with other organic matter and form CDBPs (chlorinated disinfection byproducts). The long-term exposure or consumption of these CDBPs increases the risk of cancer (bladder and colon cancer).

Lead: Mostly coming from the erosion of pipes and holding tanks through which the water comes to your tap, lead build-up in the body causes damage to blood cells and organs. According to the EPA, lead in drinking water contributes to 480,000 cases of learning disorders in children each year in the United States alone. It is especially important for pregnant women to drink pure water as lead in drinking water can cause severe birth defects. A common recommendation would be to run the water for a little bit before using it, so the lead is flushed, but it's much wiser to not use tap water at all.

Arsenic: Mostly coming from the industrial wastes and burning of fossil fuels such as coal, but also from rocks or mineral deposits containing arsenic and dissolving into the water. Even though the amounts in our drinking water may be minimal and below so-called safe levels, it's the chronic accumulation that causes cancer and heart disease. You

could test your water for lead and arsenic, but, again, I wouldn't use tap water.

Aluminum: Most water treatment facilities add ALUM, a clarifying chemical agent (making water clear) to the water. As a result, aluminum is left in our drinking water.

Fluoride: Both natural and added fluoride is found in our tap water. The common notion that we need this toxin to protect our teeth is pure ignorance. Do animals in the wild brush their teeth with fluoride paste? Our teeth are in bad shape because of the toxic, man-made foods and drinks we consume, and it's the acidity that breaks down our enamel. Look up fluoride online. It's a known neurotoxin and banned in the drinking water of most countries.

Cadmium: This is another heavy metal commonly found in our drinking water and is also responsible for adding to the toxic load and causing all types of cancers.

Microorganisms: Due to the suspension of matter such as clay or decaying plants in our water, disease causing micro-organisms escape disinfection by adhering to these matters. They usually cause gastrointestinal illnesses.

Parasites: Mostly through sewage and animal waste, parasites living in the intestines of humans and animals end up in our water. They can cause gastrointestinal symptoms including diarrhea, nausea, vomiting, poor appetite, dehydration and even infection and death.

You can request a report from your city (or download it from their website) and get information on the contaminants and their levels in your drinking water, or have your water tested. And that's a good start: Create some awareness for yourself.

Bottled water, is it safe? There's no direct answer to this question because there's various types of bottled water. I would omit all of them just because a plastic bottle can leak plastic into your water and expose you to various toxic chemicals. So, regardless the purity of the water, having it sealed in a plastic bottle concerns me. Bottled water can come from a municipal water supply or from a spring. The water is then treated by one or several various processes like distillation, deionization and reverse osmosis. An estimated 25 percent of bottled water is just filtered tap water. Mineral water is spring water containing a minimum of 500 mg of minerals per quart or liter. Mineral water is

often high in sodium, and, while some are naturally carbonated (they contain CO₂), others are being carbonated.

Carbonated water is not considered water. It is considered soda.

Spring water comes from a natural underground spring source and must have the same properties as it did underground. In theory, this water is better protected from contaminants and pollutants than lake and river water. Some of the more expensive brands have an alkaline pH because of the minerals and trace-elements in them, including Fiji™ and Evian™.

Distilled water may be contaminant-free (if the distillation process was followed by a carbon filtration), but it is “dead” and doesn’t contain nutrients or minerals.

So, whether bottled water is safer than tap water is hard to tell. It depends on the quality of your tap water and the type of bottled water. Bottled water is much more expensive and burdens the planet with plastic. In my opinion, both options are very poor and detrimental to health.

HOME FILTRATION SYSTEMS:

This is the way to go. A wide variety of systems are available on the market, ranging broadly in cost and effectiveness. Whether you just need an inexpensive pitcher or unit to attach to your faucet, or a more expensive under-the-sink unit depends on the quality of your tap water. But there is more to know:

Merely avoiding drinking tap water by purifying the tap water is not an effective means of protection against dangerous water contaminants. It's a great start preventing direct ingestion of all these toxins, but it's not enough.

The EPA has stated that every household in the United States has elevated levels of chloroform in the air due to chlorine released from showering water. Tap water often contains at least as much, if not more, chlorine than is recommended for use in swimming pools. More chlorine enters the body through dermal absorption and inhalation while showering than through drinking tap water. The chlorine in showering water has harsh, drying effects on skin and hair and can cause rashes and irritation when absorbed. Skin pores widen while showering, making dermal absorption of chlorine and other chemicals

possible. Chemicals in showering water vaporize at a much faster rate than the actual water. Thus, the steam in a shower contains a much higher concentration of chemicals than the water itself. Inhaled chemicals make their way into the bloodstream much more quickly than ingested chemicals, without the added filtration benefits of digestion. More water contaminants are released into the air of a home from the shower than from any other source. But harmful chemicals not only constantly escape into the air in a home from the shower, but also from the dishwasher and the toilets. The release of water contaminants into the air results in poor air quality in a home. This poor air quality is a leading cause of asthma and bronchitis. Many skin rashes and other irritations are a result of chlorine and volatile organic chemicals (VOCs) that have become embedded in clothing washed in chlorinated water.

Chlorine is a suspected cause of breast cancer. Women suffering from breast cancer are all found to have 50 to 60 percent more chlorine in their breast tissue than healthy women.

The use of a whole house water filter is the only way to ensure pure, filtered water from every water source in the house. A whole house water filter purifies water efficiently and

is cost-effective, making it a viable solution to drinking water contamination and all of its uses in the house. You will need to do some homework. You will need to test your water or look at the reports of your city and see what contaminants are of concern. Then, you will need to educate yourself on the various systems and select the one that best removes the contaminants of your drinking water.

You will learn that the carbon filters used in the popular water pitchers and tap or faucet systems such as Brita™ and PUR™ will remove chlorine, organic compounds, odor, bad taste and color from your water, but they are ineffective in removing metals and inorganic pollutants. Another concern is that bacteria and molds grow within the filter (that's why they tell you to replace the filter every so often). Even more importantly, these filters only treat your drinking water and don't protect you against the contaminants from other water sources such as the shower, toilet, dishwasher, washing machine, etc.

Other systems are reverse osmosis systems and KDF home purification systems.

I personally use an Echo H2 machine which produces hydrogen water. This affordable, one-of-a-kind unit purifies tap water from

heavy metals, chlorine and other toxins, and infuses it with hydrogen gas.

This hydrogen water is simply hydrogen gas dissolved into water with no pH change. Hydrogen is a selective antioxidant that has been shown to reduce oxidative stress and inflammation (helps check toxemia). It is backed by 12 years of research and more than 1,100 studies (hydrogenstudies.com).

Hydrogen water has been proven to improve mental clarity, prevent cognitive illness, boost mental focus and clarity and help with mental illnesses.

By neutralizing harmful free radicals and oxidative stress, which is the leading cause of disease, hydrogen water has been proven to help regulate heart disease, diabetes, reduce wrinkles and skin issues, and speed up wound healing.

70 to 80 percent of the immune system is housed in our gut. Stress, poor diet and pesticides weaken our gut to nearly 20 percent functionality. The electrical potential in Echo H2 Water™ repairs and restores the gut and improves food intolerances. At -300mV or higher, anaerobic bacteria (the “good” bacteria) can colonize. I have clients who,

within only two weeks, resolved their gluten and dairy intolerances and digestive disorders.

Need extra energy? Instead of reaching for caffeine, try hydrogen water! Hydrogen water signals your cells to produce more natural energy (ATP) and protects your cells from oxidative stress, which can damage cells and lower energy levels.

Hydrogen water works as a signal modulator, reduces lactic acid, increases metabolism and supports weight loss. It also allows you to work out longer, more often, with less fatigue and stiffness.

Hydrogen-enriched water delivers advanced molecular hydrogen for your body and promotes optimized cellular health, antioxidants, newly renewed focus and longevity.

To purchase an Echo H2 machine, visit the “shop here” page on my website. It’s one of the best investments you will ever make.

CONSERVING WATER:

There are literally hundreds of ways to conserve water. Too many to list here, but you easily could find them online.

It's important to realize that even though most of the earth's surface is water, less than one percent can be used as drinking water. That's because most of earth's water is either salty or frozen.

We established that pure, clean water is vital for life, and we therefore need to cherish it. But it's not drinking the water that wastes the water. Water is used as a raw material in many processes. For example, it takes 1,500 gallons of water to process one barrel of beer, 120 gallons of water to produce one egg, 12 gallons to process one chicken, almost 10 gallons to process one can of fruit or vegetables, 6,800 gallons of water is required to grow a day's food for a family of four, 1,850 gallons of water to refine one barrel of crude oil, and manufacturing one new car uses 39,000 gallons of water.

We use more and more water each year, with Americans using five times the amount of water that Europeans do. We use about 50 gallons of water daily. Less than one percent of the water treated by public water systems is used for drinking and cooking. Two thirds of the water used in a home is used in the bathroom.

To flush a toilet once, we use an average of

five gallons of water, and only a five-minute shower uses 25 to 50 gallons of water. Brushing your teeth uses two gallons of water while the automatic dishwasher uses about 10 gallons, and so on. Don't you think it's time to start paying attention and be more aware and conscious about the use of water? Make a list of the things you can do to conserve water and discuss it with your family members. Make some simple rules and inform them why we need to help conserve water. You also will see a drop in your water bill!

Some examples to conserve water in the home:

- ✓ When washing dishes by hand, don't let the water run while rinsing. Fill one sink with wash water and the other with rinse water.
- ✓ Some refrigerators, air conditioners and icemakers are cooled with wasted flows of water. Consider upgrading with air-cooled appliances for significant water savings.
- ✓ Adjust sprinklers so only your lawn is watered and not the house, sidewalk or street.

- ✓ Run your clothes washer and dishwasher only when they are full. You can save up to 1,000 gallons per month.
- ✓ Install covers on pools and spas and check for leaks around your pumps.
- ✓ Use the garbage disposal sparingly. Compost your vegetable food waste instead and save gallons every time.
- ✓ Wash your fruits and vegetables in a pan or pot of water instead of running water from the tap. Collect the water you use for rinsing fruits and vegetables and reuse it to water houseplants.
- ✓ Use a broom instead of a hose to clean your driveway and sidewalk and save water every time.
- ✓ If your shower fills a one-gallon bucket in less than 20 seconds, replace the showerhead with a water-efficient model. Shorten your shower by a minute or two, and you'll save up to 150 gallons per month.
- ✓ Put food coloring in your toilet tank. If it seeps into the toilet bowl without flushing, you have a leak. Fixing it can

save up to 1,000 gallons per month.

- ✓ When running a bath, plug the tub before turning the water on, and then adjust the temperature as the tub fills up.
- ✓ Install a rain sensor on your irrigation controller so your system won't run when it rains.
- ✓ Don't use running water to thaw food.
- ✓ Defrost food in the refrigerator for water efficiency and food safety.
- ✓ Turn off the water while brushing your teeth and save 25 gallons per month.
- ✓ Reuse the water left over from cooked or steamed foods to start a scrumptious and nutritious soup.
- ✓ Turn off the water while you wash your hair to save up to 150 gallons per month.
- ✓ When you give your pet fresh water, don't throw the old water down the drain. Use it to water your trees or shrubs.
- ✓ Do not rinse your dishes before putting them in the dishwasher. Even better,

don't use the dishwasher (it uses too much water compared to hand-washing).

You can find many more ways to conserve water online!

CLEAN WATER:

We need to replace juices, sodas, milk, coffee and energy drinks with pure, clean water. We need to consume ample water to stay hydrated. Remember that our bodies are designed to move. Our circulatory system and lymphatic system are like a plumbing system. Stagnation will cause problems and disease while an optimal flow promotes proper circulation, oxygenation, elimination and immunity.

Besides hydrogen water, the purest water we can consume is contained in our organic, natural fruits and vegetables. Be aware that as you start a healthier, greener diet and consume more wholesome foods, you will notice that you will be less thirsty and consume less water. That's because these live veggies contain lots of pure, clean water!

Most veggies contain more than 90 percent of water, while most fruits contain more than 75 percent of pure water. I hope you can see the

importance of drinking pure, clean, hydrogen water. It doesn't take much effort, and it will drastically affect your health in a positive way. Even though a home purification system is an investment, it's a good investment with a positive ROI (return on investment). If you stop buying bottled water or any other drinks, for that matter, along with conserving water in the house, you will actually save money.

2. Air

Our ancestors didn't have to worry about air pollution and toxic water. We do. We don't live in pristine areas. We live in cities and towns in which air and water pollution is rampant.

You could go days without food and water, but you would last only a few minutes without air. On average, each of us breathes more than 3,000 gallons of air each day. We obviously need air and oxygen to survive. But inhaling polluted air promotes toxemia and sickness. Air pollution, chemicals that form acid rain, and ground-level ozone can damage trees, crops, plants, wildlife, lakes and other bodies of water. In addition to damaging the natural environment, air pollution also damages buildings, monuments and statues. Polluted air not only reduces how far you can see in

national parks and cities. It even interferes with aviation. According to the EPA (Environmental Protection Agency), the health, environmental and economic impacts of air pollution are significant. Each day, air pollution causes thousands of illnesses leading to lost days at work and school.

Air pollution also reduces agricultural crop and commercial forest yields by billions of dollars each year. The problems are well-documented. Nitrogen oxide, diesel fuels, sulfur dioxide, dioxins and furans, methane gasses and many other particles cloud the air in our cities.

Researchers at the New York City School of Medicine determined a significant increase in lung cancer deaths with an increase in air pollution. Inhalation of polluted air sets off many allergies, irritates eyes, nose and throat, and may cause breathing difficulties, asthma, respiratory problems and heart disease.

Some toxic chemicals released in the air, such as benzene or vinyl chloride, are highly toxic and can cause cancer, birth defects, long term injury to the lungs, as well as brain and nerve damage. In some cases, breathing in these chemicals can even cause death. Other pollutants make their way up into the upper

atmosphere, causing a thinning of the protective ozone layer. This has led to changes in the environment and dramatic increases in skin cancers and cataracts (eye damage).

Then we have the methane gasses from our landfills. Thousands of tons of garbage dumped daily and releasing toxic gasses. It's a real shame because the technology to convert any type of waste (including municipal, solid, medical, radioactive and nuclear waste) into a green byproduct such as electricity, hydrogen, or a biofuel, is not new and is commercially available. We could easily clean up all our landfills, stop dumping our waste and produce clean energy. We would be able to turn all our garbage and trash into energy. I must assume that politics and bureaucracy hold us back from doing so. Not to mention the millions of dollars it costs to transport garbage to landfills and build these landfills.

The bottom line remains that all these pollutants are toxic and the inhalation of them contributes to the toxic load in our body and therefore toxemia. In 1970, congress created the Environmental Protection Agency (EPA) and passed the Clean Air Act, giving the federal government authority to clean up air pollution in this country. Since then, the EPA,

states, tribes, local governments, industry and environmental groups have worked to establish a variety of programs to reduce air pollution levels across America.

OXYGEN:

It's not news when I share with you that each cell in our body depends on a sufficient supply of oxygen. Knowing that our health depends on the proper functioning of many trillions of cells, it seems to me that oxygen is quite important.

Studies have shown a direct correlation between the levels of oxygen and someone's health and vitality. When a cell receives sufficient oxygen, it not only carries out its own functions effectively, but it also produces ATP (adenosine triphosphate) to fuel the body. Our energy levels thus depend on oxygen levels in our body. We feel energetic when sufficient oxygen is present, and we will feel fatigued and weak with low levels of oxygen.

Furthermore, sufficient oxygen in our blood alkalizes our body. So, besides using the alkaline model to normalize your pH, proper oxygenation will also help to this effect.

INDOOR AIR QUALITY:

Even though many studies and statistics are available in reference to outdoor air quality, not much information is available on indoor air quality. Due to our social lives and work, most people spend countless hours inside, usually more hours indoors versus outdoors.

Offices and buildings these days don't allow for fresh air because they have been insulated to conserve energy. We are forced to breathe in recirculated, lifeless air all day long. On top of that, we are exposed to volatile organic chemicals from building materials, office furniture and equipment, carpets and paint. If that's not enough, we also have molds circulating in the heating and ventilation systems. I'm sure you can see the problem.

We breathe in poor quality air, which means we supply our cells with low levels of oxygen. What can we do to improve this situation (at your house and at the office)?

1. Vacuum often, ban smoking indoors (you shouldn't be around smokers, anyway), minimize the use of candles and wood fires, and use the exhaust fans in the kitchen, bath and laundry areas.

2. Test your home for radon gas, which can cause lung cancer (test kits cost about \$15). This is usually only necessary when you live in an older construction home.

3. Minimize the risk of deadly carbon monoxide gas by properly maintaining heating equipment, wood stoves, fireplaces, chimneys and vents. Install carbon-monoxide alarms on all levels of your home.

4. Don't idle your car, run fuel-burning power equipment, or light a barbecue grill in your garage, basement or in confined spaces near your home.

5. Don't store chemicals, solvents, glues or pesticides in your house.

6. Use natural household products versus chemical ones, including detergents, soaps, cosmetic products, etc. Many of these products release toxic gasses, e.g. hairsprays.

7. Consider a commercially available air filter designed to improve the quality of air indoors. It may be a great investment because your health, and the health of others, is priceless.

8. Most of us are air conditioning junkies.

Air conditioning in the house or office, or the car, is yet another bad and (most of the time) unnecessary habit. Lifeless, reused air, cold or hot, doesn't serve any good purpose. If you use the system, make sure you replace the filters regularly. Save some money and only use your A/C when extremely cold or hot. Open those windows in your house or office, and when driving a car, open the roof, sunroof or windows and have the fresh air circulate.

9. Keep some green plants indoors. As you know, plants and trees exchange CO₂ (carbon dioxide) for O₂ (oxygen). Therefore, a few green plants in your home or office provide you with some fresh oxygen.

10. Open windows if you can, as much as possible, and let fresh air circulate. If you open a few, you really get some circulation of fresh air (unless you live right by a busy highway or next to an industrial plant, of course).

11. Spend more time outdoors. Go eat your lunch (if you have any) outdoors, go for a short walk during a break or lunch time. Don't stay indoors.

12. If you exercise, maybe consider outdoor activities, or suggest to your yoga instructor to do some outdoor classes.

13. On your days off or in the evenings, sit outside to read a book, or to relax, or to have dinner with your family. The kids will love it, also. Make some trips to parks and springs (lots of fresh air from trees and plants) or go to the beach if you are close (fresh ocean air).

14. Learn to breathe properly and maximize oxygenation (find instructions below or visit my resources page and click Troy Casey's YouTube link).

15. Activity stimulates the circulation, and therefore proper and timely distribution of oxygen to the cells and tissues.

AIR PURIFIERS:

Pollutants that can affect air quality in a home fall into the following categories:

1. Particulate matter includes dust, smoke, pollen, animal dander, tobacco smoke, particles generated from combustion appliances such as cooking stoves, and particles associated with tiny organisms such as dust mites, molds, bacteria and viruses.

2. Gaseous pollutants come from combustion processes. Sources include gas

cooking stoves, vehicle exhaust and tobacco smoke. They also come from building materials, furnishings and the use of products such as adhesives, paints, varnishes, cleaning products and pesticides.

Air filter systems and in-home air purification systems and cleaning devices are available, each designed to remove certain types of pollutants. I'm not a technician, and I don't want to write several pages on these. There are so many available, and, based on your needs and the size of your home and rooms, and the type of pollutants that need filtered or purified, there's a system out there for you.

I recommend you do some diligent research by studying some consumer reports or visit the EPA website, epa.gov. I also have some useful links listed on our website.

Air purifiers are an excellent tool in the fight against indoor allergens and pathogens. However, you should pay close attention to the technology the air filter uses. Ionizers and UV-lights used with these systems have potential dangers and clean air is not worth damaged lungs. So, conduct some diligent research if you opt for an air purification system. I personally don't have one. If you live CLEAN, the pathogens in the air don't have a

chance against your healthy body. However, clean and fresh air is a must if one wants to be healthy.

Spend more time outdoors, ventilate your rooms by opening the windows, practice diaphragmatic breathing, and incorporate the above recommendations to improve indoor air quality.

EFFECTIVE BREATHING:

Oxygenating your blood not only depends on the quality of the air, but also on your breathing. We breathe, involuntarily, all day long. But most people are not aware on how they breathe and how they should be breathing to maximize oxygenation.

Most of us are what we call “shallow chest-breathers”. Just take a moment and notice how deeply you are breathing at this very moment. You are breathing shallow, right? And now try and notice which part of your body moves when you breathe? Does your chest slightly move up and down, or does your stomach move in and out? Most likely, it’s your chest moving. Hence, most of us are “shallow chest-breathers”. Shallow breathing only fills about 20 to 30 percent of the lungs, and this

is enough to carry out basic metabolic functions. However, when we work or exercise or need more energy, we need lots more oxygen.

To alkalize the body, we also need more oxygen. The part of the lungs that is filled with oxygen during shallow breathing is the upper lobes, not the lower lobes. Many health problems thus arise because of poor blood flow in the lower lobes of the lungs. Chronic fatigue, anxiety, panic attacks, digestive problems (reflux, heartburn, bloating, gas), chest pain and palpitations, muscle cramps (neck and back), numbness and tingling in the extremities, headaches and migraines, disturbed dreams and hallucinations may all be caused by insufficient oxygenation.

Proper breathing or deep breathing is done by contracting the diaphragm, a muscle located horizontally between the chest cavity and stomach cavity. Air enters the lungs, and the belly expands during this type of breathing. This deep breathing is marked by expansion of the abdomen rather than the chest during inhalation.

How do we do this deep or diaphragmatic breathing? Place one hand on the chest and the other hand on the stomach. Breathe in

slowly and deep as to fill up your lungs from the bottom all the way up. If done correctly, you will feel your stomach push your hand up while your chest just moves a little bit with your stomach. This deep breathing fills up the lower lobes of the lungs and the diaphragm contracts. This contraction makes your stomach stick out.

This breathing technique not only maximizes oxygen intake into the lungs with each breath, but also stimulates contraction of the diaphragm which enhances circulation.

Start practicing this technique three to five times per day and prior to any activity, or when you feel fatigued and tired, stressed or just need physical or mental energy. Just take 10 breaths each time. Your inhalation should take about one second, then hold three to four seconds and exhale for about two seconds.

HBOT:

A great biohacking modality is HBOT, or hyperbaric oxygen therapy. HBOT involves breathing 100 percent (pure) oxygen while in a special space called a hyperbaric chamber.

The air pressure inside is raised to a level that

is higher than normal air pressure. The increased air pressure in the chamber helps the lungs collect and absorb more oxygen.

HBOT can increase circulation and oxygenation, allowing the oxygen to build and repair damaged blood vessels, as well as triggering collagen growth, which leads to healing.

Recent clinical trials have shown that HBOT can target aging hallmarks, including telomere shortening, senescent cells clearance and angiogenesis.

With HBOT, stem cells proliferate, and angiogenesis speeds healing. Stem cells are an important part of the healing process with HBOT. HBOT can provide an eight-fold increase in your own stem cell production.

HBOT enhances physical performance in healthy middle-aged master athletes, including VO₂max, power and VO₂AT. The mechanisms may be related to significant improvements in mitochondrial respiration and increased mitochondrial mass.

Get your loved ones and/or yourself the best gift ever: improved health, longevity and optimal performance. Get a discount on your

home unit on my website.

CONCLUSION:

Your opinion may be that you cannot do much yourself to improve the outside air quality, but that would be a wrong assumption. You could start to make sure you don't buy any unnecessary plastics which would end-up in the landfills.

You need to recycle, for sure, but you can also reuse many items within the house. For example, don't buy any plastic bottles of water or other drinks. Just get some glass bottles and continue to refill them with clean, hydrogen water. You will save lots of plastic and money. The plastic won't leach in your drinking water, either. When you go shopping, don't have the baggers put your stuff in a plastic bag. What a waste. Get a regular bag or a tote bag to go shopping. I'm sure you can think of many other ways to recycle and reuse.

If you can walk or ride your bicycle instead of being lazy by jumping in the car all the time, you will exhaust fewer toxic fuels into the air. Have you ever thought about carpooling? With a colleague who lives in the neighborhood, maybe? One of our friends had two children

who went to the same school as my two daughters, so we alternated bringing them to school. Not only did we save time and gas, but we also helped minimize air pollution. We also carpooled to soccer games.

If you have a yard, plant some more trees. Maybe you can help planting some trees in your community. Trees and plants provide oxygen.

Your indoor air quality can be improved with the 15 recommendations presented earlier in this chapter. Trust me, it will make a big difference in how you feel and perform.

Even though we cannot avoid the constant onslaught of these air pollutants, we can minimize the intoxication of them as much as possible. Just the awareness of this toxic onslaught should urge one to take action and prevent breathing in polluted air as much as possible.

In addition, consider biohacking with HBOT (hyperbaric oxygen therapy) while inhaling 100 percent oxygen.

3. Nutrition

To avoid toxemia and keep systemic inflammation and free radical damage under control in our effort to obtain and maintain optimal health and a strong immune system, we need to upgrade our diet to limit the exposure and ingestion of toxins and simultaneously include the ingestion of foods and nutrients that help detoxify our lymph system, fight inflammation and free radical damage, repair DNA and optimize our immunity.

For more information, refer to section “UPGRADE YOUR DIET” in this chapter.

4. Light

Dr. Oswald (*Nature's Household Remedies*, 1885) said, “Life is a sun child. Nearly all species of plants and animals attain the highest forms of their development close to the equator. Palm trees are tropical grasses, the python-boa is a fully developed black snake, the tiger an undiminished wild cat. With every degree of a higher latitude, nature issues the representatives of her arch-types in reduced editions: reduced in beauty and longevity, as well as in size and strength”.

It's well-known that sun and sunlight are vital to development and health, but we have become a species that lives indoors and overprotects oneself against sunlight. Healthy organisms live and excel outdoors, and are in their real element when exposed to sunlight while sedentary, often underdeveloped creatures live in the dark. The importance of sunlight is so profound that life wouldn't even exist on Earth without it.

The beneficial effects of sunlight were recognized as early as 600, BC. Heliotherapy (treatment with sunlight) was used by Herodotus to stimulate bone growth, and by the Romans, Greek and Egyptians to treat a wide variety of conditions including pain, arthritis and asthma. In the 1660s, Newton discovered the visible spectrum, and in the 1800s, man was able to increase the effectiveness of insolation (incoming solar radiation) with the use of devices such as lenses and glass boxes. At the end of the 19th century, scientists investigated the photobiological effects of sun radiation and discovered the bactericidal action of sunlight, which still finds its application today in the use of UV-radiation for sterilization.

In 1903, Dr. Niels Finsen from Denmark

received the Nobel Prize for introducing the first recognized therapeutic application of an artificial light source (treatment of surgical TB, rickets and lupus).

As a result of Einstein's vision and his Theory of Relativity, lasers were developed in the mid-1900s. Lasers are used in a wide variety of medical applications today, including its use in ocular surgeries, cancers, dermatology (aesthetics, warts, port-wine stains, cancers, etc.), and diagnostics (Doppler-flow, spectroscopy, etc.).

Even though artificial light and lasers are used as therapeutic devices, we know that real sunlight is far superior to artificial light when it comes to health.

Our Skin:

Our skin is not only and by far our largest organ, but it's the only organ in direct contact with the external environment. The skin provides a strong protective covering for the rest of the body and resists the intrusion of external and infectious matter. A skin that is weakened by clothing and lack of sunlight becomes a less effective barrier, and therefore becomes prone to infections, including all kinds of skin inflammations (dermatitis and 20

others), hypertrophies (about 40 varieties), atrophies (about 40 varieties), hemorrhages, neuroses, parasitical infections, skin growths and cancers (about 70 varieties) and so on. So, instead of supposedly “protecting” our skin from sunlight, we should make sure our skin receives plenty of natural sunlight to abolish the above-mentioned conditions. Cutting out infections, swallowing antibiotics, putting on chemical crèmes, etc. will only worsen the condition. Don’t chase symptoms, but correct the cause. The cause is still toxemia.

Our skin also plays a crucial role in the elimination of toxins and the regulation of our body temperature. We understand that toxemia is the cause of all diseases, so you can now understand the importance of a healthy functioning skin assisting in proper elimination of toxins. Our skin can only be healthy in the presence of abundant sunlight.

Man Was a Nude Animal:

Man was a nude animal before he learned to make clothes, that’s a given. But even in ancient times, nudity and sunbathing was practiced as a form of health and healing. Some even worshipped the sun. It was Christianity and its extreme reactions against

anything “pagan” that ended the sunbathing so widely employed by the healthy.

I personally observed at first hand the use of sunlight in the treatment of arthritis in 1981. I was a 10-year-old boy on a swimming training camp in Romania. Older people rubbed in their whole body with black mud and would face the sun, daily. If we would run around naked (which I’m not advocating in public surroundings), our skin would be preserved, healthier and more vigorous, and it would carry out its important functions much better, including its function of elimination.

Without clothes, movement and respiration would be far less restricted, and bones would be stronger. The whole physical and physiological system would operate much more effectively, and development would be much more symmetrical and anatomically correct. As a result, sensual appetites would be more of pure instinctive nature (as opposed to a perversion) and imagination would be deprived of its great powers to conduct evil.

Housing and clothing have deprived us of our normal supply of sunlight. Our skin cannot be clean and functioning optimally when its contact with air and sunlight is deprived. An example is that one of sweaty feet. Anyone

(all of us) who has experienced sweaty feet before knows how disagreeable the odor is that exudes from the shoes when removing them. Now, you still sweat when you run around bare feet all day, but you won't get the odor, right? That's because the air and sun disintegrate and carry away the excretions from the skin and feet. In the same way a manual laborer sweats all day, his clothes saturated with sweat and odor while his hands and face do not give off such an odor.

Furthermore, weakened skin loses its power of resistance to atmospheric changes. Therefore, many of us suffer with a sudden change in temperature.

Light and Vitality

We know that we can't live without light. Plants can't, either. Plants absorb carbon dioxide and emit oxygen during daytime (light), but during the night (no light), this process is reversed. Therefore, sleeping in ill-ventilated spaces with lots of plants is not recommended. Plants, animals and humans alike would suffer without light and become debilitated. The tadpole wouldn't develop into a frog without light, but instead would continue to grow as a tadpole or turn into a monstrosity just as specimen of humans in

underground parts of large cities also develop to be abnormal.

Even today, in larger cities where people spend their time in small apartments, backrooms, cellars and vaults (underground level), and ill-lit buildings in narrow streets, we can observe unmistakable signs of imperfect development and deficient vitality.

Light stimulates activity of both body and mind, while dark promotes indolence and obesity. People tend to be more active when they live in warmer areas and are more outdoors, exposed to sunlight.

Sunlight is also the cause of all color in the body. Light is entirely reflected by white and completely absorbed by black. Some plants thrive best when exposed to strong sunlight, others in moderate sunlight, and some when considerably shaded. However, they all require the influence of light to become firm and vigorous, without any exception. Many fish and insects are constantly luminous (rays of light are emitted from their bodies), such as the firefly, the glow-worm and many others.

Light is vital. Light is simply hygienic. Light stimulates all biological processes and functions and helps maintain optimal health

and vitally, as do clean water and air.

Light has the power to destroy noxious vaporous bodies existing in the atmosphere. Light has many nutritional functions. Some of them are listed here:

- ✓ Sunlight enables the body to assimilate calcium.
- ✓ Sunlight increases phosphorus in the blood, increasing RBC (red blood cell) count.
- ✓ Sunlight increases hemoglobin in the blood, increasing the oxygen-carrying power. When circulation and oxygenation improve, the cell function in the entire body is improved. Healing is therefore stimulated and accelerated also. Muscles grow firmer and stronger, as well as all other tissues.
- ✓ Sunlight dominates the chemistry of blood. With light, the blood contains all elements it needs for life. Clean foods, clean air, clean water and effective supplements are of poor value to the body without abundant sunlight.
- ✓ Sunlight stimulates growth and repair.

The list goes on. The list is never-ending because an improvement in circulation and oxygenation positively affects every single cell and every single function in our body.

Therapeutic Application

It's very simple. To guarantee optimal health and vitality, abundant sunshine is a major key factor. Real, natural sunlight cannot be replaced by cod liver oil or vitamin D supplements.

Our pale, white skin is a sign of disease, not health. We have become accustomed to this longstanding error. The pale complexions, skin conditions, weak and flabby muscles, and overall sick complexion of many of us, and also witnessed in many young children is most likely caused by a lack of sunshine.

A lack of sunshine in turn impairs health and promotes toxemia. Newborns and children need plenty of sunlight, every day. Sunlight promotes normal development and optimal health. One example is that one of cartilage. Cartilage transforms into strong bones. Without the aid of natural sunlight, the assimilation of calcium and phosphorus salts

will be impaired.

The sun cannot be replaced, either. Tanning booths and artificial light do not possess the same organic quality of real sunlight. Plants, for example, will grow under artificial sunlight, but will never be as strong, vital and sturdy as when grown under real sunlight. The same holds true for fruits, vegetables, animals and humans. Vegetation grown in the dark lacks color. Potatoes, for example, are pale and unable to produce leaves.

LIGHT versus HEAT

People get confused when we talk about sunlight and its benefits. The light is beneficial. No, it's vital. The heat is not.

Animals seek the light of the sun but avoid the heat. In other words, animals prefer to be in the sun in the cool part of the day, and they seek shade during the warm or hot part of the day. Extreme heat robs one from energy and is depressing. The cavemen, and still today the natives or Indians of Peru, Mexico, South America and the Africans, follow this natural instinct.

Practical Application:

Gradually expose yourself more and more to natural sunlight. Start with five to 10 minutes per day, and increase to one hour, at least, while three hours or more would be ideal.

Avoid the heat, so expose your skin to natural sunlight in the morning or evening hours if you live in a warm part of the world.

Make sure to expose the largest possible area of your skin. I don't suggest you start running around naked on the street, but maybe you do that at home in your backyard, or with minimal clothing, just hiding the private parts (shorts for men, bikini for women). Wear shorts whenever you can and avoid long pants or jeans, wear short-sleeve shirts or none, walk bare-foot or opt for sandals, etc.

Clothes are not natural. Ideally, present objections to nudity must be overcome. The idea that our body is ugly and vulgar, indecent and obscene is prudish ... although many of us have ignored their body, and it may be offensive to observe. Do something about it! But it's the machine-made morality, the thoughts of our neighbors, the laws of the land, and the prevailing customs that hinder nudity and therefore health. This attitude towards a nude body comes from a filthy

mind, troubled with obscene suggestions, vulgarity and impurity.

Blond or pale types must be very cautious initially because they are more prone to overstimulation and burns. This is another reason to obtain sun exposure during the cool parts of the day.

Next, we should overcome another misconception, that one of protecting the head and the eyes from the sun. We were created with a head and eyes, and they adapt to sunlight as nature intends. Just as for our entire body and mind, sunlight is beneficial to the eyes, head and hair. Sunstroke is not the result of an uncovered head or gazing into the sun, but is the result of excess heat exposure and subsequent exhaustion. Staring directly into the sun improves sight and aids in so called diseases of the eyes. The co-reason for baldness and diseases of the eyes, including glaucoma, cataract, retinopathy, sensitivity to sunlight, and just poor vision is lack of sunlight. Nature did not intend us to wear clothes, hats and sunglasses.

Sunlight is yet another hygienic agent that puts the body in the right conditions, so that the body can heal itself and regain and maintain optimal health.

Sunscreen

First, we don't need sunscreen because we shouldn't be out in the heat. We should enjoy the sunlight during the cooler parts of the day. However, many people living on the islands or in tropical places (or in Florida, as myself) love to spend the day on the beach, on the boat or in the sun. The afternoon sun is way too strong for our skin.

The extreme heat exhausts us and can damage the skin with all its important and vital functions. We can still go out and have fun, though, but ideally choose another time of the day and search for shade. Baking yourself in the sun to get that tan is plain stupid and self-destructive (carcinoma, melanoma, etc.). Get that tan gradually by exposing yourself daily to adequate sunlight. This way, you will have a constant tan! Pigment is healthy, pale is diseased. However, burnt skin is not an option. Would you let your heart or liver burn? What about getting a nice tan with the use of sunscreen? Well, the heat still exhausts your vital energy, and your sunscreen is a chemical toxin. Rubbing that toxin all over your body and face causes an immense amount of toxins to be absorbed, then circulating in your entire body, adding to

toxemia. Are you really willing to smother the entire organ of the skin, its main function being elimination of toxins, with toxins? That would be self-destructive.

In short, avoid the heat. If you choose to have fun in the heat, at least look for shade. If you decide to have fun in the sun, with or without sunscreen, you will pay a huge price later.

If you must use sunscreen occasionally, look for safer products at your health food store.

Red Light Therapies

We can take advantage of light exposure and isolate the most helpful, but least harmful wavelengths. And that's where red light comes into play.

Doctors and scientists have been investigating the use of light as a treatment for ailments for more than a century, but the idea of using red light specifically originated with NASA. Initial tests started with plants, but eventually scientists discovered that red and near-infrared light helped limit bone and muscle loss in astronauts living for extended periods in zero gravity. This sparked interest in the more general therapeutic effects of red light,

including benefits to the skin, muscles, organs and the immune system.

The body responds beneficially to red light by creating more energy at the cellular level (much like photosynthesis in plants). Red light therapy, also called low-level light therapy (LLLT) or phototherapy, uses high-power LEDs to saturate our body with specific wavelengths of light between 630 and 700 nanometers.

The wavelength is important because each one penetrates our body to a different degree. Green or blue light, for example, only penetrates the uppermost layers of our skin, while infrared can reach all the way to internal organs.

LLLT penetrates the skin to a depth of eight to 10 millimeters (one-third of an inch). There, it interacts with mitochondria, the power generator of the human cell. This leads to a chain reaction and creates an abundance of benefits for the body, including:

- ✓ Stimulation of the production of ATP. Typically, mitochondria convert food molecules into energy in the form of ATP. Red light stimulates this performance, allowing cells to function more optimally, replicate successfully and fight any

infections.

- ✓ Increase in the development of new capillaries: Creating more capillaries improves blood flow throughout the body, which helps to bring nutrients to cells and remove cell-damaging (and potentially toxic) waste.
- ✓ Reduction of cell apoptosis (a form of cell death) and improvement of cell proliferation and migration: Reduction of apoptosis means that more cells are available to “educate” immune cells in the thymus and the bone marrow, in effect teaching them to differentiate between the “self” and foreign bodies.
- ✓ Improvement of thyroid health: The thyroid hormones, specifically T(3) and T(4), are modulators of the immune response. Hypo- and hyperthyroid disorders adversely affect the activity of macrophages, leukocytes, natural killer cells and lymphocytes.
- ✓ Improvement in liver regeneration: Red light stimulates liver regeneration, enabling the liver to “sort” nutrients and toxins and determine which should be absorbed or eliminated.

- ✓ Stimulation of the lymphatic system, which is critical for a strong immune system.
- ✓ Activation of stem cells, which are then mobilized to become active in the immune response.
- ✓ Decreased inflammation, which is the leading cause of all disease.
- ✓ Increased melatonin production to promote quality sleep.
- ✓ Better moods (stress, depression and anxiety have been linked to low immune responses).

Together, these benefits all help boost our general health and, more specifically, our immune system.

FIR (Far Infrared)

Far Infrared (FIR) is a form of energy that is contained within both the sun and all living creatures. It is used in baby incubators in hospitals, it is used by farmers for hatching chicken eggs, and it is the energy that turtle eggs absorb from the sun while in the sand on the beach.

FIR saunas emit a certain bandwidth of energy. This energy resonates with the water and organic cells of the body. The pulsating of water molecules causes an increase in core temperature, which mobilizes the lymphatic system.

I use the FIR Relax sauna at home. This portable and small-footprint unit warms up in seconds and is easier, less time consuming, and more effective than your regular wooden saunas.

The Relax sauna emits the highest level of pure far infrared energy of any sauna on the market, increasing circulation, activating mitochondrial energy production, and releasing heavy metals that are stored in the body's fat cells. It burns calories, too.

Far infrared therapy is one of the biggest breakthroughs in the health industry. Far infrared can improve blood pressure, speed healing and improve circulation. The best thing about far infrared light is that it teaches us how to heal ourselves with little more than heat and light. Far infrared energy increases the core temperature of the body, mobilizing the lymphatic system to remove heavy metals and toxins.

Far infrared's benefits go far beyond heat. Heating is good for the body, especially in ridding infection, and the beneficial effects of saunas are well known, but, by using a far infrared sauna, you get the added benefits of increased energy production by cells, increasing collagen and elastin production by the skin, increased circulation, burn calories and fat, increase muscle relaxation, speed injury recovery, boost metabolism, and the detoxifying release of heavy metals stored in the body's fat cells.

Near Infrared vs. Far Infrared

Near infrared, by the definition, does not resonate with human organic cells and the water cells in our body. Near infrared energy is between one and two microns. Far infrared is between four to 14 microns. Humans send off a frequency of 9.4 microns, and water sends off a frequency of eight microns. So, four to 14 micron energy is pretty much the same as human energy, so they "resonate".

Near infrared gets the skin hot, but, from what I have learned, it does not penetrate. Proponents of near infrared say it does. I don't understand how. I understand a lot of people find benefit from near infrared. They can both

be beneficial. Yet, the thorough cleansing of the cells of the body happens by resonating far infrared energy.

Much of the research they use on near infrared is based on near infrared lasers or LED lights and does not apply to saunas. Studies show that near infrared causes the formation of free radicals in the skin, which depletes the body of antioxidants, makes the skin form scar tissue and ages it faster, increasing the risk of skin cancer.

Another study showed that far infrared protects the skin by stimulating collagen production.

Because water absorbs far infrared, you can heat the body faster. This is the reason why it works so good for hyperthermia treatments. In short, near infrared is harsher than far infrared. Near and far infrared differ and have different applications. When looking at near infrared vs. FIR saunas, it is not really a “which” is superior question, but rather “what” is better for the results you want to achieve. If someone wants to raise their temperature, sweat and detox, research shows that far infrared is the best choice.

Blood Irradiation

Ultraviolet blood irradiation (UBI) is a procedure that exposes the blood to light, to heighten the body's immune response and to kill infections. With exposure to UV light, bacteria and viruses in our bloodstream absorb five times as much photonic energy as do our red and white blood cells.

How is ultraviolet blood irradiation done?

The blood flows through a quartz glass irradiation chamber, where it is exposed to a controlled amount of ultraviolet energy in a therapeutic band generated by specialized lamps. As it returns to the body in a closed circuit, the blood is irradiated a second time for optimum results.

The three main types of UV rays are UVA, UVB and UVC. Because UVC rays have the shortest wavelength, and therefore highest energy, they can kill bacteria, viruses and other pathogens.

5. Sleep

The functions that sleep serves are well-established, as well as the fact that more and

higher quality sleep improves our health and wellbeing.

What Is Sleep?

Sleep is a behavioral state that is a natural part of every animal's and every individual's life. We spend about one-third of our lives asleep. Nonetheless, people generally know little about the importance of this essential activity. Sleep is vital and much more important than we tend to believe. We all recognize and feel the need to sleep. We typically remember little or nothing about the hours that have just passed. But after sleeping, we recognize changes that have occurred, as we should feel rested and more alert.

Sleep appears to be required for survival. Rats deprived of sleep will die within two to three weeks, a time frame equal to death due to starvation.

A Dynamic Process: We wrongly assume that sleep is a passive activity. Rather, sleep is a very dynamic process with a highly organized sequence of events that follows a regular, cyclic program each night. These events allow for essential physiological changes in the regulation of organs and tissues. Although

some minor decrease in metabolic rate occurs, there is no evidence that any major organ or regulatory system in the body shuts down during sleep. To the contrary, many systems get to work. For example, the endocrine system increases secretion of certain hormones during sleep, such as growth hormone and prolactin. Brain activity is found to be as pronounced as during awaking hours.

A Recovery Process: It's common sense that to preserve life and restore health, one must have an abundance of vital energy.

Vital energy can be spent in various ways. It's spent to carry out one's daily activities, and it is used to generate the powers of repair, renewal and replenishment. Sadly, it is often wasted to deal with emergencies such as excess digestive efforts, overindulgences, disease management, overstimulation, etc. The more vital energy one spends, the more needs to be recovered. It's that simple. One must also understand that this vital energy can only be recovered during rest and sleep while we are not spending it. If we spend more than we recover, we create a deficit in vital energy. A deficit in vital energy results in a deficit of powers, and therefore an inefficient functioning of the cells and organs in the body occurs. This causes toxemia, and the whole

disease process is yet again initiated or accelerated. Be aware that the deficit continues to grow at a fast pace in the presence of a chronic lack of sleep and rest.

So, now we have two ways to restore vital energy and reestablish optimal health:

1. Spend less vital energy: Reduce the load on the digestive system by combining the right foods and eating at the right time, avoid overeating, avoid excess emotions and overstimulation, etc.

2. Produce more vital energy: Give your body enough rest and sleep, so it can repair cells and tissues for optimal functioning and replenish vital energy.

This is not just an issue of preserving life and living healthy. Sufficient vital energy allows for happiness, feelings of well-being, optimal performance on the job, enjoyment, etc. It also sets one free of the bad habits and indulgences that have enslaved men. The theory or idea that extra work or hard work, working out or exercising, and physical activity make us stronger or somehow increases vital powers is untrue. Activity only depletes us from vital energy and power. If so-called stimulants, or medicines, or food, or

drinks, or air or exercise would produce energy, we would not need to rest or sleep. We would have plenty of energy to carry out all bodily functions effectively and feel vibrant and vital. Don't try this at home, but if you would omit rest and sleep for a few weeks, you will cease to live.

The athlete thus cannot gain energy or power through exercise because exercise is an expenditure of energy. Exercise consumes energy and tears down tissue, and causes exhaustion if prolonged. Only through the regeneration of energy and power can the athlete become stronger and reap the benefits of exercise. This regeneration of energy and power can only be achieved through adequate rest and sleep. It's the law of dual effect. This law doesn't know any exceptions. Just like the truth about stimulants, activity or exercise only give a false sense of increased vigor through the initial expenditure of energy. That's the first effect of activity. The second effect is fatigue or exhaustion. This is just the warning sign of the body telling you that rest and sleep is needed to recover for the energy expenditure. It cannot be ignored. The opposite holds true, as well. Rest and sleep cause a false sense of weakness and laxity as their first effect. Nobody doubts that the second effects are increased vigor and energy.

Many of us believe that sleep is a waste of time, but now you can see it's just the opposite. The athlete will be weaker without proper rest and sleep, so does the party-goer simply because an energy deficit is created. For our kids, rest is essential for growth and development. Proof comes with the fact that a fetus experiences the period of most rapid growth and development while exhibiting the least activity. But the importance of rest and sleep does not diminish as we age. One tends to believe that adults and older people require less rest and sleep than children. It all depends on your expenditure: The more energy you spend, the more you need to recover to keep a positive balance.

Generally, we have extra expenditures because of our bad habits, and we therefore don't need less sleep, but adults and older people often get less sleep. That's because the ability to sleep for long periods of time and to get into the deep, restful stages of sleep seems to decrease with age. But this has nothing to do with age, of course. It has everything to do with the fact that our body is in ill-health, doing everything it can to preserve life. Our perversions have led to abnormal functioning. Just as our normal feelings of hunger and thirst have been altered, so has our biological clock. We are

more easily disturbed by light, noise and pain. We have trouble falling asleep, staying asleep, falling back asleep, etc. This rapidly becomes a vicious cycle in which symptoms of disease and medical problems and medications contribute to sleep problems.

Lack of sleep results in an increasing deficit of vital energy, and thus results in less healing power for the body and so on.

A Healing Process:

Rest and replenishment are the absolute first steps in healing. When sick, rest and sleep reduce function and restore health. The primary purpose is to shut down all waste-gates of vital energy and preventing an unnecessary expenditure of energy and power. The rest we are talking about is complete rest. It's not resting in the couch while watching TV and eating snacks. Complete rest is only obtained when cutting off all sources of stimulation (light, sound and activity) and omitting food for a few days. In a state of non-perversion, a sick person would not have any appetite or hunger feeling, anyway. So, it's resting in bed in a dark room without any noise or light or food. This type of rest secures complete rest of all the organs (and the mind) and secures absolute minimal

expenditure of vital energy. All the energy is needed to heal, to repair, to recover, to renew and to replenish and expel the toxins.

To cease eating is very important! It ceases activity of the entire digestive system, which not only frees up all that vital energy, but gives all the organs a chance to repair and recover and replenish. This allows the organs to return to their normal condition. You can look at complete rest as a reset button.

Conventional medicine does recognize the importance of rest. The doctor will recommend rest, but at the same time administer medicine, tonics or stimulants and recommend physical therapy, massage, electrical stimulation, hot or cold packs or baths, etc. All of these promote activity and expend energy. Such patients do not rest. They are exhausted.

While rest and sleep are the only means of recuperation, they cannot be expected to make you disease-proof.

Types of Rest:

Physical rest is obtained by ceasing all physical activity. This can only be accomplished by going to bed and relaxing or sleeping.

However, tossing and turning, rolling and curling up and contracting muscles are incompatible with rest. One must assure a comfortable bed, comfortable room temperature, full darkness, absence of noise, etc.

Mental rest is accomplished by relaxing the mind and removing all possible sources of disturbance and annoyance such as light, noise and emotions such as worry, fear, anger, joy, etc. Most of us lost the ability and control to relax and repose our mind. We must therefore relearn and recultivate this poise and self-control (refer to chapter eleven).

Physiological rest is achieved as a result of both physical and mental rest, combined with the absence of food, including any so-called stimulant or medicine. Nothing can be more effective in promoting elimination, repair of tissue and organs and restoration of health than physiological rest. Be aware that an aggravation of symptoms during this period of physiological rest does not mean that the patient is getting worse, but merely means the patient is getting better.

Biological Clock:

An internal biological clock regulates the

timing for sleep in humans (and animals). The activity of this clock makes us sleepy at night and awake during the day. Our clock cycles with an approximately 24-hour period and is called a circadian clock (from the Latin roots *circa* = about and *diem* = day). In humans, this clock is found in the hypothalamus of the brain. The rhythm of this clock is linked to the light–dark cycle.

The brain receives information about illumination through the eyes. The retina of the eye contains “classical” photoreceptors (“rods” and “cones”), which are used for conventional vision. But the retina also contains specialized ganglion cells which are directly photosensitive, and project directly to the part of the brain (suprachiasmatic nucleus) where they help in the management and proper regulation of this circadian clock.

There are also clear patterns of core body temperature, brainwave activity, hormone production, cell regeneration and other biological activities. Just like our hunger and thirst feeling, our body precisely regulates thousands of biological and chemical functions based on the day and light pattern. Ideally, of course, we should be guided by our instinct when to rest and sleep, but that only would be good if our instincts were normal.

Most of us have a messed-up biological clock. The so-called stimulants keep us from knowing when we need rest or sleep. These stimulants include food, drinks, drugs, overstimulation (light, sound and activity) and overindulgences (excess food, drugs, sex, etc.). These habits interfere with the normal functioning of our biological clock, yet another perversion or abnormal functioning of our body. So, just like with hunger and thirst, we will first have to ignore our messed-up biological clock and give our body more rest and sleep at normal, dark-light intervals.

While implementing the other right conditions (clean air, clean water, clean food, sunshine, balanced emotions, balanced activity, etc.), a normal biological clock will slowly be reset. From that moment on, one can follow our instincts again and listen to the body.

How much sleep do we need?

The commonly accepted eight hours per day for adults may be a guideline, but I personally wouldn't know what to do with that guideline. It's so much simpler. The more energy and power used, the more sleep and rest one needs to recuperate this energy. In normal, healthy circumstances, and with an intact biological clock, our body would tell us when

to rest by making us feel tired and sleepy. In our current state of perversion, we need to just give our bodies more rest and sleep until our biological clock returns to normal. The more work, physical or mental activity, exercise and stimulation, the more rest and sleep the body will require.

Keep in mind, though, that as you will improve your eating habits, and thus waste a significant amount less energy on digestion, and as you start to control emotions and avoid overstimulation and overindulgences, you will spend far less vital energy, and you may not need as much rest and sleep as you do now.

When do you know when the biological clock has returned to normal, and you are giving your body enough rest and sleep? What do you think the answer is? Correct, when you have built up an energy reserve, a positive balance of energy expresses itself as actual vitality, enjoyment, happiness and health.

Lack of sleep not only causes the sleep disorders (insomnia, sleep apnea, narcolepsy, restless leg syndrome, parasomnias such as sleep-walking and sleep-talking, and bed-wetting, etc.), but is more importantly expressed by fatigue, lethargy and poor performance (physical and mental). Why? An

energy deficit is the result of spending more energy than recuperating energy. Long-term, just like with any other perversions or bad habits, this contributes to the toxemia in our body and results in a chronic, degenerative disease process.

The Anti-Aging Bed Cover

I would like to discuss this innovative bed cover and show you how it works. I have been sleeping on this cover for almost three years now. The cover has three main benefits:

1) It consists of medical-grade pure silver threading, which makes it anti-microbial and anti-fungal. You guys like to sleep clean?

2) We plug it into the electrical outlet for instant grounding. The grounding constantly feeds us negative ions, which neutralize free radicals and thus helps check toxemia.

3) The bed cover shields us from EMF and EMR, and therefore soothes inflammation.

This all happens while we sleep. This is how it works:

We humans are an open loop or circuit. We create energy to exist, and some of that

energy is “extra” and destructive to our systems. It can cause a healing crisis by virtue of too much energy, too much frequency, too much EMF and nowhere to go.

When we become grounded, one with Mother Earth, we become a closed loop or circuit. Our excess “energy” goes to the ground, and we become balanced.

By placing our bodies on our Anti-Aging bed cover, we become part of Earth's closed loop ... balanced and healing!

With the EMF meter, we can measure magnetic, electric and radio frequency fields, and detect dirty electricity. When you hold the meter by your body (open loop), you will get a reading. When you touch the Anti-Aging bed cover (closed loop), the meter will read zero. We are shielded from EMR. Simple and easy. For more information, check the “Healing at Home” section in this chapter and/or visit my shop on my website for a discount.

NuCalm:

I also use a patented, clinically proven, neuroscience technology called NuCalm, that allows me to safely manage my brain resource allocation. When I sleep, I often use the deep

sleep mode to fall asleep faster, get a deeper sleep, and sleep longer. For more information, review NuCalm in chapter eleven, or visit the “shop here” page on my website for more info and a discount.

6. Movement

Exercise and activity are vital to health. However, activity must follow rest, and rest always must be followed by activity.

Exercise is Vital:

Life is dependent on cell function, and cell function is dependent on proper nutrition, assimilation, elimination, body temperature, etc. This requires that all the cells of the body are in perpetual motion or movement. It’s our circulation that stimulates and perfects all vital functions of our body. The blood carries all nutrients and oxygen, and the lymphatic system carries fluids and wastes. Without activity, cell function is sluggish and impaired.

Exercise is the most important tonic of the body, strengthening and invigorating the entire bodily system. Exercise is far more than building muscle, though. It is literally bodybuilding. Every cell and fiber in the body

is invigorated when exercising. The tone and quality of not only the muscles, but also the bones, the organs, the digestive system, elimination system and every single tissue in the body is invigorated. Because exercise promotes circulation, it speeds up metabolism and therefore elimination.

Activity assists in eliminating toxins and hastens the absorption of exudates and deposits. Exercise thus promotes optimal health while lack of regular exercise promotes disease. Lack of exercise makes one weak and sluggish, metabolism slows down, cell functions are impaired, toxins build up, toxemia occurs and the disease process takes form.

While some people today have a sedentary job and lack exercise, others perform hard physical labor and are overworked. The sedentary ones are overweight, bald and fatigued, while the overworked ones develop injuries. These injuries occur because the activities performed are repetitive and specialized, only exercising certain parts of the body while neglecting others. The sedentary person needs to incorporate regular whole-body activities or exercise, while the manual laborer needs to incorporate exercises that counteract the one-sided tendencies.

It really doesn't need mentioning that animals in the wild and cavemen have plenty of activity hunting for their food and running away to avoid being another creature's meal. Everything is done by foot, and hunger makes one hunt.

Industrialization and commercialization made us sedentary. Even our pets are fed, and they also became obese and lazy. The puppy is full of energy and wants to play around, while the older dog is lazy, overweight and fatigued and can't be bothered.

Another concept that requires our understanding is the fact that well-developed and formed muscles do not necessarily indicate strength. Bulk of muscle is by no means a reliable measure of strength, and a far less one of health. Strength comes from within. Strength refers to one's vital, internal energy. This energy largely depends on clean food, clean air, clean water, plenty of sunshine, controlled emotions, balanced activity and rest, and absence of overstimulation and overindulgences. Without this vital energy, a well-formed and developed muscle lacks strength. A simple analogy is that of a motor and fuel. One may have a bigger motor, but without the fuel, not much will happen, and the motor is useless. A

smaller motor with fuel will accomplish much more. Keep in mind that a bigger motor has bigger potential, but also requires more fuel. Without this vital energy, one cannot expect any type of development, either.

It's not exercise or activity that causes development, it's the internal vital energy that causes development. A newborn, for example, develops and grows much faster when sleeping more because rest renews energy and activity uses energy. So, exercise and activity only render occasion for development.

Overdevelopment is impossible because, when exercise is in excess and carried beyond the point of usefulness, vital energy is depleted, and exhaustion and atrophy ensue.

Having said that, our organism always strives for perfection, so to obtain optimal health and strength, one must apply the rules and laws of nature. In order to benefit from exercise, one must rest and sleep proportionately and live CLEAN. The fact remains that exercise is a destructive and exhaustive process, consuming vital energy and breaking down tissue. Repair and recuperation of energy take place during rest and sleep. Rest and sleep are constructive. Both activity and rest are vital to health and life. Exercise, just like feeding,

should not be in excess. In excess, exercise causes depletion of vital energy and consequently toxemia.

Furthermore, exercise gives rise to more free radicals, and the consumption of even more antioxidants therefore becomes crucial. We will talk more about top athletes later, but this explains why some of these top athletes suddenly drop dead or acquire cancer. The excess activity causes excess free radicals damaging the cells and promoting disease, including cancer. Toxemia is accelerated unless counteracted by high quantity, potent antioxidants. Top athletes only benefit from multiple workouts if these workouts are alternated with sufficient rest and sleep, and an adequate supply of antioxidants is consumed to neutralize the damaging effects of the free radicals. Top athletes need to live by the CLEAN rules and master the IZOD Method™ if they want to maintain good health and prevent disease.

We can conclude that we then must exercise or incorporate movement daily if we desire health, strength, beauty and symmetry. These valuable commodities cannot be obtained without effort. Only useless things in life can be obtained without effort. That's why one should not be upset by the results one didn't

get with the work one didn't do.

Exercise should address all body parts, thus involve the whole body. If asymmetries and injuries preexist, one should make efforts to counteract these with specific exercises.

Health thus includes an abundant amount of vital energy within the body combined with a well-formed, lean, muscular, symmetrical body on the outside, and a healthy mind, of course. Herbert M. Shelton talks about three types of exercise:

Hygiene exercise is whole-body activity to promote entire system circulation and therefore optimize cell function and health.

Educational exercise is the learning of new activities that involve coordination between the mind and body. When these activities are repeated enough, they become automatic, a habit. The mind is no longer involved, and the muscles are trained to serve the mind. These activities increase efficiency and effectiveness, and consequently preserve energy.

Corrective exercises are exercises implemented to correct deformities, asymmetries and faulty postures.

The Controversy:

Most physicians and health care professionals, including therapists, wrongly prescribe cardiovascular exercise to their patients/clients who are post-operative, obese or are suffering from fibromyalgia. The literature and exercise physiology books, however, tell them it's not the best choice! Cardiovascular exercise such as walking, jogging, bicycling and swimming at a low intensity for longer periods of time is a poor choice because this type of exercise has no bearing with activities of daily living (ADLs). Cardiovascular exercise also demands too much energy from the client/patient. The post-operative patient, fibromyalgia patient, or obese client has no energy reserves and is unable to "walk for 30 minutes" without depleting the body or without making the "problem" worse or causing injury. In addition, inflammation occurs with continuous exercise exceeding 20 minutes, caused by the constant friction between the muscles.

The type of exercise we need to prescribe is the type that most effectively increases energy production (ATP) in the tissues, thereby increasing oxygen levels and restoring full aerobic respiration of the cells. We are looking for the type of exercise that most

effectively increases the number of mitochondria (oxygen factories) and nuclei in the muscles. That type of exercise is called PRE, or progressive resistive exercise. Yes, this type of strengthening exercise is far more effective than cardiovascular exercise for the post-operative patient or obese client. Don't believe it? Why don't you open that exercise physiology book again and learn that "for every increase in muscle tone, there is a 40 percent increase in vascularization". This means there's a substantial increase in the number of micro-circulation pathways and in the lumen of existing blood vessels. This vastly improves the circulation of oxygenated blood to the affected areas. In short, PRE is more effective in improving cardiovascular condition than cardiovascular exercise. There you have it!

Emphasis has always been in developing endurance in patients, but strength must always precede endurance. If not, what's there to endure? A great example is the physical therapist dragging a patient with a cane or walker through the hallways of the hospital. What's the point? Should we not build strength first, and then when the patient has regained the strength and is able to walk, build endurance? The "Physiological Law of Specificity of Exercise" states, "Performance of

a task only builds limited strength in that task.” In sports medicine, we always say, “Don’t play to get into shape. Get into shape to play.” A football player does not just play football to get in shape for the new season. He does strength training, cardiovascular training, technical drills (throwing the ball, receiving the ball, tackling, etc.), tactical training, etc. Each facet or component of the game is trained.

What is PRE?

PRE is progressive resistive exercise. PRE builds the largest number of mitochondria (energy production in your oxygen factories) and nuclei as a normal response to work. PRE is a type of strengthening exercise with emphasis on strengthening muscles in short sets (anywhere from seven to 10 repetitions per set) with a high resistance or intensity (70 percent of 1RM). 1RM is the weight with which we can execute one complete repetition, but are unable to complete the second one. We take large rest segments in between sets (two to five minutes) to avoid draining energy reserves. The total duration is short to avoid inflammation. We only perform a few exercises (three to five of them), but each one of them addresses multiple muscle groups. In more depth: The resistance or weight we use

is rather heavy, about 70 percent of 1RM. We will use our body weight and, if necessary, add some extra weight (dumbbells or a gallon of water). In short, we should be able to complete seven to 10 repetitions, but not much more. If it's too easy to complete 10 repetitions or more, the weight or resistance needs to be increased. As muscles become stronger, resistance is gradually increased. I recommend three sets for each of the four recommended exercises (we will discuss later which four exercises these are). Each set contains seven to 10 repetitions. Start with seven and gradually increase to 10 repetitions. If 10 repetitions become easy, increase the resistance. Make sure to take two to five minutes of rest in between each set. Deep (diaphragmatic) inhalation during the rest segments is recommended. I suggest implementing three sessions per week initially, totaling about 120 minutes.

Now, what actual exercises do I suggest?

The idea is to keep the total duration short while strengthening a maximum number of muscles. So, I personally looked at the exercises our astronauts perform while in space. NASA recognized that 70 percent of all leg and pelvic muscles push, while 70 percent of all arm and torso muscles pull, and came up

with the following exercises for the astronauts:

Leg presses (such as a squat) address most of the muscles in the legs and pelvis, including gluteus muscles, hip flexors, hip abductors and hip adductors, quadriceps, hamstrings, calf muscles, etc.

Pull-downs (or lat-pull) address most of the muscles in the arms, shoulder girdle and torso, including wrist flexors and extensors, biceps, triceps, latissimus dorsi, pectoral muscles, deltoid, trapezius, rhomboids, etc.

Back extensions address the paraspinal muscles of the upper, mid- and lower back.

Crunches can address all the abdominal muscles.

These four exercises address most muscles and muscle groups in the body and are highly effective.

Exercise Prescription:

It's very simple. Do what you like to do and incorporate activity in your daily schedule. It's not necessary to participate in an actual organized sport or go to the gym, but you can,

of course. You just need to move, that's all. You may play in the yard with the kids, go for a walk, or enjoy any outdoor activity, as long as you stimulate circulation. Ideally, you activate and use all body parts, not just the legs or the arms. This is your hygiene exercise regimen. That's all you need if you are in good health and want to stay in good health.

However, if you are in poor physical shape right now, you may need to select a more specific exercise program to regain normal physical condition. Most of us have poor form, poor strength, and poor physical endurance, so the above-described PRE exercise regimen may be a great option to get started. Perform the PRE program three times per week and schedule a fun activity on the other days. Consider learning a new sport or fun activity (surf, paddle board, skate, spin, etc.), or learn a dance and join some classes. This is educational exercise. If you are obese, you need to start losing weight and ease into an exercise regimen (PRE and non-weight bearing activities such as stationary biking or aquatic exercise) to prevent injury. If you suffer from any disease that causes your fatigue and muscle pains (chronic fatigue syndrome, fibromyalgia, etc.), you need to start with corrective exercises and PRE, and prevent energy depletion and inflammation.

If you have poor posture, obvious asymmetries, strong and weak body parts, or other deformities, you need to start with specific corrective exercises to regain balance and symmetry in the body. A knowledgeable physical therapist may be able to assist you in the right selection and execution of these specific corrective exercises.

You may employ any combination of hygiene, educational and corrective exercises. Of great benefit would be to incorporate diaphragmatic breathing as discussed earlier in this chapter. As a general guideline, start with 120 to 200 minutes of exercise per week (about 20 to 30 minutes per day) and gradually increase up to 300 to 350 minutes per week (40 to 50 minutes per day). You may divide 40 minutes of exercise per day in two sessions of 20 minutes, for example. Again, it's about movement and circulation. Remember that actively playing and running around in the yard with the kids or grandkids or playing some ball counts as exercise, as well as a dance class. The more you exercise or participate in physical activities, the better your circulation and the better your cell function. However, the more exercise or activity, the more rest and sleep one needs to repair and replenish energy reserves, and the more one needs to be aware of the extra free

radical production. Make sure you alternate adequate exercise with adequate rest, and when you exercise regularly, you should consume enough healthy foods and antioxidants to neutralize the extra free radicals and eliminate toxic byproducts effectively.

Best Movement Practices:

As written previously, movement is key for optimal health, and high-intensity workloads are not necessary, unless you are a top athlete. The best movement practices include qigong, tai chi, postural work, yoga, etc.

These can be combined with breathwork for the best results. You can join classes or simply learn the basics from YouTube videos. I learned from Troy Casey, an expert in breathwork and movement, as well as qigong. It's free.

Strength Training for the Top Athlete:

This section is written by Tasso Kiriakes, my personal trainer who was instrumental in my preparation for the world record. Tasso is the founder of Bodez Personalized Fitness and personal trainer of national champions in wrestling, football, basketball, baseball,

swimming, racquetball, track and field, lacrosse, as well as NASCAR Hall of Famers and current drivers.

Here is how he trains the best of the best:

“Whether we are elite athletes or captains of industry who are trying to get the edge in our performance or reverse a negative trend in health, our bodies work basically the same. The needs of our bodies are specific to us, and the way we train also requires the specificity that overcomes our injuries, mindset and historical prejudice intellectually to training philosophies. Many people will buy what they think is the ‘perfect workout’, but the perfect workout for everybody may not be the perfect workout for you. In the struggle to get your edge, it is important to seek a professional who spends time understanding your goal, history and your mindset for success.

Many years ago, I discovered the Nautilus philosophy of training. Arthur Jones was the founder and leader of Nautilus. He dared to talk about research, form and function of machine design, and obsessed on measurable outcomes rather than bodybuilding championships. Many people do not realize that Arthur Jones revolutionized the world of training and fitness centers, not just for

athletes, but also for those trying to reverse a chronic medical condition.

As an impressionable youngster, I had believed that I had to train longer and more frequently than everybody else to optimize results. Today, we understand there is a delicate balance between stress and load compared to recovery and rest. Balancing the components of rest and recovery may be the hardest lesson to learn when it comes to optimizing results and performance. Highly motivated individuals who want to accomplish the most in the shortest amount of time need to understand this balance.

In our training philosophy, we recommend for most people to work out two times per week, training at a high intensity level. Let's be clear, we are not talking about high intensity interval training, popularized by the world of aerobics. We are talking about intense exercise that challenges the body and removes the sympathetic stress response that our body has been exposed to all day long. That sympathetic stress response is referred to as 'fight or flight', and it protects and helps us to survive the day. Once we understand the balancing of the components of rest and recovery compared to work and stress, we now position ourselves to maximize our body's

performance.

The parasympathetic system is responsible for healing and recovery. However, the parasympathetic system cannot be engaged without a battle that diminishes the effect of the oxidative and sympathetic stress to which our body has been exposed to all day. Because of sympathetic stress, our body constantly lives in a state of systemic inflammation, impeding our progress, performance, recovery, rejuvenation and our health by compromising the performance of our immune system. On the other hand, the parasympathetic response, which is triggered and initiated by intense work, begins the healing, relaxation and rejuvenation process of recovery. This way, we reduce the inflammation and get the results we seek.

High-intensity training (HIT) is doing one set of an intense strength training exercise to achieve a goal of momentary muscle failure. Think maximum effort and intensity. Each exercise is slow and controlled, and the entire workout is brief, intense, full range of motion and focused. You can train long or you can train hard, but you can't train hard and long. Even for the most elite of athletes, a training session rarely goes over 20 to 30 minutes.

HIT is an exercise approach that has existed for more than 50 years, and has helped people reach a wide range of goals. However, to maximize safety, we train in a very slow movement, lifting the weight or contracting the muscles on a slow 10-count pace. We use the same slow movement technique lowering the weight (eccentric workload) to eliminate impact on the joints and maximize muscular contraction, as well as the involvement and recruitment of more muscle fibers. The slow movement enhances the stimulation of muscle and simultaneously reduces the risk of injuring joints by avoiding a compromised position and posture, and/or throwing the weight in a ballistic manner.

The high-intensity workouts are infrequent (once or twice per week) and help you achieve incredible results in a short period of time. This allows the athlete more time to focus on high leverage actions and activities that build skills and optimize health.”

Tasso C. Kiriakes, MS

Athletes Be Aware:

Athletes train hard and work out in preparation for a competition. The high

physical and mental demands of (usually) daily exercise expend huge amounts of energy and break down tissue, causing a cascade of free radicals and toxic byproducts. Athletes will only benefit from this extreme type of exercise if adequate rest and sleep can repair the tissue and replenish vital energy. This constructive task can only be fulfilled if the right materials are available, meaning the right nutrients. Furthermore, excess amounts of antioxidants and phytonutrients are crucial to counteract the damaging effects of the excess amounts of free radicals produced by intense exercise. Every individual has his or her limits to how much energy he or she can spend. When one exercises too much and spends more energy that can be recuperated, exhaustion and injury occur.

Top athletes need to live CLEAN and master the IZOD Method™. If not, they will pay a huge price at some point in their lives.

Additionally, I recommend a potent antioxidant supplement to “supplement” their healthy, nutrient-rich, natural diet to assure neutralization of free radicals.

Top athletes: Do not underestimate the importance of rest and sleep, especially for those of you who exercise much more than the

average person. The more energy you spend, the more you need to repair and replenish.

7. Mind

The last foundational hack is to optimize the mind and its five intelligence hormones. Acquire the skills to control emotions and feelings, eliminate distractions, maximize focus, and expand neural connections and neurotransmission. Refer to chapter eleven.

UPGRADE YOUR DIET

To avoid toxemia and keep systemic inflammation and free radical damage under control in our effort to obtain and maintain optimal health and a strong immune system, we need to upgrade our diet to limit the exposure and ingestion of toxins and simultaneously include the ingestion of foods and nutrients that help detoxify our lymph system, fight inflammation and free radical damage, repair DNA and optimize our immunity.

OBESITY AND OUR IMMUNE SYSTEM

We already discussed inflammation in this

book. When white blood cells cause inflammation, it is a sign that our body's immune system is properly functioning. Inflammation is initiated, white blood cells attack the foreign invader, the invader is neutralized, and the inflammation subsides. This is how our body's defense system naturally works.

However, white blood cells are not the only type of cell that could emit cytokines. A second type of cell that can emit cytokines and therefore causes inflammation are adipocytes or fat cells.

Most people know that our body stores excess calories as fat so that we can use it later for energy if food would become scarce. Just recently, scientists have learned that fat is an active endocrine organ, one that can secrete a whole host of proteins and chemicals, including inflammatory cytokines.

When our body keeps adding on more and more adipose tissue, cytokines are released by our fat cells and trigger inflammation. In fact, obesity is characterized by researchers as "a state of low-grade, chronic inflammation".

This means that increased fat cells put our body in a constant state of stress/immune

response (our immune system is permanently “switched on”) and a constant state of inflammation.

Perpetual, never-ending inflammation isn’t good for the body. Chronic inflammation is a serious issue and can lead to degenerative diseases.

The chronic inflammatory response has its origin in the links existing between the adipose tissue and the immune system.

Obesity, like other states of malnutrition, is known to impair our immune function, altering leucocyte counts as well as cell-mediated immune responses.

The causes of an increased infection risk in people with obesity are various and diverse. Despite increased susceptibility for many comorbidities, including type II diabetes, obesity per se is associated with altered cytokine synthesis, reduced antigen response, and diminished function of natural killer cells, dendritic cells and macrophages.

If you are overweight and obese, it’s imperative that you lose the excess weight and obtain an optimal body composition in your efforts to optimize your immune system

and health. Review my book *B Lean: The Healthy Weight Loss Approach* or contact me for a sensible and effective program to obtain a lean and healthy body.

KETOGENIC DIET

We all have heard about the ketogenic diet, and there's many variations to this diet, but the key purpose of the diet is to reset our metabolism so that our body runs on fat and not carbohydrates. We need to consume more fats and less carbohydrates. I'm a firm believer that the fats should not come from animal sources, but rather from healthy vegetables and oils. My next book *Protein Paradox* will expand on this topic in much detail.

As we already learned, consuming less carbohydrates will produce less superoxide.

For a better understanding on how to use a ketogenic diet and rescue your metabolism, I suggest reading Dr. Joseph Mercola's book *Fat for Fuel*.

Here are some simple, general guidelines (unrelated to the ketogenic diet):

- ✓ Raw is better than lightly steamed, lightly steamed is better than cooked, cooked is better than overcooked and overcooked is better than micro-waved.
- ✓ Fresh is better than frozen, frozen is better than canned and processed.
- ✓ Organic is better. It's the only way to avoid GMOs.
- ✓ Local is better than imported.
- ✓ Always wash your produce with pure, clean water. Rinsing your fruits and veggies under tap water merely defeats the purpose.
- ✓ Always cook with the proper utensils. Aluminum pots and pans may leach aluminum into your food while Teflon surfaces may flake. Use stainless steel and cast-iron pots, pans and utensils.

FOODS TO OMIT AND AVOID:

Processed meats are listed as Class I carcinogens alongside tobacco and asbestos on the WHO website.

Meat in general should be limited or omitted because meat is simply a burden to our digestive system and provides no nutritional value that we can't obtain from other, healthier choices. Meats are also very acidic, and the production puts a huge burden on our environment.

GMOs are to be avoided if we seek to be healthy and stay healthy. Because food products often do not require GMO labeling, the only way to prevent consuming GMOs is to buy organic, wholesome foods.

Salt is an inorganic substance and does not contain organic minerals, vitamins or any other essential nutrients. Therefore, salt is toxic to our system. It's wrong to assume that we need salt as a mineral. The best sources for minerals are fruits and vegetables, of course.

When we chemically break down salt, we have sodium chloride, a lethal poison. That is why one feels thirsty after consuming salt because the body tries to wash the poisons out of the stomach via the kidneys.

Salt is a major contributor to heart and kidney diseases, high blood pressure, osteopenia, and osteoporosis (it robs the bones from

calcium), and salt waterlogs the tissues and irritates the nervous system. Salted foods are everywhere, but commonly found on potato chips, nuts, pretzels, crackers, etc.

Enriched flours are deprived, depleted, incomplete grains that have been bled white. White grains do not exist in nature. Enriched flours are very acidic, and the acids they form within the body are extremely difficult to neutralize and secrete from our body. Furthermore, it's safe to say that enriched flours are the number-one contributor to constipation. Therefore, use only local or homemade whole grain flour.

Refined sugars: Too many books and articles have already been published on the countless health hazards of excess sugar. The list of the health destroying effects of sugar is extensive and includes increasing blood sugar levels, overstimulation of insulin production, injury to the pancreas, diabetes, interference with digestive juices, interference with the absorption of protein, calcium and other minerals, leaching of calcium from bones, teeth, and blood, tooth decay, stress, depletion of all of the B-vitamins, arteriosclerosis, mental illness and loss of memory, inhibition of the growth of vital intestinal bacteria, etc. In short, refined sugar

is a poison to be avoided as much as possible.

Refined sugar is commonly found in jams and jellies, ice cream, cakes and pastries, cookies, candy, commercial fruit juices, canned fruits, puddings, chewing gum, soda, preserves, etc.

Dairy products are also great poisons, causing all kinds of allergies, digestive problems, abnormal calcium deposits, arteriosclerosis, obesity, and so much more. Dairy consumption is also a known cause of type I diabetes. Milk drinkers and those who consume dairy regularly have significantly more headaches, colds and flus, and produce far more mucus than non-milk drinkers. The only type of milk one should drink is mother's milk, and I kindly suggest that only infants drink it.

Hydrogenated oils in butter, margarine, peanut butter, canned foods packed in oil, fried foods, lard, shortenings, and many other food items are unable to be broken down by our body because it takes a temperature of 300 degrees to do so (and our body is only 98.3 degrees). Besides the fact that our body cannot produce enough heat to break them down, these hydrogenated oils coat the stomach walls and prevent the digestives juices from doing their job. The digestive

process is prolonged and incomplete, which results in poisoning, malnutrition, obesity and many other diseases. Better choices would be cold pressed, natural oils such as olive oil, sesame oil, avocado oil, walnut oil, almond oil, peanut oil, apricot oil, sunflower oil, etc. Read the label on your food products and avoid these hydrogenated oils like the plague.

Other: In addition to salt, all other condiments should be avoided. They are hiding the taste of the real food and cause a false sense of hunger (appetite) besides being totally unnatural and poisonous of course. Condiments include ketchup, mayonnaise, mustard, all salad dressings and sauces, pickles, green salted olives, etc.

Avoid commercial dry cereals such as Corn Flakes. Avoid fried foods, peanut butter containing salt and hydrogenated oils, meat, and lunch meats (lunch meats are just dead flesh and contain sodium nitrate or nitrate), canned soups (they usually contain salt, sugar, white or wheat flour, preservatives, etc.), canned food of all kinds, bleached and unbleached white flour products (white bread, or mixed wheat bread and rye bread, biscuits, sandwiches, noodles, spaghetti, pizza pie, cakes, pastries, ready-mix bakery products, etc.), pre-mixed salads, dried fruits (they

contain sulfur dioxide as a preservative), cottonseed oil, white rice, etc.

Simply put: Avoid everything that Mother Nature does not recognize. Avoid man-made food items.

RECOMMENDED FOODS

Anti-inflammatory foods that optimize the immune system:

Less inflammation results in a stronger immune system, and far less disease.

- ✓ Leafy greens (kale, collards, cabbage)
- ✓ Healthy fats (in nuts, seeds, olive oil)
- ✓ Wild, cold water fatty fish such as salmon (for omega 3s)
- ✓ Ginger
- ✓ Garlic
- ✓ Cinnamon
- ✓ Organic blueberries
- ✓ Organic beets
- ✓ Turmeric root
- ✓ Hot peppers
- ✓ Fermented foods (sauerkraut, kimchi)
- ✓ Pineapple
- ✓ Broccoli
- ✓ Cauliflower

- ✓ Cucumbers
- ✓ Asparagus
- ✓ Avocado

In short, the best Mother Nature has to offer.

High-fiber foods add bulk that keeps waste products and toxins bound and flowing in our lymph, as well as in the large intestines. It's no surprise that leafy greens are winners here, too, along with avocados, peas and split peas, lentils, beans, lima beans, pecans, almonds, pistachio nuts, artichoke, blackberries and raspberries, coconut, pear, broccoli, brussels sprouts, turnip greens, carrots, oats, bananas, oranges, apples (with skin), etc.

Lower-sugar foods, especially low-to-no fructose, keep the inflammation down. Avoid high fructose corn syrup (HFCS), which is basically in all processed food.

MCTs, or medium chain triglycerides, bypass the lymph because they're small enough and don't need bile for transport. People with an already challenged lymph system can give it a break by consuming MCTs in coconut oil or as a supplement.

JUICING

When juicing, we use a larger quantity of fruits and vegetables than we would typically eat, which allows for the consumption of much larger doses of micronutrients and phytonutrients. This reduces inflammation, boosts the immune system and keeps toxemia in check.

However, be aware that you will also take in more sugar and calories and no fiber. Fiber is important for digestive health and the removal of waste products through the lymphatic flow.

I suggest minimizing the amount of sugar by using primarily vegetables (and not much fruit). Eat wholesome, organic food by itself to get the fiber.

For beginners, I suggest you simply buy a \$50 to \$90 regular juicer. If you stick with juicing and would like to upgrade to a juicer that preserves more of the valuable nutrients, consider a cold-pressed juicer. I have the Green Star Elite. Purchase a bunch of mason jars and a food saver to suck out the air so that your juices keep fresh for a few days.

INFUSION (IV) THERAPY

In my opinion, infusion or IV therapy is underutilized in conventional medicine. We can consume organic, wholesome foods and we can take high-quality supplements, but all these nutrients need to pass our digestive system. Therefore, many vital nutrients are either lost or utilized by our digestive system, and only few may get absorbed on a cellular level.

With infusion therapy, we not only bypass the digestive system, but we can deliver concentrated doses of vitamins, minerals, amino acids and other nutrients directly into the bloodstream for maximum cellular absorption.

Infusion therapy is also the fastest and most direct way to saturate our cells with energizing and healing nutrients.

Treatments can be used to target specific health conditions, to boost energy and immunity, or to help with recovery from athletic training.

Some of the known benefits of targeted infusion therapy:

- ✓ Replenishment: Hydration
- ✓ Boosts Energy
- ✓ Boosts Recovery
- ✓ Boosts Immunity
- ✓ Boosts Brain function
- ✓ Reduces Inflammation
- ✓ Reduces Free Radical Damage
- ✓ Promotes Youthful Glow
- ✓ Optimizes Performance
- ✓ Builds Muscle
- ✓ Detoxifies
- ✓ Helps with Allergies / Migraines
- ✓ Regulates Mood and Reduces Irritability

FASTING

In normal health, fasting is an instinct. It's an instinct when we are sick or in ill-health. The body feels weak and there's a loss of appetite. If we simply follow the warning signs of our body, we then should rest and sleep, and omit food. It's said to be the oldest of all methods of healing, and it's obviously a strictly natural method, also. What do sick animals do? They will hide in a secluded spot and rest, while ceasing to feed. Nature dictates in both animals and humans that in a state of acute disease, food is omitted and water can be consumed, while in chronic disease, the amount of food consumed should be less than

when in normal health. If this simple, natural rule would be followed, an untold amount of useless suffering would be avoided, and many would be rescued from an early death. Unfortunately, conventional medicine still has the delusion that the sick man must eat to keep up strength. Eating only would consume unnecessary vital energy and worsen the sickness.

What is a fast then? A fast is a voluntary abstinence from food, except water. Restricted or limited diets are therefore not a fast. Be advised that, during a fast, drinking lots of water is not indicated. There is neither a need nor benefit from it.

Know the rules: Drink when thirsty, don't drink when not thirsty, and only drink natural, clean water.

During a fast, cells, tissues and organs can repair, rebuild, renew and recuperate energy. They can get back to normal and prepare for normal, effective functioning.

During a fast, some tissues are broken down. But the body follows the laws of self-preservation and vital economy and will therefore rid itself of the least important tissues first: fat, abnormal growths, exudates,

deposits, effusions, etc. Yes, that's correct. One of the most important functions of a fast is consistently overlooked. Fasting causes the breakdown and absorption of useless, even harmful deposits, including diseased tissue and tumors.

With a prolonged fast, other tissues will then be broken down in the order of least importance. The muscles would be next, followed by the organs (in order of importance to preserve life), the blood, etc. The brain and the nerves don't sustain any significant losses, even upon death.

Fasting not only provides a remarkable purification process resulting in the nourishment of all organs and the blood, but mental faculties are also vastly improved.

In general, fasting:

1. Allows the vital organs complete rest.
2. Halts toxemia or further poisoning of the body (no decomposition of food in the intestines).
3. Allows the organs of elimination to catch up with their work.
4. Promotes the break down and elimination of unwanted, dead matter including fat, deposits, exudates, effusions, diseased

tissues, tumors and abnormal growths.

5. Conserves vital energy and builds up energy reserves and vital powers of all organs and tissues.

6. Clears and calms the mind and strengthens the mind.

Some of the many positive and beneficial changes that have been observed during a fast include:

1. Increase in the number of red blood cells due to improved nutrition. How can nutrition improve while fasting, you may ask? Well, the abstinence of overeating results in improved nutrition.

2. The liver, kidneys and spleen quickly see an increased effectiveness in their elimination efforts due to an increased amount of vital energy available during a fast. These organs can catch up during a fast because no food is consumed.

3. The stomach, intestines and colon can repair their damaged structures during a fast because these organs practically cease to function after just a few days. Colitis, gastritis, appendicitis, enteritis, typhoid fever (enteric fever), etc. would all recover quickly while fasting.

4. The stomach itself also repairs and resumes its normal size and tone after being prolapsed

and distended because of our perverse eating habits. Digestion improves and normal feelings of hunger start to restore.

5. The lungs seem to recover quickly during a fast and any lung or respiratory disease greatly benefits from fasting.

6. Sexual energies cease during a prolonged fast, but return when hunger returns after a fast (sometimes with a slight delay). Both the male and female sex organs cure and repair during a fast, and menstruation is often brought on a week or more prior to regular time.

7. Gastric and intestinal hyperacidity are relieved within a few days of fasting because the stomach ceases to produce acid juices.

8. When the body is in a very toxic state, the secretion of bile is sometimes increased during a fast, which results in nausea and vomiting. After such a crisis, the condition of the body significantly improves.

9. Saliva secretion is lessened, and in some cases becomes more acidic, foul and not tasty. After the fast, saliva returns to be alkaline.

10. Due to increased elimination and excretion during a fast, one may notice mucous secretions through nose and mouth, which may be slimy, yellowish, green or pussy. One may also notice acid secretions of the vagina and/or thick, dark, foul urine secretions, foul and profuse sweating, foul breath, etc. These

are attempts of the body to eliminate toxins and acids. It's cleaning time!

11. In Chinese medicine, the tongue and breath indicate the condition of the internal organs and environment. So, during a fast, one may notice a thick coated tongue, scalloped, greasy, yellow or white along with foul breath. The more toxic the body, the fouler the breath and the more the tongue will be coated.

12. Heart rate or pulse varies greatly during a fast. Initially, the pulse tends to rise as a crisis is taking place. The heart itself greatly benefits from a fast for all the obvious reasons.

13. The body withdraws energy from the muscles during a fast, which often results in a feeling of weakness. But it's necessary to distinguish between actual weakness and a feeling of weakness. While fasting, vital energy is built up and the body is becoming stronger.

14. Fasting causes an initial loss of weight, but this is not muscle. The initial weight loss is simply the emptying of the alimentary canal of several pounds of food and feces which are not replaced. With prolonged fasts, one will continue to lose weight, but less rapidly than initially. Don't worry that weight loss can be harmful, it's not. The body will expel unwanted fat, cysts, exudates, tumors, toxins and dead matter first.

15. Underweight people many times benefit from a fast also because often the reason for them being underweight is an impaired digestive system and/or impaired assimilation of foods. A fast will restore these systems, and the underweight person will become normal in weight again after the fast. Weight gaining diets are not indicated for these people.

16. During a fast, one usually has no appetite on the first day, but a huge appetite on the second day which diminishes by the third day and disappears until the time the body must have food (natural feeling of hunger has returned). Meanwhile, during the period of fasting, nausea and vomiting may occur upon the sight and smell of food.

Fasting is not starving:

Fasting is a restorative and healing process. If there is no desire for food, the individual who ceases to consume food is fasting.

During a fast, the body lives on its reserves. Starvation does not start until the reserves are exhausted.

After the natural feeling of hunger returns, the individual who continues to cease the consumption of food is starving. Thus, the return of natural hunger (not the perversion of

appetite) marks the dividing point between fasting and starvation.

How long should one fast?

Until nature calls for normal, natural hunger to return. One must fast to completion because breaking a fast prematurely is not beneficial. Being that our feelings of appetite and natural hunger are messed up and unclear to the unhealthy body, what other signs indicate that the body is ready to break the fast?

1. Return of hunger is felt in mouth and throat, in absence of the sight and smell of food.
2. The breath becomes sweet and the bad taste in the mouth disappears.
3. Body temperature is normal.
4. Excretions become odorless (sweat, urine, feces).
5. Saliva secretion returns.
6. Tongue becomes clean (no coat or thin, white coat).

These signs indicate that the body has caught up with the elimination processes and has repaired and revitalized itself. Therefore, the length of a fast is determined by these signs, and thus is very individual.

I personally suggest you fast when sick and

incorporate a fast until completion once or twice per year. However, I do a modified fast daily. My meal is in the early evening which allows it to fully digest before I go to bed. During sleep, my body can replenish, repair and regenerate. The next day, I skip breakfast (which is the least important meal of the day) and juice during the day. This way I fast approximately 16 hours per day. Can you imagine all the benefits now?

Besides upgrading your diet, you need to also avoid the exposure to environmental toxins, not just in your food and drinks. The skin absorbs many toxins daily, as does your respiratory system. Learn about your household products, cleaning products, beauty products, sunscreen, toothpaste, air and water, and replace them with natural and safer alternatives to minimize toxic exposure. You can find much of this information in my book *Health 4 Life: User Manual* or simply search online.

CONTROL TOXEMIA

To avoid toxemia (and therefore most diseases), we need to reduce or minimize the exposure or intake of toxins (including exposure to EMR) and simultaneously increase

the intake of nutrients or exposure to therapies that fight free radical damage and systemic inflammation.

In this section of the book, we will expand on nutrients that help neutralize free radicals, reduce oxidative stress, inhibit the production of peroxynitrite, and reduce systemic inflammation. We will also discuss strategies and therapies that help repair the DNA damage caused by EMR and toxemia in general.

Antioxidants

Toxemia promotes free radicals that cause oxidative stress and cell death, and systemic inflammation, the cause of all disease. The obvious and first line of defense are antioxidants.

Antioxidants neutralize free radicals by donating an electron. After they donate an electron, they become useless unless they are recharged and supplied with more electrons so that they can neutralize more free radicals. We will expand on how to recharge antioxidants later.

Antioxidants can come from our food intake, oils and supplements, but can also be

delivered through external sources that feed negative ions to our body. Earlier, we discussed the ability of the Anti-Aging Bed and bed cover to feed us negative ions, via grounding, while sleeping.

In this section, we will further discuss a few key antioxidants we should include in our daily diet or supplementation program. Remember that most fresh vegetables and fruits are loaded with antioxidants.

Glutathione

Glutathione is involved in DNA synthesis and repair, protein and prostaglandin synthesis, amino acid transport, metabolism of toxins and carcinogens, immune function, enzyme activation and prevention of oxidative cell damage.

NAC (N-Acetyl-L-cysteine) is a biologically active precursor for glutathione synthesis. Glutathione, sulfur and NAC support mercury detoxification.

Glutathione, B-vitamins, vitamin C and lipoic acid are potent antioxidants that scavenge free radicals.

Glutathione is regarded as a prime, if not the

number-one, antioxidant and detoxifier of the human body. Glutathione is manufactured inside the cell from its precursor amino acids (glycine, glutamate and cystine). Therefore, glutathione levels cannot be increased by orally ingesting it. Hence food sources or supplements that increase glutathione must either provide the precursors of glutathione or enhance its production by some other means.

The manufacturing of glutathione in our cells is limited by the levels of its sulfur-containing precursor amino acid, cysteine. Cysteine, as a free amino acid, is potentially toxic and is spontaneously catabolized or destroyed in the gastrointestinal tract and blood plasma. However, when it is present as a cysteine-cysteine dipeptide, called cystine, it is more stable than cysteine.

Consuming foods rich in sulfur-containing amino acids can help boost glutathione levels. Here are some food sources and dietary supplements that help boost glutathione levels naturally:

N-Acetylcysteine (NAC)

NAC is derived from the amino acid L-Cysteine and acts as a precursor of glutathione. NAC is quickly metabolized into glutathione once it

enters the body. It has been proven in numerous scientific studies and clinical trials to boost intracellular production of glutathione and is approved by the FDA for treatment of acetaminophen overdose.

Because of glutathione's mucolytic action, NAC (brand name Mucomyst) is commonly used in the treatment of lung diseases like cystic fibrosis, bronchitis and asthma.

Milk Thistle (Silymarin)

Milk thistle is a powerful antioxidant and supports the liver by preventing the depletion of glutathione. Silymarin is the active compound in milk thistle.

It is a natural liver detoxifier and protects the liver from many industrial toxins such as carbon tetrachloride, and more common agents like alcohol.

Alpha Lipoic Acid (ALA)

Made naturally in our cells as a byproduct of energy release, ALA increases the levels of intra-cellular glutathione, and is a natural antioxidant with free radical scavenging abilities. It could regenerate oxidized antioxidants like vitamin C and E and helps to

make them more potent. ALA is also known for its ability to enhance glucose uptake and may help prevent the cellular damage accompanying the complications of diabetes. It also has a protective effect in the brain and is known to help repair damaged nerves such as in neuropathies.

Natural Foods

Asparagus is a key source of glutathione. Foods like broccoli, avocado and spinach are also known to boost glutathione levels.

Raw eggs, garlic and fresh unprocessed meats contain high levels of sulfur containing amino acids and help to maintain optimal glutathione levels.

Turmeric (curcumin)

Treatment of brain cells called astrocytes, with the Indian curry spice, curcumin (turmeric) has been found to increase expression of the glutathione S-transferase and protect neurons exposed to oxidant stress.

Balloon Flower Root

Changkil saponins (CKS) isolated from the roots of the Chinese herb named Jie Geng,

commonly called Balloon Flower Root, have increased intracellular glutathione (GSH) content and significantly reduce oxidative injury to liver cells.

Selenium

Selenium is a co-factor for the enzyme glutathione peroxidase.

Selenium supplements are popular because some studies suggest they may play a role in decreasing the risk of certain cancers, and in how the immune system and the thyroid gland function.

However, too much selenium can cause some toxic effects including gastrointestinal upset, brittle nails, hair loss and mild nerve damage.

Vitamin C

Where to begin? Many thousands of scientific and published studies worldwide have shown the various health benefits of vitamin C. We are going to limit our focus in this book on vitamin C's antioxidant properties and effect on our immune system.

Many studies do not show any positive effects of vitamin C on colds, flu and our immune

system because they use only small doses and often, they use the synthetic form of vitamin C: ascorbic acid.

Ascorbic acid is typically made from genetically modified corn which lacks the beneficial bioflavonoids. In addition, most of this synthetic vitamin C is produced in China (far less quality control) and, when used as an additive in processed foods, is tainted with heavy metals and other impurities.

To benefit from vitamin C, we need to get it from our fruits and vegetables and/or from high-quality, all organic food-based type of supplements. This is important because, unlike most mammals that can produce vitamin C in the liver, humans and guinea pigs cannot.

All citrus fruits are rich in vitamin C, as well as many other fruits including pineapple, kiwi, strawberries, raspberries, cantaloupe, mango and papaya. Green leafy vegetables are also an excellent source of vitamin C, including broccoli, cauliflower, Swiss chard, parsley, etc.

Personally, besides consuming rich sources of vitamin C and juicing daily, I supplement with another 1000 mg per day. When I feel weak or get the sniffles, I immediately take 3,000

to 4,000mg of vitamin C, followed by 1,000 to 15,00 mg every hour thereafter until I feel 100 percent again. This always works.

I also suggest a vitamin C infusion of 15,000 to 30,000 mg monthly or quarterly, at least. Many functional medicine doctors and infusion (IV) bars offer these therapies.

Vitamin D

Vitamin D is a fat-soluble vitamin that primarily aids calcium absorption, promoting growth and mineralization of our bones. Vitamin D is also involved in various functions of our immune, digestive, circulatory and nervous system. Emerging research suggests that vitamin D may help prevent a variety of illnesses, such as depression, auto-immune diseases, diabetes, cancer and heart disease.

Vitamin D is known to be important for bone and muscle health, but can also help prevent acute respiratory tract infections, particularly among those who are deficient in vitamin D.

Vitamin D is necessary for the proper functioning of our immune system, which is our body's first line of defense against infection and disease. Vitamin D plays a

critical role in promoting immune response.

Vitamin D has numerous effects on cells within the immune system. It inhibits B cell proliferation and blocks B cell differentiation and immunoglobulin secretion. Vitamin D additionally suppresses T cell proliferation and results in a shift from a Th1 to a Th2 phenotype.

Several research studies also associate low levels of vitamin D with a higher risk of sleep disturbances, poor sleep quality and reduced sleep duration.

Vitamin D2 is ergocalciferol and comes from plant-based sources, while vitamin D3 is cholecalciferol and comes from animal-based sources. Both supplements are processed in the body by the liver to 25-hydroxyvitamin D. I personally recommend the plant-based sources.

The most accurate way to measure how much vitamin D is in our body is the 25-hydroxy vitamin D blood test. A level of 20 nanograms/milliliter to 50 ng/mL is considered adequate for healthy people. A level less than 12 ng/mL indicates vitamin D deficiency. Here are some simple ways to increase vitamin D in the blood:

- ✓ More sunlight. Our skin can produce large quantities of vitamin D on its own when exposed to the sun's UV-B rays. However, many factors affect this process.
- ✓ Lamps that emit UV-B radiation may also boost our vitamin D levels, though these lamps can be costly.

When our skin is exposed to UV-B radiation from the sun, it's able to produce its own vitamin D. UV lamps mimic the action of the sun and can be especially helpful if our sun exposure is limited due to geography or time indoors. UV radiation has been used therapeutically for decades for various skin conditions, but only recently has it been marketed as a way to improve vitamin D levels.

Safety is an important concern with these devices, as too much exposure could burn our skin. Limit exposure to no more than 15 minutes at a time.

- ✓ Fatty fish and seafood are among the richest natural food sources of vitamin D. However, I would limit the consumption unless wild-caught. The best sources are

salmon, tuna, mackerel, oysters, shrimp, sardines and anchovies. These fatty fish are also a good source of omega 3 oils, which have anti-inflammatory effects.

- ✓ Much like humans, mushrooms produce vitamin D when exposed to UV light. Wild mushrooms or commercially grown ones treated with UV light have the greatest vitamin D levels.
- ✓ Free-range eggs (yolk) are a great source of vitamin D, as chickens with access to sunlight produce vitamin D.
- ✓ Consume fortified foods if available. Unfortunately, no fruits are high in vitamin D, and fortified orange juice is currently the only fruit product sold with vitamin D.
- ✓ Supplements are often needed if you don't obtain enough vitamin D from food or sunlight. Having your vitamin D levels checked before supplementing is the best way to pick the appropriate dose. The suggested daily dose is 1,000 to 2,000 IU, but I personally supplement with 5,000 IU.

Zinc

Zinc is a micronutrient found in several foods such as meat, cheese and seafood (especially oysters). Zinc is essential to our body because it is involved in numerous enzymatic reactions and transcription factors.

Zinc has anti-inflammatory and antioxidant properties and modulates cell-mediated immunity. Potent zinc supplements are probably the best immune hackers we know.

Zinc lozenges work faster than capsules or tablets and are the best choice to take when having the sniffles or a cold. As soon as they dissolve in the mouth, ionic zinc is released, and antiviral activity initiated. For zinc to do its job, you need to take it right away (as soon as symptoms start) so that it can interfere with the replication of the virus. After you are already sick, zinc can no longer help.

The best zinc lozenges are high-dose and without any additives (they may prevent proper dissolution and ionization) and without citric acid (binds to zinc ions and prevents the release). Zinc acetate is the best form.

Selenium

We discussed selenium earlier as a co-factor for the enzyme glutathione peroxidase.

Selenium supplements are popular because some studies suggest they may play a role in decreasing the risk of certain cancers, heart disease and asthma, and in the functioning of our immune system and thyroid gland. However, too much selenium can cause some toxic effects including gastrointestinal upset, brittle nails, hair loss and mild nerve damage.

Selenium is only needed in small amounts: it plays an important role in the health of our immune system. This antioxidant helps lower oxidative stress in our body, which reduces inflammation and enhances immunity. Studies have demonstrated that increased blood levels of selenium are associated with enhanced immune response.

On the other hand, deficiency has been shown to harm immune cell function and may lead to a slower immune response.

Studies have also associated deficiency with an increased risk of death and disease progression in people with HIV, while supplements have been shown to lead to

fewer hospitalizations and an improvement in symptoms for these patients. Additionally, selenium supplements may help strengthen the immune system in people with influenza, tuberculosis and hepatitis C.

Selenium is an essential mineral, meaning it must be obtained through our diet. The most common food sources containing selenium are:

- ✓ Oysters
- ✓ Brazil nuts
- ✓ Halibut
- ✓ Yellowfin tuna
- ✓ Eggs
- ✓ Sardines
- ✓ Sunflower seeds
- ✓ Chicken breast
- ✓ Shiitake mushrooms

As always, I would suggest the nuts, seeds and mushrooms and avoid the meat/fish. A quality selenium supplement is recommended.

Quercetin

Quercetin is a plant-pigment flavonoid found in:

- ✓ Red wine
- ✓ White wine

- ✓ Green tea
- ✓ Apples
- ✓ Ginkgo biloba
- ✓ St. John's wort
- ✓ Capers
- ✓ Onions
- ✓ Yellow chili peppers

Quercetin is a powerful antioxidant, combatting free radicals in our body, and fights inflammation by inhibiting the release of mast cells and histamines.

Quercetin helps produce glutathione in our body and increases the enzyme superoxide mutase, resulting in less superoxide to potentially form peroxynitrite.

I recommend a 1,000 mg of quercetin per day. You can take capsules or tablets, but I personally use a powder and mix it in Dr. Mercola's autophagy tea. This way we upregulate NAD+ and autophagy.

CoQ10

Coenzyme Q10, also known as Vitamin Q10 or ubiquinone, is a powerful antioxidant and an essential component of the mitochondrial electron transport chain. CoQ10 synthesis declines with age, so supplementation with

CoQ10 becomes important.

Studies also show CoQ10 keeps stem cells younger and reduces the risk of cardiovascular disease and inflammation.

Good food sources of CoQ10 are oily fish such as tuna and salmon, as well as organ meats. I suggest supplementation of 100 to 200 mg per day. A great way to enhance mitochondrial health is a combination supplement which contains CoQ10, PQQ (pyrroloquinoline quinone), glutathione and lactoferrin (another antioxidant). Once a day, squeeze the Almsbio Glutathione Mito-Therapy+ from a syringe into your mouth, hold for one minute and swallow.

We just learned more about some of the many essential antioxidants, but there is much more to know about them if we want to be successful in neutralizing cascades of free radicals.

BIOHACKING OUR DNA

Many known antioxidants include vitamin C, vitamin B2, vitamin D, vitamin E, selenium, zinc and glutathione, among others. Many of these antioxidants are charged and are therefore unable to cross the cell membranes

and enter the cell to repair cellular damage and DNA damage.

In addition, excess consumption of these antioxidants may suppress beneficial free radicals. Remember that free radicals are useful scavengers. Free radicals only cause damage when in excess. A healthy balance is required.

Relatively recent scientific research shows that we have an innate repair mechanism. Understanding this repair mechanism and its essential components is the key to a better approach in reversing free radical damage from EMR and other sources.

ARTD1 Repair System

ADP-ribosyltransferase diphtheria toxin-like 1 (ARTD1), formerly known as poly ADP-ribose polymerase (PARP), is a family of 17 enzymes that function as DNA damage sensors and signaling molecules. They bind to damaged DNA, create a matrix, and allow specific DNA repair enzymes to repair the damage.

This DNA repair process requires fuel. This fuel is nicotinamide adenine dinucleotide or NAD⁺. Our bodies can repair minimal to moderate DNA damage through this process, but when

moderate to severe DNA damage occurs (as with the exposure to EMR), cells become NAD⁺ depleted, which stops the repair system (no fuel), resulting in cell death. In addition, NAD⁺ depletion affects our mitochondria and ATP (energy) production.

NAD⁺ depletion consequently depletes sirtuins in our body. Sirtuins are known as our longevity proteins. Sirtuins need NAD⁺ to function and without sirtuins, aging is significantly accelerated (more detail below).

Another consequence of activating the repair system is the activation of pro-inflammatory pathways. We learned that systemic inflammation is the cause of all disease.

To successfully repair DNA damage, we then need to make sure we have an adequate supply of NAD⁺ so we don't run out of fuel, and that we use nutrients that fight oxidation and inflammation.

NAD⁺ and NADPH

NAD⁺, or nicotinamide adenine dinucleotide, is a critical coenzyme found in every cell in our body, and it is involved in hundreds of metabolic processes. NAD⁺ has two general sets of reactions in the human body: helping

turn nutrients into energy as a key player in metabolism and working as a helper molecule for proteins that regulate other cellular functions. These processes are incredibly important and include:

- ✓ DNA repair
- ✓ Mitochondrial function
- ✓ Maintaining chromosomal integrity
- ✓ Gene expression
- ✓ Epigenetic modifications
- ✓ Posttranslational modifications
- ✓ Calcium signaling

Some of the proteins that regulate these processes are called sirtuins, which regulate cell health, including cellular resistance to stressful conditions and aging. Sirtuins require NAD⁺ to function. However, NAD⁺ is reduced and converted to NADH once it transports electrons. Thus, our bodies need to continually synthesize NAD⁺. Herein lies the dilemma. Our bodies produce less and less NAD⁺ as we age, and NAD⁺ is depleted with increased EMR exposure being that our innate repair system for DNA damage uses high amounts of NAD⁺ as fuel.

Scientists suggest that declining levels of NAD⁺ are associated with signs of aging and age-related illnesses. Research shows that

restoring NAD⁺ levels and keeping NADPH levels high are essential to maintain cellular health.

NAD⁺ levels currently cannot simply be measured in a laboratory. Normal levels in healthy people, age 30 or younger are 40 ng/mL, while these levels drop progressively as we age and reach one ng/mL at age 80.

Keeping your NAD⁺ levels high can be done as follows:

- ✓ Low EMR-lifestyle. EMR depletes NAD⁺ by activating the repair process that uses NAD⁺ as fuel.
- ✓ Adequate rest and sleep allow the repair, regeneration, and renewal of damaged tissue. Eat dinner early in the evening and then refrain from foods and snacks so digestion can occur prior to sleeping. This practice also prevents energy from food being stored as fat, which requires NADPH (see below).
- ✓ Supplement with tryptophan, an amino acid that can produce NAD⁺ in small amounts. Tryptophan is also a precursor for serotonin and melatonin, which may therefore improve sleep and mood.

- ✓ A healthy diet that limits toxins and avoids toxemia and inflammation. See “Upgrade Your Diet” (page 299) and review my book *Health 4 Life: User Manual*.
- ✓ Niacin is a precursor for NAD+. Take 20 to 30 mg daily.
- ✓ NQO1 is the enzyme that converts NADH to NAD+ and can be increased by heat exposure such as with a far-infrared sauna or photodynamic therapy (PDT). These therapies therefore increase NAD+, but they also help eliminate toxins (perspiration) and energize our mitochondria. NQO1 also activates the Nrf2 pathway (see later).
- ✓ Implement regular high-intensity exercise or resistance training. Both forms of exercise indirectly increase NAD+ and slow down the age-dependent decline in NAD+.
- ✓ Another way to increase NAD+ according to Dr. Mercola is Blood Flow Restriction Training, which uses low weights with high repetitions. For more information, visit BFR.mercola.com.

NADPH is another coenzyme, part of the NAD family. NADPH is the actual battery of our cells. NADPH provides a reservoir of electrons (from hydrogen) and therefore can donate a continuous supply of electrons to antioxidants. This way, antioxidants such as vitamin C and glutathione can keep neutralizing free radicals and minimize damage from oxidative stress. Without NADPH, glutathione and other antioxidants become oxidized and useless.

NADPH recharges the antioxidants inside the cell. Remember that many antioxidants, including vitamin C and glutathione are charged and cannot enter the cell.

As you can see, it's important to have antioxidants, but it's even more important to sustain adequate levels of NADPH so we can recharge the antioxidants for more effective repair of DNA damage and oxidative stress.

This is how you can increase NADPH levels in your body:

- ✓ Low EMR-lifestyle. EMR depletes NAD⁺ by activating the repair process that uses NAD⁺ as fuel. NAD⁺ is required for NADPH synthesis. In addition, NADPH oxidase (NOX), an enzyme that breaks down NADPH, is activated by EMR via the

calcium influx into the cell and increases superoxide production which combines with nitric oxide to form peroxynitrite, a highly reactive free radical.

- ✓ Molecular hydrogen (H₂) inhibits the activation of NOX. Drink H₂ water during the day. Check my *shop here* page on my website.
- ✓ Pau d'arco tea contains beta-lapachone, which acts as a catalyst for NAD. This nutty-tasting tea (or supplement) promotes NAD activity, mitochondrial health, and regulates genetic anti-aging processes. Drink as a tea or use as a smoothie base or mix with coconut milk or oil.
- ✓ Refrain from eating three to four hours before going to sleep. The enzymes used to store energy from food as fat use large amounts of NADPH.

Molecular Hydrogen (H₂)

H₂ inhibits NOX, but only when NOX is excessively activated, to preserve a necessary balance. NOX has several important functions, including assisting the white blood cells in destroying pathogens such as viruses and

bacteria, cell signaling and regulating gene expression.

Besides increasing NADPH levels, H₂ also can protect our DNA, RNA, mitochondria, proteins and cell membranes from oxidative damage.

H₂ is the smallest molecule and lightest element in the universe and is not charged which allows it to easily cross cell membranes and enter the cell. H₂ is highly bioavailable (easily absorbed). Therefore, H₂ is effective in mitigating damaging effects of oxidative stress inside the cell and subcellular structures.

H₂ also stimulates the NRF2 pathway (see below).

- ✓ Drink H₂ water during the day. Check my *shop here* page on my website.

NRF2

The Nrf2 pathway is the master regulator of responses to oxidative damage caused by free radicals, mitochondrial dysfunction and systemic inflammation.

The body only calls this pathway into action

when free radical damage needs to be reduced. Nrf2 stimulates our DNA to activate hundreds of genes, including antioxidants and enzymes that respond to toxic chemicals, stress and free radical damage.

Nrf2 also increases NADPH and is considered essential in living a longer and healthier life.

Nrf2 stimulates autophagy (self-eating) and is especially effective when fasting.

Antioxidants and polyphenols in fruits and vegetables stimulate the Nrf2 pathway. Remember that it's always better to get our antioxidants from wholefoods versus supplements. Too many antioxidants may deplete important free radicals that act as scavengers.

Research shows that the following list of foods and their active ingredient(s) that activate the Nrf2 pathway:

- ✓ Turmeric (curcumin)
- ✓ Green tea (EGCG, Fisetin, Rutin)
- ✓ Black tea, Buckwheat (Rutin)
- ✓ Grapes, blueberries, dark chocolate, pistachios (Resveratrol)
- ✓ Strawberries, apple, chamomile tea (Fisetin)

- ✓ Apple peel (polyphenols)
- ✓ Pomegranate peel (polyphenols)
- ✓ Broccoli (sulforaphane, isothiocyanates, quercetin)
- ✓ Cabbage (isothiocyanates)
- ✓ Red onions, capers, berries (quercetin)
- ✓ Garlic, onion, chives, leeks (sulfur)
- ✓ Tomatoes, guava, and watermelon (lycopene)
- ✓ Beans, oregano, thyme, and peppermint (terpenes)
- ✓ Cannabis and CBD oils (terpenes)
- ✓ Krill, microalgae (astaxanthin)
- ✓ Fish oil (omega-3, DHA, EPA)
- ✓ Vitamin D
- ✓ H₂
- ✓ Melatonin

Moderate exercise also activates the Nrf2 pathway.

Constant stimulation of the Nrf2 pathway would be counterproductive as balance in the body is essential.

The Nrf2 pathway is essential in keeping toxemia in check as it removes toxic chemicals, neutralizes free radicals and fights systemic inflammation, while simultaneously assisting in the repair of DNA damage through NADPH stimulation and autophagy.

Magnesium

Magnesium is an essential mineral in cell repair, cell function, RNA synthesis and DNA synthesis.

Magnesium is also a calcium channel-blocker. Therefore, magnesium can reduce the amount of superoxide and peroxy nitrite produced in our body with EMR exposure.

Foods containing fair amounts of magnesium:

- ✓ Avocados
- ✓ Almonds
- ✓ Brazilian nuts
- ✓ Cashews
- ✓ Peanuts
- ✓ Spinach
- ✓ Broccoli
- ✓ Squash seeds
- ✓ Pumpkin seeds
- ✓ Hemp seeds
- ✓ Chia seeds
- ✓ Edamame
- ✓ Quinoa
- ✓ Coconut milk
- ✓ Figs
- ✓ Lima beans
- ✓ Swiss chard
- ✓ Okra

- ✓ Beet greens
- ✓ Bananas
- ✓ Dark chocolate (85 percent cocoa)
- ✓ Brown rice
- ✓ Oatmeal
- ✓ Black beans
- ✓ Tuna
- ✓ Mackerel
- ✓ Salmon
- ✓ Yoghurt or Kefir

I recommend 500 to 1,000 mg of elemental magnesium per day. Be aware that the elemental magnesium is the magnesium available to our body and usually is only eight to 15 percent of the total amount of magnesium.

Supplements use various forms of magnesium, including citrate, malate, glycinate, threonate and oxide. I don't recommend magnesium oxide because it's poorly absorbed by our body. I suggest you take a combination or one of the following:

- ✓ Citrate: High bioavailability and citrate helps bind oxalates (prevent or helps with oxalate crystals and kidney stones).
- ✓ Malate: High bioavailability and helps with muscle tightness and spasms.

- ✓ Glycinate: Glycine helps increase NADPH and helps with connective tissue strength.
- ✓ Threonate: Has highest bioavailability. Threonate helps magnesium pass the blood-brain barrier which helps increase magnesium levels in the brain. It is said to help with depression and GI discomfort.

I personally opt for the Threonate form of magnesium, but you can also consider taking a magnesium supplement that contains a combination of these various forms of magnesium such as Magnesium Breakthrough by Biooptimizers. My FullScript page has a few great options for you. Check it out by clicking the link on the bottom of my homepage at MVTonline.com

Nitric Oxide

Nitric oxide production is essential for overall health because it allows blood, nutrients and oxygen to travel to every part of our body effectively and efficiently.

In fact, a limited capacity to produce nitric oxide is associated with heart disease,

diabetes and erectile dysfunction.

Nitric oxide is synthesized by many cell types involved in immunity and inflammation. The principal enzyme involved is the inducible type-2 isoform of nitric oxide synthase (NOS-2), which produces high-level sustained nitric oxide.

Nitric Oxide is important as a toxic defense molecule against infectious organisms. It also regulates the functional activity, growth and death of many immune and inflammatory cell types including macrophages, T lymphocytes, antigen-presenting cells, mast cells, neutrophils and natural killer cells.

Fortunately, there are many ways to maintain optimal levels of nitric oxide in our body.

Vegetables are good sources of nitrates, which help form nitric oxide in our body. Consuming nitrate-rich vegetables improves heart health and exercise performance.

Vegetables high in nitrates include:

- ✓ Red spinach
- ✓ Cress
- ✓ Celery
- ✓ Chervil

- ✓ Lettuce
- ✓ Beetroot
- ✓ Spinach
- ✓ Arugula
- ✓ Garlic
- ✓ Kale

Also, citrus fruits including oranges, lemon, limes and pomegranate are loaded with potent antioxidants that can protect our cells against damage and preserve nitric oxide. Nuts and seeds are high in arginine, an amino acid needed to produce nitric oxide.

Increase your intake of antioxidants. Nitric oxide is an unstable molecule that degrades quickly in the bloodstream, so it must be constantly replenished. One way to increase its stability and limit its breakdown is by consuming antioxidants.

Several supplements are marketed as "nitric oxide boosters". These supplements do not contain nitric oxide itself, but they include ingredients that help form nitric oxide in our body. Two of the most used ingredients are L-arginine and L-citrulline.

Exercise and/or movement gets our blood pumping, largely because it improves endothelial function. The endothelium is the

thin layer of cells that line the blood vessels. These cells naturally produce nitric oxide, which keeps blood vessels healthy.

Insufficient nitric oxide production results in endothelium dysfunction, which can contribute to atherosclerosis, high blood pressure, and other risk factors for heart disease.

Mouthwash destroys bacteria in our mouth that can contribute to the growth of cavities and other dental diseases. Unfortunately, mouthwash kills all types of bacteria, including the beneficial ones that help produce nitric oxide.

Special bacteria in the mouth convert nitrate to nitric oxide. In fact, humans cannot produce nitric oxide from nitrate without these bacteria. This leads to a decrease in nitric oxide production and, in some instances, an increase in blood pressure.

The detrimental effects of mouthwash on nitric oxide production may even contribute to the development of diabetes, which is characterized by malfunctions in insulin production or action. This is because nitric oxide also regulates insulin, which helps cells utilize the energy obtained from food after it's

digested. Without nitric oxide, insulin cannot work properly.

Just as deficiency of nitric oxide can lead to disease, too much can also cause disease. Nitric oxide may damage brain cells leading to neurodegenerative diseases like Parkinson's disease, Alzheimer's disease, Huntington's disease and amyotrophic lateral sclerosis. Higher than normal levels of exhaled nitric oxide generally mean your airways are inflamed — a sign of asthma. An oral exhaled nitric oxide value more than 40 parts per billion for adults, and more than 25 parts per billion for children and adolescents is considered elevated.

We also know that nitric oxide combines with superoxide to form peroxynitrite, which produces harmful carbonate free radicals. We need to control the superoxide production in our body to prevent the formation of peroxynitrite. We can do this by upgrading our diet and not use carbohydrates as fuel, and limit EMR exposure as much as possible.

C60

Also known as Buckminsterfullerene or bucky ball, C60 contains 60 carbon atoms and looks like a soccer ball. When dissolved in olive oil,

C60 delivers a host of cellular and mitochondrial benefits.

C60 is thought to have the ability to absorb protons and can therefore penetrate the mitochondria because of its positive charge. C60 decreases free radical production within the mitochondria.

C60 is a very powerful antioxidant, scavenging superoxide. In addition, it fights systemic inflammation in the body. Therefore, C60 is yet another huge player in checking toxemia.

C60 has potent anti-aging properties. In 2012, a French science team fed C60 dissolved in olive oil to rats and nearly doubled their lifespan.

C60 helps prevent neurodegenerative diseases, cancer, heart disease, diabetes, mosquito iridescent virus, early nerve death and osteoarthritis.

You can purchase C60 on my website.

OPTIMIZE IMMUNITY

EMR and toxemia cause free radical damage and systemic inflammation. That means that our body is in a constant state of emergency,

trying to put out fires. This constant state of emergency burdens and compromises our immune system.

To repair the damage done by EMR and toxemia in general, it's key that we have an immune system that functions optimally.

The following are some strategies, therapies and nutrients that can help modulate and optimize the six key components of our immune system.

HACK YOUR KILLER CELLS

Natural killer (NK) cells are a type of lymphocyte, vital to the immune system. They are produced by the bone marrow, lymph nodes, spleen, thymus and tonsils.

The NK cells enter the bloodstream and control tumor formation, microbial infection and tissue damage. Circulating NK cells remain inactive until stimulated by inflammatory cytokines. Once activated, NK cells invade the tissues that contain cells infected with a pathogen. They cause death of the target cell by releasing a membrane-disrupting protein called perforin and cytokines such as TNF-alpha and interferons.

People with an inadequate supply of NK cells are at increased risk to viral infections (herpes and HIV), multiple sclerosis, rheumatoid arthritis, lupus, AI-diseases, accelerated aging and cancers.

Our goal is to moderate normal and natural NK cell activity, not to increase NK cell numbers. For example, systemic or rampant inflammation or excess abdominal fat increases the number and activity of NK cells, resulting in subsequent insulin resistance and exacerbation of auto-immune issues such as asthma, pancreatic damage and miscarriage.

Research shows there are some effective strategies to modulate the normal activity of NK cells. These proven strategies and compounds combat aging and include:

- ✓ Exercise
- ✓ Massage
- ✓ Stem cell-based therapies
- ✓ Curcumin
- ✓ Zinc
- ✓ Selenium
- ✓ Melatonin
- ✓ Astaxanthin
- ✓ Astragalus
- ✓ Spirulina
- ✓ Andrographis

- ✓ Aged garlic extract
- ✓ Eleuthero and other adaptogens
- ✓ Echinacea
- ✓ Thymus peptides (epithalon)
- ✓ NAD+

Epithalon is a synthetic peptide, a telomerase activator and putative anti-aging drug developed by the St. Petersburg Institute of Bioregulation and Gerontology, which was identified as the putative active component of a bovine pineal gland extract known as epithalamin.

NAD+, or nicotinamide adenine dinucleotide, is a critical coenzyme found in every cell in your body, and it is involved in hundreds of metabolic processes. We learned that NAD+ is the fuel for our innate DNA repair process and essential for our mitochondrial functions. Review chapter five, 5.5. on how to increase NAD+ and NADPH levels.

Stem cell therapies can also help reduce inflammation, boost immunity and lengthen telomeres by repairing and renewing damaged tissues and cells in our body.

Telomeres are the endcaps of our chromosomes that protect our DNA in each cell. As we age, the telomeres shorten and the

cell's ability to heal, repair, renew and regenerate declines.

In addition, shockwave therapy also promotes regeneration of aging and damaged tissues in our body. Find a provider with the Sanuwave device, currently the best on the market.

Review my book *Stem Cells 1-on-1: 7 Questions You Should Ask When Considering Regenerative Medicine* for more information.

Learn more about the other natural compounds that help hack our NK cells below.

STIMULATE YOUR LYMPH FLOW

The lymph system transports immune cells through the body and brings dead cellular debris to the places where it can be removed or recycled, and is crucial in optimizing our immunity. The lymph system is often neglected and overlooked.

What is lymph?

Lymph is analogous to blood in that they both are liquids circulating in the body, but the similarity stops there.

Unlike red blood's circular, pumped (by the heart) movement, clear-to-white lymph moves just one way: out. Lymph has no organ pump, and so it's up to us to stimulate our lymph system through movement, some deep breathing and a healthy lifestyle. We need to be proactive when it comes to lymph management.

Unlike blood, lymph is 95 percent water. Interstitial fluid is the water all around and between our cells. This fluid contains immune cells, proteins, fats and other essential substances. Lymph also contains water from blood plasma.

Lymph is your body's liquid trash can. It picks up waste products formed from all the chemical reactions needed to keep us alive, ushering them out of our body. There is also a toxic load of environmental chemicals, including heavy metals that needs to exit our body before they start wreaking biological havoc.

Our lymph hardware:

- ✓ Lymph vessels are woven through-out almost all the tissues and organs.
- ✓ Lymph nodes serve as checkpoints for mostly dead or dying immune cells that

have already done their job fighting infection or are in the heat of doing so.

- ✓ Lymph organs like the tonsils, thymus, and spleen serve as immune cell factories.

Given that about 60 to 80 percent of the immune system resides in the gut, it should come as no surprise that the gastrointestinal (GI) tract also contains some lymphatic tissue making it part of the lymphatic system.

Vessels carry lymph to the collection centers (nodes). The vessels become part of a more extensive, denser network that eventually morphs into lymphatic ducts, just like small streams emptying into larger ones and finally winding up in a river. The ducts then deposit lymph into veins until it finally exits through the bladder, bowel and sweat.

The lymph system is thus like a plumbing system. You need to make sure it stays unclogged and keep the piping clean. If not, it becomes a breeding ground for bacteria. A congested lymph system leads to accumulation of debris, waste, toxins and pathogens, dead blood cells and cancer cells. In addition, vital compounds such as white blood cells and fat-soluble vitamins are unable to reach the cells if the lymph system is

obstructed.

A major part of the lymphatic system is the interstitium, which is a network of connective tissue that surrounds nearly every organ, particularly the respiratory and digestive systems and our skin.

Researchers discovered that the interstitium consists of a series of interconnecting fluid-filled sacs. Besides being the primary source of lymph fluid, the interstitium is also an important fluid compartment for the entire body.

Ignored and underrated by medicine and science for far too long, our lymphatic system is now known to have several critically essential roles in keeping us healthy.

Researchers discovered that this “white blood” (as Hippocrates once described it):

- ✓ Detoxifies against microbes and other toxic substances.
- ✓ Returns some excess protein molecules and fluid back to circulation.
- ✓ Absorbs lipids (fatty substances) and fat-soluble vitamins (vitamins A, D and E) from our GI tract and exports them into our bloodstream and on their way to the

cells.

Some other very important functions include immune system functions and tasks, draining waste from every tissue in the body, draining plaque and other toxins from the brain (approximately three pounds per year), picking up and processing proteins and fats that are too large to enter the bloodstream, etc.

Given how vital these functions are, it makes sense to keep lymph flowing so that you can live toxin-free.

Besides an unhealthy lifestyle and lack of movement, the following are common causes of lymph blockage:

- ✓ Microbial infection
- ✓ Parasitic infection
- ✓ Cellulitis (inflammation of cells)
- ✓ Removal of a lymph node
- ✓ Surgery
- ✓ Radiation therapy
- ✓ Tumor
- ✓ Injury

Common signs and symptoms of a lymph blockage:

- ✓ Swollen ankles
- ✓ Puffy eyes
- ✓ Congested head
- ✓ Cellulite (lumpy fat deposits)
- ✓ Painful and hard swellings (especially in neck, armpits, groin area)
- ✓ Constipation
- ✓ Mucus and phlegm production
- ✓ Bloated stomach or extremities
- ✓ Stiff or painful joints
- ✓ Excessive sweating
- ✓ Chronic sinus infections
- ✓ Eczema
- ✓ Brain fog
- ✓ Chronic headaches
- ✓ Sluggishness

If you have one or more of these signs of lymphatic blockage, you are simply unable to eliminate toxins effectively, contributing to toxemia.

Here are the natural consequences when one or more parts of our lymphatic system are clogged up:

- ✓ Toxic byproducts of normal cell growth and reproduction remain trapped in cells.
- ✓ Old and used immune cells fester in our lymph system.
- ✓ Foreign bodies like bacteria, viruses,

parasites and mold remain engulfed by immune cells with no place to go.

- ✓ Environmental chemical residues and heavy metals, that entered our body through food, water, air and/or consumer products, are trapped and cannot be eliminated.

We know how toxemia is the cause of all so-called diseases, so we need to remedy the situation and get our lymphatic flow repaired quickly and functioning normally again, fast. If not, besides lots of swelling, secondary complications like chronic wounds or ulcers, and, in some cases, cancer (lymphoma), may appear.

Fortunately, there are many steps you can take immediately to keep your lymph draining well and prevent lymph clogs and blocks.

Strategies and Therapies:

The flow of the lymph system solely depends on the movement of the muscles and joints during activity. Here are some effective and proven strategies to keep your lymph system clean, unclogged and moving:

Movement and Exercise:

To stay healthy, we don't necessarily need to play organized sports or go to the gym. We can, of course, but simple movement suffices to stay healthy. Movement promotes circulation and oxygenation in our body, which positively affects every single cell. Movement also promotes lymphatic flow and drainage.

Simply don't sit still and be sedentary. Get up often and move around, play with the kids, grandkids or pets, take a walk or many short walks during the day, find a hobby, participate in new activities, learn to dance, etc. When you sit still, the lymphatic flow halts, and when this happens, lymph clogs and blocks occur.

Vibration and Rebounding:

Rebounding, vibration and whole-body shaking generate g-forces that increase lymph flow and lymph fluid drainage and filtration through the several hundreds of lymph nodes throughout the body.

- Use a mini-trampoline and jump for 10 minutes, once per day, or
- Use a vibration platform or power-plate for 10 minutes, once or twice per day, or
- Perform full-body qigong shaking (for instructions, use YouTube).

Diaphragmatic Breathing:

Most people are not aware of how they breathe and how they should be breathing to maximize oxygenation.

Most of us are what we call “shallow chest-breathers”. Just take a moment and notice how deeply you are breathing at this very moment. You are breathing shallow, right? And now try and notice which part of your body moves when you breathe? Does your chest slightly move up and down, or does your stomach move in and out? Most likely, it’s your chest moving. Hence, most of us are “shallow chest-breathers”.

Shallow breathing only fills about 20 to 30 percent of the lungs, and this is enough to carry out basic metabolic functions. However, when we work or exercise or need more energy, we need a lot more oxygen. To alkalize the body, we also need more oxygen.

The part of the lungs that is filled with oxygen during shallow breathing is the upper lobes, not the lower lobes. Many health problems thus arise because of poor blood flow in the lower lobes of the lungs. Chronic fatigue, anxiety, panic attacks, digestive problems (reflux, heartburn, bloating, gas), chest pain

and palpitations, muscle cramps (neck and back), numbness and tingling in the extremities, headaches and migraines, disturbed dreams and hallucinations may all be caused by insufficient oxygenation.

Proper breathing or deep breathing is done by contracting the diaphragm, a muscle located horizontally between the chest cavity and stomach cavity. Air enters the lungs, and the belly expands during this type of breathing. This deep breathing is marked by expansion of the abdomen rather than the chest during inhalation.

How do we do this deep or diaphragmatic breathing?

Place one hand on the chest and the other hand on the stomach. Breathe in slowly and deep as to fill up your lungs from the bottom all the way up. If done correctly, you will feel your stomach push your hand up while your chest just moves a little bit with your stomach. This deep breathing fills up the lower lobes of the lungs and the diaphragm contracts. This contraction makes your stomach stick out.

This breathing technique not only maximizes oxygen intake into the lungs with each breath, but also stimulates contraction of the

diaphragm, which enhances circulation, helps empty the organs and promotes lymphatic flow.

Start practicing this technique three to five times per day, and prior to any activity or when you feel fatigued and tired, stressed or just need physical or mental energy. Just take 10 breaths each time. Your inhalation should take about one second, then hold for three to four seconds, and exhale for about two seconds.

Thoracic Flexibility

Many of us are stiff and rigid in our upper and mid-back section and exhibit poor mobility of the ribcage and/or a poor posture. The ribcage, just as the diaphragm, operates as a major pump for the lymphatic system and helps collect and remove toxins.

A knowledgeable chiropractor or physical therapist proficient in manual therapy techniques can help increase flexibility and mobility of the thoracic spine and ribcage, and also help improve posture.

Meditation

Deep breathing, as practiced during

mindfulness meditations, gets the entire rib cage involved which makes the body not just remove gaseous carbon dioxide waste products from your lungs, but also squeezes and stimulates the lymph from even the tiniest interstitial spaces and pushes it toward its exit ducts.

Perspiration

Exercise as well as infrared saunas can promote sweating. Sweating is a primary mechanism of expelling toxins from the body and circulating lymph flow.

Massage

Any type of massage, including deep tissue massages and self-massages with a foam roller, can help improve lymphatic flow and drainage.

Loose Clothing

Tight-fitting clothes and garments can restrict lymphatic flow. Bras, in particular, could impair drainage of fluid from the breasts, chest and arms because lymph nodes are highly concentrated in this area.

Men also should consider wearing loose

clothing (even tunics, cloaks and kilts when appropriate) and at least wear boxers versus briefs.

Hydration

Our lymph system and interstitium, just as our blood, needs water to facilitate lymph flow. Drinking ample purified, mineral and hydrogen infused water is key to a healthy immune system. A general guideline is to drink a minimum number of ounces of water equal to your body weight in pounds divided by two. For example, if you weigh 140 pounds, drink a minimum of 70 ounces of clean water daily. You may add some lemon.

A protocol designed to rehydrate your lymph system and improve a sluggish immune system involves sipping warm water every 15 minutes throughout the day for two-consecutive weeks.

Herbal Lymphatic Drainage

Several herbs are known to help boost and detoxify the lymphatic system.

Astragalus (root) supports the entire lymphatic system and is especially helpful in cleansing the skin-related lymphatic tissue.

In ancient China, astragalus was used as an expectorant to facilitate mucus and phlegm elimination, and as a diuretic to flush out lymph buildup through the kidneys. Astragalus is also used to help diarrhea and upper respiratory infections, both of which may signal lymph drainage problems.

As an added plus, the astragalus root contains saponins which play an essential role in its expectorant function, but that's not all. Saponins are also known to be:

- ✓ Anti-inflammatory
- ✓ Antifungal
- ✓ Antiparasitic
- ✓ Protective of blood vessels
- ✓ Cholesterol-lowering

Astragalus helps calm an overstimulated immune system and sympathetic nervous system caused by a congested and toxic lymphatic system.

Ginger root is well-known to cleanse and boost the lymphatic system, and it also clears metabolites from the collecting ducts of the kidneys.

Burdock root has been a staple of many Asian kitchens for thousands of years, and has many

medicinal qualities, especially ones for lymph detox. It is a great detoxifier that, as a diuretic, flushes toxins out of our body.

Besides being a superb antioxidant and antibacterial, burdock root has traditionally been known to offer therapeutic benefits in the case of:

- ✓ High blood pressure
- ✓ Gout
- ✓ Hepatitis and other liver diseases
- ✓ Cancer
- ✓ Diabetes

Burdock root recharges our lymph organs and can be used to relieve any spleen and tonsil swelling or infection.

Red root decongests lymphatic vessels and prevents the development of fibrous tissue. Red root cleans the lymphatic ducts of the intestines, which move protein and fats into the blood. This important function can help reduce swelling in the extremities, “food comas” and feeling bloated after meals.

Ocotillo stem is traditionally used by Native American tribes to stimulate the detoxification processes of the lymphatic system.

Stillingia root, or queen's root, decongests mucus membranes and lymphatic vessels, and helps detoxify the lymphatic system.

Sheep sorrel leaves add tangy tartness to soups, sauces and stews, making it a prized culinary ingredient in many world cultures. When dried and added to teas, or taken as a supplement, the tannins in sheep sorrel do their magic.

Tannins are chemicals that have many lymph-supporting characteristics including:

- ✓ Anti-inflammatory
- ✓ Antiviral
- ✓ Antibacterial
- ✓ Antioxidant
- ✓ Antifungal

The astringent property of tannins to dry up liquids makes sheep sorrel perfect for treating many lymph-related issues. For example, if you're suffering from a sinus infection (sinusitis) with copious amounts of mucus, sheep sorrel will dry it up in no time, all naturally.

Slippery elm bark hails from a native North American tree, the slippery (or red) elm. The inner bark contains astringent, antifungal

tannins as does sheep sorrel. So, slippery elm bark can assist with lymph detox in many of the same ways that sheep sorrel does.

People with respiratory issues such as sinusitis or lung congestion may especially benefit. Slippery elm bark also provides a soft fiber called mucilage. When combined with water already present in our body, it soothes inflamed tissues or mucous membranes by forming a jelly-like protective coating. In this manner, slippery elm bark soothes sore throats. Similarly, it could alleviate the discomfort caused by ulcers.

Turkey Rhubarb has been used in ancient China for thousands of years, primarily as a laxative. Extensive scientific research in the last 15 years reveals that turkey rhubarb has several amazing properties:

- ✓ Anti-inflammatory
- ✓ Antioxidant
- ✓ Antimicrobial
- ✓ Antifungal
- ✓ Antivirus
- ✓ Anti-cancer
- ✓ Immuno-enhancing

Turkey rhubarb contains chemicals called anthraquinones, usually associated

with bright-colored textile dyes, but there's much more to anthraquinones than what's pleasing to the eye. Anthraquinones are the key movers in popular aloe vera, which you probably use in a body lotion or face cream for its superior antioxidant properties. Turkey rhubarb is a prime mover (in more ways than one) of our lymphatic system.

Chuchuhuasi is a Peruvian word for trembling back, referring to the tree bark's use to soothe back pain and arthritis.

The large chuchuhuasi canopy tree calls the deepest recesses of the South American Amazon basin its home. Indigenous people have depended on the therapeutic qualities of this tree's bark, including antioxidant, antimicrobial and antitumor properties, for thousands of years.

Chuchuhuasi supports lymph drainage and is used to help ease the effects of GI (gastrointestinal) problems including ulcers, sore throat and bronchitis.

There are many tree “cousins” to chuchuhuasi, which also have similar anti-inflammatory properties. They help alleviate a wide variety of stomach and skin problems. Tingenone is the chemical believed to be responsible for

many of the beneficial health effects of chuchuhuasi bark.

Graviola, also known as soursop or pawpaw, among many other names, is a tropical rainforest tree and the go-to natural medicine in many cultures including those in Africa, Southeast Asia and South America.

It has held its star position for thousands of years because it reliably and safely performs in many health-promoting ways. Here are just a few of the lymph-supporting qualities of graviola:

- ✓ Anti-parasitic
- ✓ Anti-malarial
- ✓ Astringent
- ✓ Anti-inflammatory
- ✓ Anti-microbial
- ✓ Analgesic
- ✓ Antioxidant

The anti-cancer powers are the subject of much recent scientific scrutiny. This is due to a large class of chemicals called acetogenins in this tree species. Several studies report that some acetogenins are thousands of times better at killing cancer cells than some pharmaceutical drugs. Better yet, they specifically target cancer cells while leaving

healthy cells alone, so they can continue to carry out their functions.

Ayurvedic Detox (Panchakarma)

Panchakarma is a Sanskrit word that means “five actions” or “five treatments”. The cleansing protocol comes in various forms and methods and is recommended once per year. The many benefits of this ayurvedic detox protocol include increased immunity, enhanced detoxification, improved digestion and improved skin health.

GUT HEALTH

The gut makes up the microbiome. The microbiome harbors many kinds of bacteria, flora and other organisms. The “good” bacteria help control the harmful colonies of “bad” bacteria. They also provide a chemical barrier against harmful microbes by affecting the pH (acidity) of the gut, and they produce antimicrobial substances to fight pathogens.

Gut flora activate immune functions and regulate inflammation in the body. An estimated 60 to 80 percent of the immune system is found in the gut-associated lymphoid tissue (GALT), located just outside

the intestinal lining.

The intestines are lined with mast cells, which are immune cells that coordinate the immune and nervous systems' responses to infectious agents and toxins.

Let us also state that the health of our GI-system has a vast effect on the health of our body, mostly because everything we consume must pass through the GI-tract.

All foods, beverages and medicines pass through the GI-tract. A multitude of chemicals and toxins exist in or on these foods, beverages and medicines, and must be neutralized and converted to harmless byproducts for elimination.

Our perverse eating habits obviously stress out our GI-tract, resulting in symptoms such as bloating, stomach upset, fatigue, achiness, reflux, heartburn, nausea, dizziness, bowel inflammation and IBS, among others.

Poor gastrointestinal health is a condition which lowers the overall level of good bacteria in the body.

Fermented Foods and Probiotics

So, what are these “good” bacteria or probiotics? The Joint FAO/WHO Working Group defines probiotics as “live micro-organisms which, when administered in adequate amounts, confer a health benefit on the host”. In plain English, probiotics are a type of living, “friendly” bacteria that act as balancing agents for non-friendly, pathogenic, gut-bacteria such as Candida or E. coli. When these probiotics, or “friendly” bacteria, are lacking, the “bad” bacteria wreak havoc and symptoms such as digestive upset, headaches, sluggishness and irritability, candidiasis (an overgrowth of the bacteria Candida albicans), inflammation, anxiety, etc. pop up.

Acidity, stress and poor lifestyle choices destroy our probiotics.

Natural food sources containing natural probiotics are the following:

One of the best probiotic foods is said to be live-cultured yogurt. Kefir is like yogurt as it is a fermented dairy product from a unique combination of goat’s milk and fermented kefir grains.

Made from fermented cabbage (and sometimes other vegetables), sauerkraut is extremely rich in healthy live cultures.

An Asian form of pickled sauerkraut, kimchi is an extremely spicy and sour fermented cabbage, typically served alongside meals in Korea and loaded with beneficial bacteria.

Probiotics are sometimes added to high-quality dark chocolate and provide up to four times the number of probiotics as many forms of dairy.

Ocean-based plants such as spirulina, chlorella and blue-green algae have been shown to contain high amounts of these probiotics, while miso, as in miso soup, is one of the mainstays of traditional Japanese medicine, and is commonly used in macrobiotic cooking as a digestive regulator.

Made from fermented rye, beans, rice or barley, adding a tablespoon of miso to some hot water makes an excellent, quick, probiotic-rich soup, full of lactobacilli and bifidus bacteria.

The dill pickle or green pickle is also an excellent food source of probiotics. A great substitute for meat or tofu, tempeh is a

fermented, probiotic-rich grain made from soybeans.

Kombucha tea is a form of fermented tea that contains a high amount of healthy gut bacteria and has been used for centuries. This tea is believed to help increase energy and assist in weight loss.

These food sources are most abundant in probiotics, but, as you can see, some of them are dairy products. Our body has no need for any dairy product.

So, we need to obtain our probiotics from fermented foods. Let's discuss briefly what fermentation really is.

Simply stated, fermentation is the breakdown of complex molecules in organic compounds caused by bacteria or micro-organisms. An example of fermentation is that when grapes are transferred or crushed into a press and cultured yeast is added, the sugar in the grapes converts into alcohol. In plain English, these bacteria start our digestion before we ingest our food.

Therefore, we consider fermentation to be an act of external pre-digestion. This pre-digestion facilitates the actual digestion and

assimilation of foods in our body. The bacteria partially break down our food for us, prior to ingestion, to make it easier on our own digestive system.

When in a compromised state of health or, in case of digestive or GI-problems, these probiotics are vital for recovery.

Bacteria coexist in symbiosis within the human organism. Without these bacteria, human life wouldn't exist. The onslaught of toxins and the extreme stress we impose on our digestive system warrants for more of these "good" bacteria.

What about probiotic supplements?

Probiotic supplements may be of value in a compromised state of health. However, the consumption of fermented foods on a regular basis has been shown to contribute greatly to the presence of healthy flora in the gut. It's always better to prevent than treat.

When probiotic supplements are indicated, be aware that only a few of the several billion cultures will survive the stomach (acid kills) and end-up in the intestines. These few "lucky" bacteria will start colonizing (multiplying exponentially) in the intestines

and restore the flora. Hydrogen water is the real solution since it will bring the electrical potential to -300mv which allows the “good bacteria” (anaerobic bacteria) to colonize.

Antibiotics vs. Probiotics

As the adage goes, an ounce of prevention is worth a pound of cure. Probiotics, like most of the cornucopia of Complimentary & Alternative Medicine, so called “natural” medicine, is largely a proactive step toward the maintenance of health. Probiotics supplement and boost normal physiologic function, allowing for inherent biological processes to take place, including immunological processes.

Antibiotics are a reactive measure designed to deal with an exposure to a bug hell bent on killing us. They are like calling in the Marines to quell an invasion when local law enforcement is overwhelmed and faltering.

Antibiotics are equal-opportunity killers, and often our natural flora becomes a casualty of “friendly fire”. Maintenance of our own probiotics may forestall the need to deploy more invasive countermeasures such as antibiotics.

Fibers, Minerals and Herbs/Plants

Our SAD (Standard American Diet) is deficient in plant fibers. Fiber is indispensable in maintaining a healthy colon and GI-tract, and will assist in complete, fast and easy bowel movements.

Both soluble and insoluble fiber help to loosen the stool, absorb and eliminate fat and toxins, reduce transit time and make elimination effortless and complete.

Most veggies and fruits contain fair amounts of fiber, but the following sources are extra rich in dietary fiber:

Psyllium husk is the covering of seeds grown on a plant, named Plantago Psyllium, which flourishes in the Middle East. Psyllium husk has long been recognized as an excellent means of getting more dietary fiber into one's diet because it has a high fiber count in comparison to other grains.

Oat bran, also a good source of fiber, has about five grams of fiber per one-third of a cup. Psyllium husk, on the other hand, contains approximately 71 grams of fiber for that same one-third of a cup. This heavy dose of dietary fiber makes psyllium husk the

choice of many who manufacture dietary fiber supplements and powders like Metamucil.

For those suffering from constipation or diarrhea, appropriate daily dietary fiber intake can help improve these conditions. As psyllium husk travels through the human digestive tract, it absorbs water, but is not digested. This results in stool that is bulkier, but also softer, translating to fewer problems with passing stool.

Some studies have also suggested that regular use of psyllium husk supplements may help pass more fat in stools, translating to weight loss.

Possible adverse reactions may include diarrhea and flatulence if consumed in higher doses. Some people are severely allergic to psyllium husk.

The most important thing to remember when taking psyllium husk is to take it with lots of water.

Prunes are a dried type of plum. As a food, the health benefits of prunes are significant. They have long been used to maintain healthy bowel activity and are particularly helpful in ending constipation. A quarter-cup serving of

prunes contains a healthful 12 percent of one's daily dietary fiber needs. Prunes are also high in vitamin A and potassium, and are known for their antioxidant benefits, containing a fair amount of beta-carotene.

Pectin is a soluble fiber from apples and citrus fruits, and is commonly used to make jellies and jams. Pectin relieves constipation by acting as a bulking agent and protecting against colon cancer.

Many fruits and vegetables contain fiber that will assist in maintaining good health.

Minerals:

Minerals are abundant in fresh veggies and fruits, and assist in alkalizing the body and neutralizing toxic and acidic compounds.

Magnesium is especially beneficial in relaxing the bowels and promoting normal (once or twice a day) bowel movements. Great food sources for magnesium include dried herbs such as coriander, chives, spearmint, dill, sage, basil and savory. Great as a snack or in a salad are pumpkin, squash and watermelon seeds. Other seeds packed with magnesium include flax seeds, sunflower seeds and sesame seeds. Cocoa powder and molasses (a

good substitute for refined sugar) are also great sources of magnesium along with several nuts: Brazilian nuts, almonds and cashews.

Detoxifying Herbs and Plants:

For the record, all herbs, plants, fruits and vegetables have detoxifying properties because they contain various essential nutrients, fibers, vitamins, minerals and so on. They are also rich in natural water, and all of them therefore assist in detoxification of the body.

Ginger has many health benefits. Most importantly, it is one of the most powerful, natural anti-inflammatories on this planet. Ginger is also used to cleanse the colon (bowel disorders) and stimulate circulation. Ginger can relieve dizziness, sweating, nausea, headache, fever, cold/flu symptoms and pain. Ginger is a strong antioxidant with antimicrobial properties (used to treat sores and wounds).

Fennel is a highly aromatic and flavorful herb with culinary and medicinal uses. Fennel is mainly used with purgatives to allay their side effects. Fennel water has properties similar to those of anise and dill water. Mixed with

sodium bicarbonate and syrup, these waters constitute the domestic “Gripe Water”, used to ease flatulence in infants. It can also be made into a syrup to treat babies with colic or painful teething.

For adults, fennel seeds or tea can relax the intestines and reduce bloating caused by digestive disorders. Essential oil of fennel has these properties in concentration.

The licorice plant is a legume (related to beans and peas), native to southern Europe and parts of Asia. Powdered licorice root is an effective expectorant and has been used for this purpose since ancient times, especially in Ayurvedic medicine where it is also used in tooth powders.

Modern cough syrups often include licorice extract as an ingredient. Additionally, licorice is also a mild laxative and may be used as a topical antiviral agent for shingles, ophthalmic, oral or genital herpes. It’s also used as an aid for healing stomach and duodenal ulcers, and can be used to treat ileitis, leaky gut syndrome, irritable bowel syndrome and Crohn’s disease, as it acts as an antispasmodic in the bowels.

A common and affordable sweet for children in

parts of the United Kingdom and Europe was a tender stick of rhubarb, dipped in sugar.

Rhubarb is used as a strong laxative and for its astringent effect on the mucous membranes of the mouth and the nasal cavity. The roots have been used as an aggressive laxative for more than 5,000 years. Therefore, rhubarb also has been used occasionally as a slimming agent.

Kelp compounds cleanse the digestive tract and eliminate toxins. They absorb toxins from the bowel and provide bulk for stool. Kelp is also an excellent source of calcium, magnesium, sodium and iodine. As you may already know, iodine is crucial for thyroid function and increases metabolic rate. Iodine strengthens connective tissues (hair, skin and nails), and is effective in the treatment of hypothyroidism, enlarged glands, debility, fatigue, eczema, psoriasis, arthritis and obesity.

Senna is a large group of around 250 species of flowering plants, native throughout the tropics. Senna is currently used in medicine as a laxative. Sennas act as purgatives and are like aloe and rhubarb regarding their active ingredients, anthraquinone derivatives and their glucosides. The latter are called

sennosides or senna glycosides.

Senna acts on the lower bowel and is especially useful in alleviating constipation. It increases the peristaltic movements of the colon.

Alginate (also referred to as algin or alginic acid) is a viscous gum, abundant in cell walls of brown algae. Alginate is effective in absorbing poisonous metals from the blood.

Cascara sagrada (Spanish for “sacred bark”) comes from the American buckthorn tree native to the western coast of North America. It is a laxative and one of the few herbs approved as an over-the-counter drug by the FDA. The main ingredients of cascara sagrada are anthraquinones, which stimulate the bowel.

This herb also provokes secretion of fluid and minerals into the large intestine and inhibits their reabsorption. It is therefore recommended for situations in which a soft, easily passed stool is desirable, such as with hemorrhoids or following rectal surgery.

Goldenseal is one of the most popular herbs on the market today. It was traditionally used by Native Americans to treat skin disorders,

digestive problems, liver conditions, diarrhea and eye irritations.

Goldenseal is bitter and therefore stimulates the secretion and flow of bile, and can also be used as an expectorant. It also has strong activity against a variety of bacteria, yeast and fungi, such as E. coli and Candida.

Goldenseal is used for infections of the mucus membranes, including the mouth, sinuses, throat, the intestines, stomach, urinary tract and vagina. Goldenseal was also the center of a myth in that it could mask a positive drug screen. This false idea was part of a novel written by pharmacist and author John Uri Lloyd.

Some of my other personal favorite foods and herbs for detoxification and gut health include artichoke, asparagus, barley, basil, chives, cress, bok choy, kale, cauliflower, wasabi, cilantro, pineapple (bromelain), celery, cucumber, aloe vera and mint.

Colostrum

Colostrum is the first secretion of the mammary glands in both humans and animals, and serves as a form of passive immunity, transferring antibodies from

mother to infant. Colostrum provides a significant dose of antibodies such as IgA, IgG and IgM, all of which help fight pathogens in the intestinal tract.

Infants have a greater intestinal permeability at birth, but their gut lining becomes less permeable quickly due to the intake of colostrum from the mother's breast milk.

Later in life, the damaging effects of toxins, glyphosate, processed foods, rancid vegetable oils and inflammation in our body can cause the gut to become permeable again, leading to a "leaky gut". A "leaky gut" results in rampant, full-body inflammation and an overactive immune system.

Research shows that the growth factors in colostrum are effective in preventing the gut lining from becoming permeable by patching up the gaps in the intestinal lining that otherwise may lead to a "leaky gut".

Colostrum is also known to banish gastric distress when exercising in warm weather, is a potent growth hormone precursor, and helps build muscle.

Even though I'm not a proponent of dairy, I would recommend colostrum to repair and

rejuvenate the gut lining when indicated. However, I would not use it daily. I prefer to reduce inflammation in the body and limit the ingestion and exposure to toxins.

ESSENTIAL NUTRIENTS AND OILS FOR IMMUNE SUPPORT

The following nutrients and oils have been proven to optimize, directly or indirectly, immune function and/or reduce inflammation and oxidative stress in our body.

Some key nutrients, essential for optimal immune function, are Glutathione, vitamin C, D, E, zinc and selenium. These nutrients were discussed in more detail in chapter ten, 10.5.

Echinacea

Research has shown that there are many immune-supporting functions of echinacea. Besides preventing the common cold and flu by 50 percent and significantly reducing the duration of a common cold, echinacea also effectively relieves upper respiratory symptoms such as inflammation and whooping cough.

Echinacea stimulates phagocytosis, a process by which lymphocytes and white blood cells

attack parasites, bacteria and other pathogens. Furthermore, echinacea has shown to stimulate the production of T-cells and macrophages in the blood and enhances the concentration of natural immune compounds in the blood, including immunoglobulin, interleukin and interferon.

Echinacea protects against free radical damage and increases the expression of heat shock proteins. Heat shock proteins are produced when our body is exposed to heat, inflammation, oxidative stress, environmental stressors and toxins. They are crucial in preventing cell damage and repairing cells after injury. They are important in antigen presentation, especially after a viral infection as they signal to the body that an antigen is foreign.

Elderberry

There are about 30 types of elder plants and trees found around the world. The European version (also known as *Sambucus nigra*) is the one most closely tied to our health and healing. Its history dates as far back as 400 BC, and Hippocrates, the “Father of Medicine”, called the elder tree his “medicine chest”.

The berries and flowers of elder berry (the

plant itself is poisonous) are packed with antioxidants, vitamins and anthocyanins. Research shows that these anthocyanins have potent immunostimulant effects. They help with colds and flus and help reduce inflammation, lessen stress and protect the heart. One can use elderberries and make a wine, tea or tincture, or simply take a supplement. Effective doses range from 500 to 1,000 mg per day.

Andrographis & Adaptogens

I have personally studied adaptogens for a few decades now, especially their effects on stress and performance enhancement.

Adaptogens are a unique class of plant medicines that provide everything the body needs to survive, balancing or adapting our systems to address even complex disease processes. They can help the body cope with both mental and physical stress, and can have a wide variety of effects, which include supporting healthy function of the adrenal glands.

The best known and well-researched adaptogens include Andrographis, Asian Ginseng, American Ginseng, Ashwagandha, Eleuthero, Schisandra, Rhodiola and Shilajit.

The amazing benefits of Andrographis are at the forefront of scientific research. Currently, more than 800 studies investigating the health benefits of Andrographis can be found on PubMed. The benefits are too many to mention, but include a healthy inflammation response, immune defense, liver support, joint health, energy and mental clarity, anti-viral and anti-bacterial support, DNA protection from oxidative stress and much more.

I suggest you research Andrographis and other adaptogens in more detail. A dose of 200 to 400 mg daily is recommended.

While cannabis is not officially classified as an adaptogen, it meets all the criteria of being a nontoxic, natural plant that has a stress-reducing effect on the body.

Cannabis, CBD-oils and adaptogens work in similar ways, so they may boost or enhance each other when taken in combination. Learn more about cannabis and CBD-oils later in this book.

Oregano Oil

Oregano (*Origanum vulgare*) is an herb and a member of the mint family. PubMed lists almost 200 studies on the beneficial properties

of oregano oil (wild organic oregano oil and not the thyme-based oregano oil), and more than 800 studies showing the benefits of carvacrol (a primary ingredient of oregano oil) for fungal and bacterial infections, viruses, parasites, candida, indigestion, inflammation, allergies, tumors, etc. It even reduced the side-effects of medication.

Oregano oil is a potent protector of our immune system. If you purchase a supplement, make sure 80 percent or more is natural carvacrol and not thymol (from thyme). Besides a daily oral intake, you could use a few drops on your toothbrush, apply some drops to wounds or infections (including staph and MRSA), use it on the skin to kill warts or fungal infections, and use it during cold and flu season, of course.

Thieves Oil

Thieves oil includes a combination of various herbs and spices, typically cinnamon, rosemary, eucalyptus, cloves and lemon.

It's worth your time to look up the history of Thieves oil and look at the vast amount of research studies showing its health benefits, including:

- ✓ Antimicrobial activity

- ✓ Respiratory support
- ✓ Microbiome support

These three main areas of support make Thieves oil a potent immune protector.

Bee Products

Bee products, including raw honey, bee pollen, royal jelly and propolis, are known to support the immune system in various ways.

Raw honey, unlike the average pesticide and herbicide laden and nutrient deprived syrup we find in grocery stores, is loaded with minerals, enzymes (so many that it's the only food that never goes bad), antioxidants, flavonoids, carotenoids, proteins, etc. Raw honey has anti-viral properties also.

Research shows that Manuka honey, produced by bees that feed on the nectar of the tea tree, inhibits flu virus replication and is more effective than the ingredients in popular cough medications at both improving cough and sleep quality in patients with upper respiratory infections. The primary anti-flu component of Manuka honey is MGO (methylglyoxal). Check the label and make sure your MGO rating is above 80.

While bee pollen and royal jelly are both

nutrient dense superfoods and have a multitude of health benefits, when it comes to immune support, propolis is the most potent of them all. Propolis, or “bee glue”, is used by the bees to seal holes and cracks in the beehive. It hardens the walls and makes the beehive aseptic inside.

Propolis contains more than 300 natural compounds that have been shown to help immunity. Studies verify that propolis has the following properties: antiseptic, antibacterial, antifungal, antioxidant, anti-inflammatory, antiulcer, antimycotic, anticancer and immune-modulatory.

Keep raw, organic honey, bee pollen, royal jelly and propolis in your pantry and use daily.

Mushrooms

Mushrooms are loaded with essential nutrients including B-vitamins, minerals, antioxidants, fiber, protein, beta-glucans and other bioactive molecules that fight harmful viruses and bacteria. Most mushrooms are anti-inflammatory, anti-viral and prevent malignant tumor growth. They also stimulate our immune defense mechanisms.

Shiitake and Maitake mushrooms, tremella, reishi, and the turkey tail mushroom,

Cordyceps and Chaga (the king of medicinal mushrooms) help regulate (both potentiate and suppress as indicated) cell mediated and adaptive immunity.

I suggest a daily dose of these mushrooms. The easiest way is to get a blend (for example, the Four Sigmatic 10 mushroom blend). You can eat them, add them to a salad, or put a teaspoon in your morning drink.

Omega 3

Omega 3 fatty acids are incredibly important. They have many powerful health benefits for our body and brain. In fact, few nutrients have been studied as thoroughly as omega 3 fatty acids.

Omega 3 fatty acids are widely known to help with many diseases because of their anti-inflammatory properties.

However, studies now indicate that omega 3 fatty acids may not be immunosuppressive because they reduce inflammation, but they may stimulate our immune system by enhancing the activity of white blood cells (B-cells).

In autoimmune diseases, our immune system mistakes healthy cells for foreign cells and

starts attacking them. Type I diabetes is one prime example, in which our immune system attacks the insulin-producing cells in our pancreas. Studies show that getting enough omega 3 fatty acids during your first year of life is linked to a reduced risk of many autoimmune diseases, including type I diabetes, autoimmune diabetes and multiple sclerosis. Omega 3 fatty acids also help treat lupus, rheumatoid arthritis, ulcerative colitis, Crohn's disease and psoriasis.

Cannabis and CBD Oils

There is plenty of information and research available on medical cannabis and CBD oils. There is also accumulating evidence (more than 23,000 scientific, peer-reviewed publications worldwide) of its physiological benefits and therapeutic effects.

In most states, a certified physician can now evaluate the patient and, when indicated, have the state issue the patient a medical marijuana card. The physician writes a prescription, and the patient can get the medical cannabis at a local dispensary with the card.



In my opinion, this legalization has been great in battling our opioid crisis here in the U.S. The clinical efficacy is far greater, and the side-effect profile is far less than opioids.

Current emphasis is on breeding strain-specific ratios of cannabinoids, terpenes, etc. for targeted therapies. Make sure your physician is well-educated on these various strains so that he or she can provide a more customized and targeted prescription for your condition.

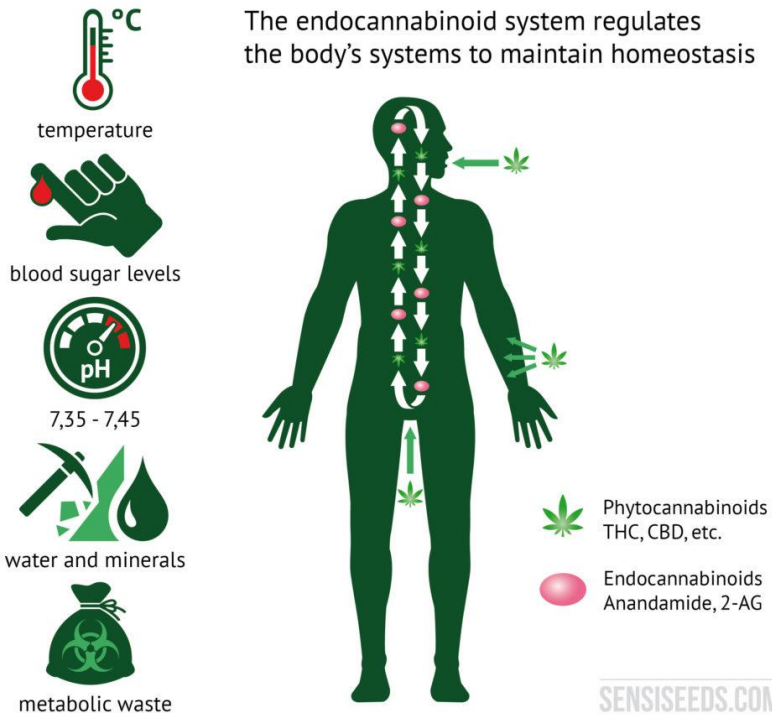
The ECS – Endocannabinoid System

Both the medical cannabis and the CBD oils stimulate the ECS system.

The ECS system was discovered in the 1980s (Howlett & Devane) and can be found in all mammals.

The ECS system regulates our body's homeostasis. Our body has millions of cannabinoid receptors, found on cell surfaces:

- CB1: brain (and CNS)
- CB2: body (immune system)



The ECS system can and must be stimulated by cannabinoids. There are phytocannabinoids (from plants), including CBD, THC, CBG, CBC, etc., and there are endocannabinoids (made

within our body) such as Anandamide and 2-AG.

Simplified, we need the cannabinoids from plants to allow our ECS system to function optimally and keep balance or homeostasis in the body.

There are hundreds of different brands of CBD oils on the market today, but only few are effective and pass the criteria of a high-quality oil.

Without going into detail, here are the criteria to examine and make sure you purchase a high-quality, potent and safe oil.

Make sure the oil is:

- ✓ Medical grade, organic, hemp-derived
- ✓ Clean, U.S.-based ingredients
- ✓ Full Spectrum (no Isolate)
- ✓ Ample dose (mg/mL) of cannabinoids
- ✓ Completely THC free (or <0.03%)
- ✓ No heavy metals, no solvents
- ✓ Quality-verified: GMP certification and Third- Party Laboratory Testing

A vast body of research shows the following benefits from medical cannabis and CBD oils:

- ✓ Relieves pain and inflammation
- ✓ Antipsychotic effects

- ✓ Reduces anxiety
- ✓ Helps fight cancer
- ✓ Relieves nausea
- ✓ May treat seizures and other neurological disorders
- ✓ Lowers incidence of diabetes
- ✓ Promotes cardiovascular health

Please feel free to check with me if you would like to know the best oils on the market today, and how to use them, as well as what dosage to take.

10.6. BIOHACKING COMPOUNDS

I would like to introduce some of the many biohacking nutrients and innovative therapies that have proven repair and longevity capabilities, accessing our bodies' vast inherent healing properties and making us superhuman, at least compared to our peers. Indulge and do some more reading and research, and experience for yourself.

Great books and references with hundreds of ways to upgrade your body and brain, and defy aging is *Boundless* by Ben Greenfield and *From Sick to Superhuman: The Ultimate*

Biological Optimization Blueprint by Matt Gallant and Wade Lightheart.

Download my app Biohacking Unlimited, and keep up with the latest and most innovative information on health, wellness, nutrition, anti-aging and useful biohacking strategies that you can implement to lower your biological age, objectively.

MORINGA

Moringa oleifera contains (gram per gram) more vitamin C than oranges, three times more iron than spinach, four times more calcium than milk, and significant amounts amino acids, healthy fats, antioxidants and anti-inflammatory compounds, hence why they called it the miracle tree. Take it as a supplement or grow it in your backyard and add to your salads.

STACS

Sirtuin-activating compounds (STACS) allow for proper genetic expression and less protein damage, extending life span. Eat a handful wild strawberries or blueberries daily, and/or use dark cacao powder or nibs, green tea extract or leaves, turmeric root in your

cooking and drink a glass of organic red wine.

PEPTIDES

Peptides are basically amino acids linked in a chain. Proteins are made up of one or more polypeptides. When injected, certain peptides are effective for mitochondrial support, longevity, energy, deep sleep and joint health. Look into BPC-157, TB500, humanin, MOTS-c, DSIP, FOXO4-DRI, Semax and Epithalon.

KETONE ESTERS

Ketone esters have been studied for many health benefits including weight loss, blood sugar regulation, lower inflammation, etc., but recently have also been found to increase longevity. The BHB (beta-hydroxy- butyrate) is the form best absorbed. The ketone drinks don't taste good, but you can add some natural sweetener.

THYMUS

The thymus gland produces T-cells and is critical to maintain an optimal immune system. You can buy and eat "sweetbreads" (breaded or fried thymus from pork, lamb,

veal or beef), take thymus extract or “glandular” supplements orally or as an injection (not cheap), or inject the peptide thymosin-alpha.

CARNOSINE

Carnosine is a molecule that contains two peptides, beta-alanine and histidine. It’s effective in eliminating lactic acid from the muscles and prevent fatigue during exercise. Besides its athletic performance enhancement capabilities, carnosine is also a potent anti-aging compound. Take 500 to 100 mg daily, let it accumulate in your body, and experience maximum results in 90 days.

UROLITHIN A

Urolithin A is a metabolite produced by the gut bacteria when they transform the tannins in pomegranate. Research shows improved mitochondrial function, muscle function, endurance, grip strength and longevity.

Being that urolithin A can cross the brain-barrier, it has shown to be effective against amyloid plaque formation and neurotoxicity. It also has proven effective against colon cancer.

You can eat whole pomegranates (with skin and seeds) or simply take pomegranate extract, ideally combined with the bacterial strains that produce urolithin A. Check out the company SEED.

SPERMIDINE

Spermidine is a natural substance found in wheat germ, whole grains, dark leafy greens, pears and mushrooms. It also can be purchased as a supplement. Spermidine promotes autophagy and promotes longevity. It works similar as the drug rapamycin, known for its effects on caloric restriction and anti-aging benefits, but without the side effects.

ASTAXANTHIN

Astaxanthin is a carotenoid produced by certain freshwater algae under conditions that threaten its survival. Astaxanthin is an antioxidant, a free radical scavenger, and stimulates our immune system by activating our natural killer cells. It can also fight inflammation.

Astaxanthin gives salmon the reddish color. You can take 20 to 30 mg per day as a supplement.

APIGENIN

Apigenin is the primary active compound in chamomile tea and is also found in onions, parsley and oregano. It inhibits the breakdown of NAD, promotes mitochondrial function and has anti-aging effects. You can drink the tea or supplement with 30 to 40 mg per day.

BIOCITROID™

Focus Plus+ activates all five intelligence hormones and naturally improves mental sharpness, focus and clarity for optimal performance. The innovative key ingredient is BioCitroid™, a revolutionary molecule extracted from citrus that activates the frontal cortex, encouraging hierarchical reasoning.

METHYLENE BLUE

Initially used as an antiseptic, methylene blue was subsequently prescribed as a treatment for malaria and gonorrhea.

Today, methylene blue is still used as a stain or dye, but it is likely best known as the antidote for a serious and life-threatening medical condition called methemoglobinemia, and is known as an antidote for cyanide and

carbon monoxide poisoning.

Methylene blue is used in the longevity and biohacking space as an antioxidant that improves memory by increasing brain cell respiration, or how the brain cell utilizes oxygen. It increases ATP production to provide more cellular energy for our body and better overall brain function including cognition, mood and memory.

DETOX OILS

As we have discussed toxemia and the exposure and/or ingestion of toxins that may cause free radical damage and systemic inflammation, it makes sense to discuss some oils that are effective in expelling and/or binding to specific toxins and pathogens and help keep toxemia and sickness in check.

I personally use the oils below and they can be found on my website.

C60

C60 is a key detox and anti-aging oil, discussed earlier in this chapter (10.5. Repair your DNA) and I apply it daily.

SILVER 23PPM

Silver 23PPM is made from just two ingredients: pure silver (threshold for impurity <1/1,000) and pharmaceutical-grade purified water. Silver has been used as a multipurpose remedy for a plethora of ailments for over 2,000 years due to its anti-bacterial properties.

Silver also has a wide range of other applications including for its antiviral and antifungal properties.

STS HEAVY METAL

Sodium thiosulfate (STS) is an industrial chemical with a long medical history. It was originally used as an intravenous medication for metal poisoning and has since been approved for the treatment of certain rare medical conditions including cyanide poisoning, calciphylaxis and cisplatin toxicity.

In vitro assays have demonstrated that it is an anti-inflammatory and neuro-protective agent, and therefore has potential for treating neurodegenerative diseases such as Alzheimer's disease, Parkinson's disease, etc.

Cilantro has proven to effectively remove lead, mercury and aluminum from the body, also.

Add to a salad or juice.

STR PINEAL

STR is a transdermal oil comprised of rishi mushrooms, organic vanilla, grape, spring water and pine terpenes to formulate this unique antitoxin. The terpenes are harvested from raw pine gum in South Georgia and are purified using the centuries-old practice of fire distillation.

STR works as an effective antifungal, antitoxin and parasite removing agent. Its benefits include a reduction in joint, muscle and nerve pain, as well as toothaches, infections and lung congestion.

GREEN BEE PROPOLIS

Bee propolis is a resin produced by bees for hive construction. It serves as a bacterial, viral, fungal and inflammation prohibitor. Bee propolis has a rich history of being used across a spectrum of civilizations and time periods for its medicinal uses including abscesses, wounds, tumors, infections and many more.

Its anti-inflammatory and antimicrobial properties make propolis helpful in wound-

healing. The propolis, which is used to reinforce the structure of beehives, works in the same way to reinforce your cell walls. Research has also suggested that propolis can help stop cancer from developing by slowing the multiplying of cancerous cells, as well as reducing the likelihood of cells becoming cancerous.

There are many other biohacking compounds available, and, based on your current health status and your goals, you need to select those which would benefit you the most during that stage. The nutrients and supplements presented in the “Optimize Immunity” section of this chapter are considered biohacking compounds, too.

10.7. BIOHACKING MODALITIES

Some of the well-known biohacking modalities and innovative technologies available today include:

- ✓ Stem cell-based therapies and exosomes
- ✓ Shockwave therapy
- ✓ HBOT (hyperbaric oxygen therapy)
- ✓ Ozon therapy
- ✓ BHRT (Bioidentical Hormone Replacement Therapy)

- ✓ Cold-baths or cryotherapy
- ✓ FIR sauna
- ✓ Grounding technologies (Anti-Aging Bed)
- ✓ PEMF (pulsed electromagnetic frequency) devices (such as the Beemer)
- ✓ Hydrogen water technology (Echo H2 system)
- ✓ Tesla frequencies and technologies
- ✓ Vibration technologies (VibraGenix)
- ✓ Brain-enhancement technologies (BrainTap, TRUCHIRO)
- ✓ Neuroscience technologies (NuCalm)
- ✓ Blood irradiation and transfusion devices

You can find more information on these technologies on my website resources pages, and the “shop here” page for discounts.

GROUNDING

Grounding or earthing is a simple way to release excess positive ions from your body. An excess of positive ions increases systemic inflammation and impairs cellular metabolism.

Expose your body as much as possible to the natural magnetic frequencies of Earth by planting your bare feet firmly on the ground, walking barefoot on grass or the beach or in

streams and waterfalls, etc. These practices expose our body to negative ions and release excess positive ions via cellular metabolism. I always walk barefoot when I can.

Grounding shoes or sandals, and wrist bands are also available to increase grounding time. During rest or recovery, we can use a grounding mat. I use a Beemer mat for 20 minutes after my workouts.

At night, I sleep on the Anti-Aging bed cover, as discussed in chapter five (step five). This way, I'm grounded about 50 percent of the time and help my body neutralize free radicals.

A great book to read is *Earthing* by Clint Ober, Stephen T. Sinatra and Martin Zucker, and a must-see documentary to is *The Grounded*.

PEMF

Science and medicine are continuously changing, but some modern technologies simply go back to the basics.

PEMF stands for "pulsed electromagnetic field", and has been recorded as used from as far back as 2000 BC, in which magnetic stones were used and described in a book called *The Yellow Emperor's Book of Internal Medicine*.

PEMF therapy uses bursts of low-level electromagnetic radiation to heal damaged tissues and bone, to relieve injury-related pain and even to stimulate organs.

The idea is that pulses at low frequencies will pass through the skin and penetrate deep into muscle, bones, tendons and even organs to activate the cell's energy and encourage its natural repair mechanisms.

EMF/EMR and PEMF therapy are not the same thing, though. Frequency and duration make all the difference. The therapeutic frequency of PEMFs look a lot like the frequencies we encounter in nature, so our body knows how to deal with it. Most PEMF treatments and maintenance will fall in the 5 to 30 Hz range, which is less than we get from a thunderstorm.

PEMF is a safe, natural level of EMF/EMR, and comes without the negative effects that come with man-made EMF sources such as cellphones and wi-fi.

Research shows that PEMF increases the number of our mitochondria in our cells and the respiration rate of our mitochondria, resulting in an increased production of ATP. In addition, PEMF increases circulation which results in better oxygenation, detoxification and recovery of cells and tissues.

Studies also show that PEMF reduces inflammation in our body and can down-regulate the production of inflammatory markers for chronic disease and cancer.

Furthermore, research shows that PEMF stimulates phagocytosis and helps modulate our immune system, protecting us from viruses, bacteria and other pathogens.

Many health and wellness practitioners offer PEMF treatments, and many devices for home-use are available on the market. I use the Bemer mat. You can purchase one at bodez.bemergroup.com.

A great book to read in this regard is *Healing Is Voltage* by Dr. Jerry Tennant.

STEM CELLS

Check out my book *Stem Cells 1-on-1: 7 Questions You Should Ask When Considering Regenerative Medicine*, or watch the podcast “Stem Cells 1-on-1” on my App or website MVTonline.com or biohackingunlimited.com

Stem cells play a key role in effective tissue repair and regeneration, but many other bioactive molecules, such as growth factors, cytokines, exosomes, hyaluronic acid (HA), collagens and scaffolding, need to be present.

The stem cells from birth tissue (placenta and umbilical cord) are far superior to your own stem cells, so watch out for outdated procedures that attempt to harvest stem cells from your own adipose tissue or bone marrow.

Regular stem cell or exosomes infusions, and PRP (platelet-rich plasma) treatments can help repair and renew damaged tissues and increase your lifespan and health-span.

SHOCKWAVE THERAPY

Used by professional sports teams and elite medical centers, shockwave therapy has shown significant benefit in reducing inflammation, improving local and systemic circulation, stimulating stem cell activity, improve repair and healing of damaged tissue, and optimizing the immune system.

Look for a provider with the OrthoGold SoftWave or, even better, the much-improved Sanuwave device. Be aware that some practitioners promote shockwave therapy, but their devices do not deliver real shockwaves, resulting in poor results.

HYPERBARIC OXYGEN THERAPY (HBOT)

HBOT delivers high-pressure air that is 100 percent oxygen via a facemask or a full-body chamber. You can find a provider or purchase a home unit.

HBOT results in high blood oxygen plasma levels, increased number of red blood cells, improved tissue healing, mitochondrial biogenesis, angiogenesis (new blood vessels) and DNA repair.

BIO-IDENTICAL HORMONE REPLACEMENT THERAPY (BHRT)

Work with a knowledgeable functional medicine practitioner who can customize your treatment plan based on comprehensive laboratory results and your individual goals, to restore and optimize your natural hormones and reap the multitude of proven health benefits.

Do not use synthetic hormones, as they are poorly absorbed and have shown to increase cancer risk and strokes.

CRYOTHERAPY

Look into the benefits of cold therapy, which

can be as simple as taking cold showers combined with some specific breathing techniques, and check out Wim Hof's techniques. You can find cryotherapy chambers at wellness centers, med-spas and gyms, as well.

TESLA TECHNOLOGY

For every poor health signal, there is a frequency to counter it. Tesla coils, Tesla plasma devices and other Tesla technologies use healing frequencies to balance and heal the body. Look into it.

CONSTANT MOVEMENT

We are dynamic beings, and we need to move constantly to be healthy. Movement is circulation and oxygenation. Movement also keeps our lymph system in optimal function.

Movement does not necessarily mean we need to join a gym or play organized sports. Movement means we can't sit still for hours on end. Work standing up, walk around while talking on phone, walk during breaks, play with the kids or grandkids or your pets, engage in fun activities, take dance lessons, etc.

Incorporate good posture, qigong and tai chi movements into your daily routine.

ONE MEAL A DAY

No matter what anyone has told you in the past about three meals per day, or five meals per day, or constantly snacking to keep metabolism going, etc., it's all wrong. This is not just an opinion. There is plenty of physiological and biological evidence that our digestive system is designed to only digest one meal per day. The Romans, the Greek, Moses and animals in the wild only eat once per day. Consuming more than one meal per day overburdens the digestive system and expends vital energy.

Breakfast is by far the least important meal of the day, and we have our one meal early in the evening. When we eat an early dinner, our body has several hours to properly digest the food before we go to sleep. This allows our body to properly repair, replenish and renew our cells, tissues, organs and systems during the night. When we wake up in the morning, the nutrients from an early dinner are available to get the day started. Why would we start the day with burdening our digestive system? How do you feel when you go for lunch during a workday and return to work?

Sluggish and fatigued, right? Your energy goes to digestion, and yet you need energy to do your work, as well. Both digestion and work will suffer.

Personally, I skip breakfast and drink my juice mid-morning and lunch time. If I eat lunch, it will be some fruit or a small salad that digests easily and rapidly. You won't be hungry all day, either. When we get in the habit of giving our body the essential nutrients it needs, it won't send out a hunger signal. It's a habit we can acquire in just a few weeks.

We just need to learn to distinguish between hunger and appetite. For more info, review my books *Health 4 Life: User Manual* and *Be Lean: A Healthy Approach to Weight Loss*.

10.8. HEALING AT HOME

I would like to talk more about the ways we can heal at home, even during our sleep ...

We have some great technologies and products available to us today, but they require some time to implement during your day, from a few seconds to take your supplements, to a few minutes for a cold bath or a brain test, to a half-hour for a FIR sauna session or a HBOT session. It's imperative that we take the time to implement those because,

what's more important than taking care of yourself? When you take care of yourself and are in optimal health, you are in a great position to help others.

But what if we could simply do some part of our healing and biohacking while we are sleeping or sitting in our office chair? That would be amazing, right?

The Anti-Aging Bed company has just that! Here is a list of products they have for healing at home:

- ✓ Biohacking mattress & Anti-Aging bed cover
- ✓ Pillows, sheets, blanket, eye mask
- ✓ BioShield Office station
- ✓ Harmony EMF protection
- ✓ Terahertz wand
- ✓ HBOT
- ✓ Vibration plate
- ✓ Sauces (detox and longevity oils)

You can get more info and discounts on my website, but I would like to discuss the bed cover and show you how it works. I have been sleeping on this cover for almost three years now.

The cover has three main benefits:

1) It consists of medical-grade, pure silver threading, which makes it anti-microbial and anti-fungal. You guys like to sleep clean?

2) We plug it into the electrical outlet for Instant grounding. The grounding constantly feeds us negative ions, which neutralize free radicals.

3) The bed cover shields us from EMF and EMR, and therefore soothes inflammation.

This is how that works:

We humans are an open loop/circuit. We create energy to exist, and some of that energy is “extra” and destructive to our systems. It can cause a healing crisis by virtue of too much energy, too much frequency, too much EMF and nowhere to go!

When we become grounded, one with Mother earth, we become a closed loop or circuit. Our excess “energy” goes to ground, and we become balanced.

By placing our bodies on our Anti-Aging Bed and bed cover, we become part of Earth's closed loop: balanced and healing!

With the EMF meter, we can measure

magnetic, electric and radio frequency fields, and detect dirty electricity. When you hold the meter by your body (open loop), you will get a reading. When you touch the Anti-Aging Bed and bed cover (closed loop), the meter will read zero. We are shielded from EMR. Simple and easy.

We can use the same nano silver technology and fabric for our office and put them into our chairs, under our laptop or keyboard, etc. We can even put the fabric in the bed of our pets to protect them.

10.9. THE BEAUTY OF BIOHACKING

The beauty of biohacking is that we can set an objective baseline and measure the effectiveness and progress of our program with objective tests and assessments, such as:

- ✓ telomere length test
- ✓ genetic testing
- ✓ methylation epigenetic testing
- ✓ various lab test (for nutrient profiles and hormone levels)
- ✓ gut biome testing
- ✓ sleep tracking
- ✓ body composition analysis
- ✓ EEG and brain tests

UNLEASH YOUR SUPERPOWER – THE IZOD METHOD™

CHAPTER 11

MINDFULNESS, MANIFESTING AND ABUNDANCE

11.1. POWER OF THE MIND

There are more than 150,000 proteins that make up our body, and the shape of each protein can be changed by electromagnetic fields. The changing of the shape makes the proteins move. The coordinated movements of these proteins produce specific biological functions.

Research shows that the change in shape or configuration of proteins can change the expression of genes.

Electromagnetic fields are generated by emotions and thoughts, and, because proteins are altered by electromagnetic fields, we can control activity by focusing on our beliefs, emotions and thoughts.

Beliefs, true or false, creative or destructive, positive or negative, influence the cells of our body. DNA alone does not control our biology

by itself. Harnessing the power of the mind can be as effective (if not more effective) than drugs, food, supplements and biohacking our system.

Our feelings, emotions, beliefs, thoughts and perception of our environment can significantly affect our health. What if you could access superhuman abilities through altered states of mind?

For centuries, some of the most brilliant minds on the planet have hacked their brainwaves to forever change the world as we know it. Examples are Nikola Tesla, Albert Einstein, and the Wright Brothers.

The craziest part is that every single one of us can tap into that same superpower. You just need to know how.

There are currently several ways you can access altered states of consciousness. Some require years of experience or a scientific lab. Others need a Shaman and a hefty helping of “plant medicine”.

The truth is that you can train your brain to enter these states at any time for profound levels of creative insight. You don't need any special equipment or psychedelics to get there.

11.2. REWIRE YOUR BRAIN

If you often read blogs about concentration, sleep and the mysteries of the mind, the concept of brainwaves may sound familiar. It might surprise you to know that scientists use these brainwaves to measure cognitive activity and elements of the mind that we can't reach otherwise.

Despite the medical advancements and current imaging techniques, the exact mechanism of the mind is still elusive and challenging to study. It is impossible to track all nerve impulses and know precisely what is happening with our brain connections. However, we can read brainwaves, and they give us many clues and a live insight into the mind at work.

The average human brain contains 86 billion neurons. These neurons communicate with one another to operate every part of your life. How the brain does this is that it sends chemical and electrical signals from neuron to neuron using neurotransmitters. These oscillating signals run at different frequencies depending on the current "state" of the brain.

Brainwaves are electrical readings that reflect brain activity. These electrical impulses can vary in speed and are measured in cycles per second, or hertz (Hz). You can detect a

person's mental state and measure the electrical activity in specific brain areas related to a particular brain function while looking at the brainwave activity. You can think about them as the ripples you can see on the water surface after throwing stones. There is always a presence of each brainwave in different parts of the brain, but some will be more pronounced than others depending on whether that person is mentally engaged or sleeping. The number of specific waves in a particular region of the brain might indicate a learning disability, or even a neurological injury.

The most measured brainwaves are delta, theta, alpha and beta. Each wave type indicates a level of activity that is occurring in the brain.

Delta waves are the slowest type with the highest amplitude (wavelength). These brainwaves are commonly observed in people during deep sleep when no dreaming occurs. They are primarily located in the brain's right hemisphere during stages three and four of sleep, and increase in intensity as the sleep becomes more profound. If you've ever awakened confused, irritable and disoriented, this is likely because you woke up in the middle of your delta brainwave sleep stage.

Besides favoring deep sleep, reaching this mental state has many benefits:

- ✓ Improves memory performance by improving hippocampus function
- ✓ Induces a deep state of body relaxation
- ✓ Promotes the release of human growth hormone

Although delta waves are vital to deep, restorative sleep, if they're prominently experienced during the waking hours, they can affect brain performance. Therefore, excessive delta waves during the day have been associated with brain injuries, learning problems and ADHD.

The next step up from delta waves are the **theta waves**. They are particularly prevalent in the first stage of sleep and when people are daydreaming. For example, theta waves are present when you wake up from a very light dream where you're not yet asleep nor fully conscious. In this light sleep, you can even have the sensation of dreaming or sensory hallucinations. Theta waves are also associated with REM sleep, as we have the most vivid dreams.

In the waking state, theta waves are most profound during meditation, spiritual activities and deep reflection. Great ideas can come

from this state as people become more connected to their inner selves. If you have ever been driving down a highway and found yourself in a state of mind where the last few miles went by in the blink of an eye, then you were in a mixture of theta and alpha states.

When you're fully awake, the right proportion of theta waves has a few benefits:

- ✓ Helps with creativity
- ✓ Relaxes your body
- ✓ Connects yourself with your intuition and subconscious mind

Like delta waves, excessive theta waves during the waking hours could indicate issues with brain performance. These range from head injuries to neurological deficits and an inability to focus and maintain attention. In 2013, the FDA approved the use of EEG technology to diagnose ADHD. The ratio of theta waves to beta waves indicates how much resting brainwave activity we have (theta) versus how much active brainwave activity we have (beta). This is represented as theta/beta ratio.

Alpha waves are usually found in the brain's occipital lobe (backside of the brain) when patients are awake with their eyes closed. Opening our eyes would reduce the intensity

of alpha brainwaves. Unlike delta and theta waves, these alpha waves are not present when we are asleep.

During the day, after a mental activity, the time right after the task is completed and you are relaxing is a state of alpha. Another example would be walking through a garden in a contemplative state.

Alpha brainwaves also relate to visualization and daydreaming. They increase as we reach a relaxed state of mind, and creative individuals have a higher ratio of alpha brainwaves.

However, we can all increase alpha brainwaves by using visualization techniques, practicing meditation and using deep-breathing exercises.

Using alpha waves brings out several benefits:

- ✓ Promotes relaxation in the body and mind, reducing nervousness and anxious thoughts
- ✓ Boosts creative thinking and provide us with more insight into heightened problem-solving skills
- ✓ Helps artists and athletes reaching that “in-the-zone” state of mind where performance is at its peak

As alpha waves are also indicative of a relaxed state of mind, an excess of these waves in the frontal lobes has shown to indicate ADHD and depressive symptoms.

Beta brainwaves are the second fastest type of brain frequency and most accurately associated with the engaged brain.

You will likely display beta brainwaves when solving complex math problems or a puzzle. Logical thinkers tend to have a higher rate of beta brainwave activity depending on their cognitive abilities. Interestingly, Beta brainwaves show an increase as we grow older.

The downside of beta brainwaves is that too much causes anxiety and stress. An intense beta brainwave session, like taking an IQ test, may sometimes result in a mild headache as the blood flow to the brain increases. Still, you can seize the positive aspects and avoid the negative part of beta brainwaves by taking breaks between sessions of deep concentration. The benefits of maximizing Beta brainwaves include:

- ✓ An increased level of alertness
- ✓ Improved focus
- ✓ Goal-oriented concentration

- ✓ Quick thinking ability
- ✓ Increased problem-solving capacity
- ✓ Self-confidence

An interesting type of brainwave, and one that is less talked about, is the **gamma brainwave**. These waves reflect a conscious awareness of what is around us and relate to feelings of happiness and compassion. They are also prevalent while processing information and learning at a high level. Think about how you feel when you're immersed in a complex situation or listening to a subject matter expert on a topic of great interest to you. This is when the brain feels like it's "firing on all cylinders".

Currently, these waves are difficult to measure with current EEG technology, but in the future, researchers will study these more closely as they're an integral part of what makes us human.

Benefits of gamma brainwaves include:

- ✓ Improvements in memory and information processing
- ✓ Accurate perception of our reality
- ✓ Compassion and positive thinking
- ✓ Advanced learning and intelligence boost
- ✓ High focus and high energy levels

✓ Reduction of depressive symptoms

In a nutshell, alpha brainwaves relate to creativity and daydreaming, beta waves are produced in the middle of deep thinking, delta/theta waves can be found during deep sleep, and gamma waves are associated with problem solving, happiness and compassion.

Each brainwave has its associated use and helps support the state of mind required for the task at hand. All of us display each one of these waves, but at a different proportion.

Depending on your psychological traits and abilities, you could have a predominant brainwave or two.

Very creative people have a predominance of alpha waves. As we grow older, the rate of alpha waves reduces while beta waves increase in frequency. More beta brainwaves relate to intelligence and problem-solving capacity, as our lives demand more of this type of thinking. But we also need delta waves to sleep, restore and repair the wear and tear we put on our brains each day. On the flip side, we need to engage our gamma waves to feel engaged, happy and content.

What can you do to modulate your brainwaves?

You can purchase a biofeedback device, which

uses a very complex platform to detect changes in brainwaves and train your brain. But you can also use simple ways to regulate your brain activity through meditation, binaural beats or just listening to music.

Meditation:

One of the most accessible tools to alter your brainwaves is meditation. This technique increases your theta and alpha waves. As such, meditation is associated with visualization, creativity and the development of empathy and compassion. Depending on the type of meditation, you could also boost your beta brainwaves if you're practicing your problem-solving skills in the middle of the session.

Binaural Beats:

These are subjective hearing sensations obtained when one ear listens to one tone and the other listens to another with a slightly modified frequency. They slow down the brainwaves and promote deep states of relaxation and sometimes sleep. They are helpful to calm down the mind and reduce anxiety and stress levels.

Music:

Music therapy affects the alpha oscillations of the brain. It promotes visualization and

creativity, especially if we do the exercise of imagining music instead of only listening. Certain studies also show an increase in beta activity, but the most common effect is seen in alpha waves.

Supplements:

Your brain operates on the fuel (nutrients) you give it. As life happens, there will be times when we are deficient or not operating at full capacity. I use Focus Plus+ and Neupanex daily.

BrainTap:

Brain-tapping is a quick and easy way to optimize your brain's peak potential — anytime, anywhere. Backed by neuroscience and research, BrainTap is proven to help people who experience high stress, difficulty sleeping, low energy and other lifestyle challenges.

Brain-tapping creates a symphony of brainwave activity, a feeling of calm focus that's just right for learning and productivity. Each session is designed with brainwave balance in mind.

BrainTap's exclusive neuro-algorithms gently and naturally guide your brain through a broad range of brainwave patterns, instead of just the alpha state. The result is a complete

spectrum of brainwave activity.

Check out the “shop here” page on my website for more info and a discount.

NuCalm:

It's about trying to outsmart the world's most complex, adaptable, evolved and powerful computing system in the world: the human brain. You must respect the perfection of the human brain before you attempt to make it better.

More than 30 years ago, Dr. Holloway began a quest to help people suffering from acute PTSD without using narcotics. This mission led to years of research, development and clinical testing and ultimately a breakthrough technology platform that safely and predictably allows you to manage your mental states on-demand. The team at Solace Lifesciences, Inc. does this through patented, clinically proven, neuro-acoustic software that guides your brainwaves to different frequencies: from the highest frequencies associated with peak mental state and concentration to the lowest frequencies associated with deep sleep. The biggest advantage to you is that this technology is all-natural, non-invasive, easy-to-use and works every single time you use it.

Check out the “shop here” page on my website for more info and a discount.

Brainwaves depend on what you’re doing and the skills you’re using at that moment. When you listen to music and use your imagination, you will boost your alpha activity. If you’re solving a math problem, you will improve your beta brainwaves. But is there a way to increase the brain’s capacity as a whole? By doing so, we would experience a significant increase in different brainwaves simultaneously, depending on what task we are completing.

One way to do this is through increasing the blood flow to the brain and promoting neurotransmitter synthesis and release. How can you do that?

I use a brain-boosting supplement tested with the WAVi EEG technology. Neupanex promotes brainwave performance in many tasks using a propriety formula consisting of a blend of alpha-lipoic acid, curcumin, acetyl L-carnitine, coenzyme Q10, pregnenolone, melatonin, vitamin B12, Vitamin D, DHEA and other ingredients.

This patented formula of 18 neuro-nutrients, including nutraceuticals, antioxidants and other ingredients, helps support peak cognitive function. They improve brain activity

by promoting neurocognitive processes, supporting brain cells and promoting neuronal growth.

I combine Neupanex with techniques such as meditation and binaural beats. You may achieve excellent results in your brain function and your level of satisfaction and quality of life.

We cannot only rewire our brain by controlling our thoughts, feelings and brainwaves, but we can also increase neurotransmission and neural connections by stimulating NGF (nerve growth factor) and therefore increase capacity of our brain. I use Focus Plus+ because it contains phosphatidyl, a healthy fat found in our cells and brain, that stimulates NGF, resulting in new brain cell formation, faster learning, improved memory and recall, and increased signaling and neurotransmission.

You also need to work on your mind and your thoughts because they are the blueprint to your failure or your success. There is no source of failure, worry or fear. There only is disallowing of success, inner peace and love. Stop disallowing.

A belief is only a thought you keep thinking, so you can change it anytime. When your beliefs match your desires, your desires must become reality. Therefore, you need to believe

in your dreams, goals and successes without any doubt. If you doubt it, the universe has two options: failure or success. If you don't doubt it and always have the end in mind, the universe has only one option: success.

Most of us are driven by our past. It's imperative that we chose to be pulled forward by our future. Our future needs to be defined by a clear path, a plan, a strategy, and measures of success. R. Brault said, "We are kept from our goals, not by obstacles, but by the clear path to a lesser goal."

Realization of your wishes, dreams and goals is accomplished by assuming the feeling of these fulfilled.

We need to understand the power of our mind and thoughts and acquire the skills to guide our mind, not react to it. We need to set and define a clear blueprint for our successes.

11.3. CONTROLLING YOUR EMOTIONS

In Chinese medicine, several thousand years ago, emotions were already recognized as factors affecting health.

The seven emotional factors in traditional Chinese medicine are joy, anger, melancholy, worry, grief, fear and fright. These emotions

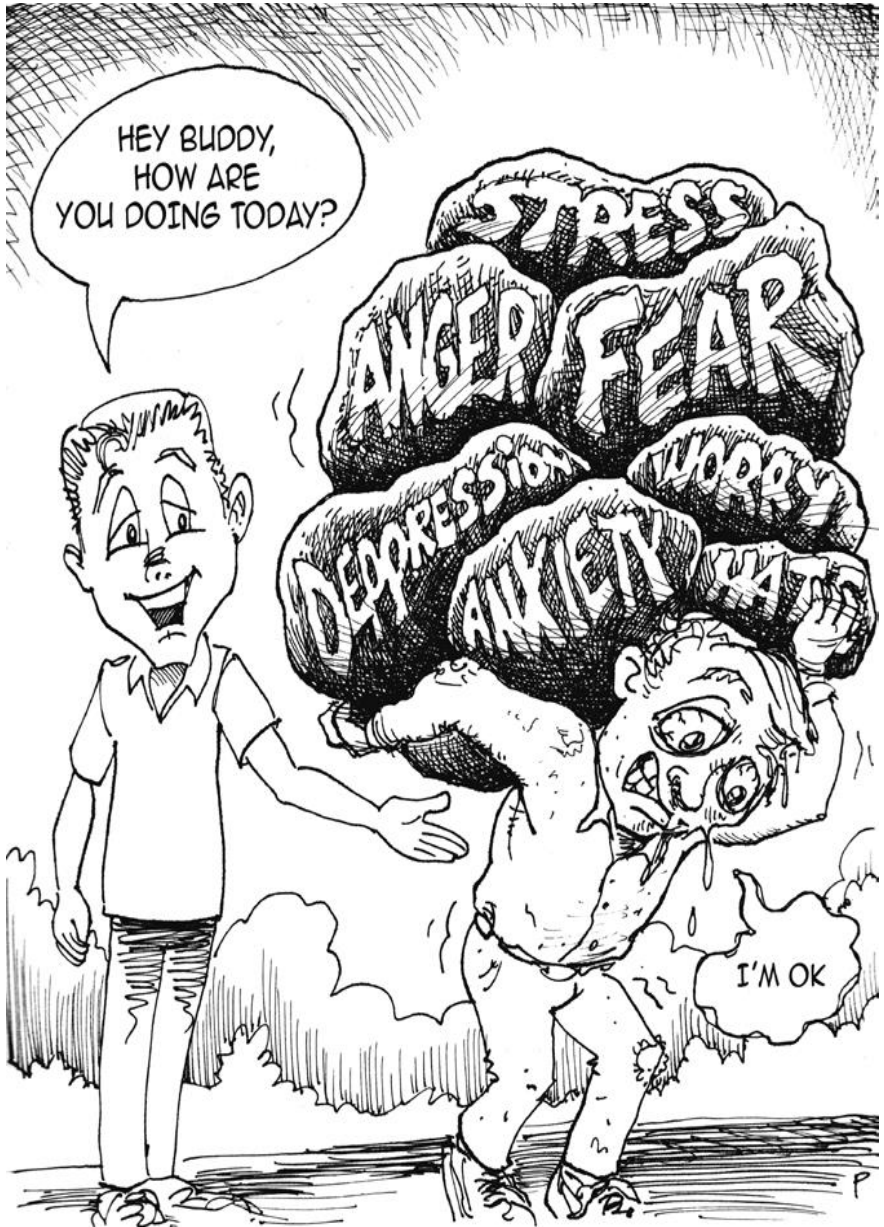
are considered normal emotional responses of the body to external stimuli and do not cause disease. However, intense, abrupt or prolonged emotional stimuli surpass the regular adaptability of the human organism and affect the functions of the body.

These uncontrolled emotions are a major contributor to toxemia and the rise of all so-called disease.

Some common examples illustrating the effect of emotions on the physiology of our body are the following:

The thought of food causing saliva to flow, fear affecting the heart by increasing heart rate and “feeling the heart coming up in the throat”, the effects of fear and worry upon digestion (for example, a loose stool prior to an important performance or meeting), anxiety causing frequent urination. Joy, sympathy and sorrow can cause the eyes to tear up, and deep mental concentration may suspend respiration.

These known effects of the mind are important enough to justify the need to carefully avoid any harmful and destructive effects our mind can produce. We must avoid fear, worry,



anger, anxiety, envy, jealousy, self-pity, etc. and cultivate love, joy, happiness, kindness, hope, faith, courage, contentment, gratefulness, self-respect, etc.

How do we control emotions?

Step 1 – KNOWLEDGE

First, we need to know our emotions. What emotions do we feel and how do these emotions affect us?

There are thousands of different ways one can feel, but human emotions have been classified, and the common ones are acceptance, anger, anticipation, disgust, fear, joy, sadness and surprise. Jealousy, for example, is then a manifestation of fear that you're not "as good" as someone else, or fear of being abandoned because you're not "perfect" or "the best".

You need to find out what kind of situations cause which emotions and be able to tell the difference between anger and fear. Sometimes multiple emotions can bubble up at the same time, and it may be difficult to

distinguish between these different emotions. How do we do this? Keep a “JOE”, a Journal of Emotions.

Write down situations that caused an interesting or obvious emotion in you. Record that situation and the emotion caused by the situation. Recognize an emotion from the moment it materializes, as opposed to letting it build up and intensify. The last thing you want to do is ignore or repress your feelings. If you do, and you probably know this already, these feelings tend to get worse and erupt later.

Recognize that emotions don't just appear mysteriously out of nowhere. Many times, we're at the mercy of our emotions on a subconscious level. By recognizing your emotions on a conscious level, you're better able to control them. Ask yourself throughout the day, “How am I feeling right now?” Record interesting situations and the corresponding emotion.

Notice what was going through your mind when the emotion appeared. Stop and analyze what you were thinking about, until you find what thought was causing that emotion. Ask yourself whether this thought is reality or just an assumption. Explore all the different

possibilities. If nothing else, thinking about other possible interpretations will alert you to many different scenarios, and prevents one from jumping to conclusions. Often, we make the wrong assumptions.

Another way to become aware of your emotions and the situations that bring them on is to simply ask your loved ones for honest input. I'm sure your spouse, parents, kids, etc. can create a better awareness about your emotions.

Once you figure out what situations and thoughts elicit which emotions, we need to take ownership.

STEP 2 – TAKE OWNERSHIP

Don't blame others for your emotions. Take ownership of your emotions. After all, you have the freedom to choose your response to any situation or stimulus. So, if you decide to erupt in anger or frustration, or if you decide to worry or be fearful, that was your choice. You can't blame others for your own choices.

Recognize when you try to blame other people for your emotions, and don't let your mind get away with that trick. Write down these

situations in your “JOE”. Taking full responsibility for your emotions will help you gain more control of them.

STEP 3 – CONTROL YOUR EMOTIONS

1. Choose Your Response

When deciding what to do or how to react to a certain stimulus or situation, it's important to make sure you make a conscious choice. Do not make a choice based on a reaction to another, competing emotion. For example, if someone insults you and you do nothing, is this your conscious decision, or is it a response to your fear of confrontation?

You want to base your choices on your principles and some common sense. Your principles may guide you to make the right choices, and therefore the right response. What are your moral principles and values? What kind of person do you want to be? What do you want the outcome of the situation to be? Which choice would you ultimately be proud of? Answering these questions may help you chose the right response.

Use your common sense in any situation. Which course of action is the most likely to

result in the outcome you desire? For example, if someone wants to pick a fight at a bar because you accidentally ran into him, and you want to walk away from the fight, there's a fair chance that the drunken man will feel insulted when you turn your back to him. So, maybe it's better to apologize for the accidental bump and keep the conversation going until he calms down.

After you discovered the emotion(s) you're dealing with, think of more than one way you can respond. Your emotions control you when you assume there's only one way to react, but you always have a choice. For example, if someone insults you, and you experience anger, your immediate response might be to insult them back. But no matter what the emotion, there are always alternatives.

Here are four common options you can choose from:

Don't react, or don't do anything at all. This approach is especially good when you know that someone is trying to frustrate you on purpose or trying to get you angry. When you fail to show an emotional reaction, the person egging you on will become frustrated and eventually stop.

Relax. I know, easier said than done. But there are some ways to relax that do not require much effort, experience or willpower. When we are angry, we tend to clench our jaws and tense up. Taking a deep breath (diaphragmatic breathing) is an easy and effective way to tamper down the emotional anger. It will not dispel the anger, but it can dial it down just enough to keep us from saying or doing something we would regret after.

Do the opposite of what you would normally do. For example, if you get upset or frustrated when your spouse didn't put the trash out ... again ... instead of engaging in an argument, calmly take out the trash the second you notice it wasn't done. Then tell your spouse in a calm and collected way that you would appreciate help considering all you do in the household.

Remove yourself from the situation. Let us say that you are part of a recreational basketball team, and your teammates are unfocused, negative and always show up late for practice. You invariably get upset when playing basketball. One strategy for dealing with this frustration is to join a different basketball team. Basically, you remove yourself from a situation that you know will generate these

strong, negative and unnecessary feelings and emotions.

2. Be Proactive

Many of us are reactive, meaning that we react to both situations we can and cannot control. This reaction elicits unnecessary emotions, affecting our health. Reactive people blame others and waste time worrying and complaining about things they don't have any control over or can't influence, anyway. A simple example is people who get upset when it rains. Maybe they planned an outdoor barbeque for their friends.

Proactive people recognize the fact that certain situations can be influenced by them, and other situations cannot. Proactive people won't blame the weather for their failed barbeque party. Instead, they recognize they can't change or influence the weather. Proactive people won't get upset with a change in weather, instead they act proactively and move the party indoors, or have a back-up plan in case of rain. The party is great, regardless the weather.

Proactive people recognize that they can choose their response to any given situation.

They recognize this responsibility (ability to respond). They do not blame circumstances, conditions or conditioning for their behavior. Their behavior and success are a product or direct result of their own conscious choice, based on values, rather than a product of their conditions, based on feeling.

Reactive people are often affected by their physical environment. If the weather is good, they feel good. If it isn't, it affects their attitude and their performance. Proactive people can carry their own weather with them. Eleanor Roosevelt said, "No one can hurt you without your consent." And in the words of Gandhi, "They cannot take away our self-respect if we do not give it to them." It is our willing permission, our consent to what happens to us, that hurts us far more than what happens to us in the first place.

What does this have to do with stress or emotions, you may ask? Well, we are talking about how you should be proactive and choose your response to whatever happens to you (other people's opinion, unpleasant situations at work, deadlines, raising your kids, a car accident, being sick, financial problems, etc.). You can have these circumstances knock you down, and let your emotions of anger, failure and depression take over (this is how most

people cope with the “stresses” of life), but you have a choice! Be proactive, don’t blame the circumstances and don’t blame others. Find a solution and act! Use your resourcefulness and initiative.

It’s not what others do or even our own mistakes that hurt us the most. It’s our response to those things. Chasing after a poisonous snake that bites us will only drive the poison through our entire system. It is far better to take measures immediately to get the poison out. Acknowledge that there are certain things that you won't be able to change. Those things aren't worth getting frustrated about. You're probably not going to change the way that some people drive their car, for instance. It's not worth getting upset over. What you can change is your reaction to people who drive recklessly and selfishly.

If you are a worrier, you will benefit from reading *How to Stop Worrying and Start Living* by Dale Carnegie, and *Don’t Sweat the Small Stuff* by Richard Carlson, Ph. D. Worry sucks away energy, inhibits thinking and kills ambition, but worry can be conquered and controlled. I personally use several of the hundred pieces of advice in Carlson’s book daily. I tend to sweat some of the small stuff, but now I’m able to catch myself and not

engage.

One of the things that works for me is asking myself, “Will this be important next year?” If it won’t be important next year, it’s not important enough to worry about or even think about it. I use one of these four options:

- ✓ don’t react
- ✓ relax
- ✓ do the opposite
- ✓ remove yourself from the situation.

“WORRYING DOESN’T TAKE AWAY
TOMORROW’S TROUBLES, BUT IT DOES
TAKE AWAY TODAY’S PEACE.”

Randy Armstrong

3. The “Self-Fulfilling Prophecy”

Change your perspective. The above steps show how to not let your emotions control your behavior on the spot. If you want to experience fewer negative emotions to begin with, change the way you see the world. If you learn how to be optimistic and change your perspective, you'll find that negative emotions make far fewer appearances.

Whatever you think or believe, you are right! If you think the world is a bad place, then you will unconsciously (reticular activator of your brain) look for all reasons (news on TV, war, another child missing, etc.) to confirm your initial belief that the world is a bad place. If you believe you will fail a test, you will. But it also works the other way. If you truly believe you can regain your health or be the next millionaire, you will! How? You will recognize all the resources that will help you achieve your goals, and act upon them.

Being optimistic is important. Instead of letting emotions take over because you expect them to, try believing in the notion that the world is essentially a good place and that people get what they deserve. Believe that you are a good person. You may soon find that your outlook changes your emotions.

Positive thinking and a “yes” attitude will contribute to an optimistic outlook and therefore promote a balanced emotional, mental and spiritual health, which in turn translates into better physical health. Your brain and your thoughts are your map, or your blueprint. Just as a house is not built without a blueprint, a goal is not achieved without a blueprint, either. A faulty architectural blueprint of a house results in a poorly

constructed, less than worthy house just as negative thoughts result in poor health and unhappiness. A well-planned, detailed, innovative, organized blueprint of a house results in a masterpiece just as a positive, optimistic, organized, proactive brain and thoughts assist in achieving health and happiness.

4. Eliminate False Core Beliefs

Eliminate many of the selfish core beliefs which give rise to your disturbing thoughts and negative emotions. There are many irrational ideas that repeatedly upset us. They are all false, but many of us are inclined to believe at least some of them part of the time.

Here are some preconceived notions about the self that are wrong because people think of themselves too highly:

“I must be perfect in all respects in order to be worthwhile.” Nobody can be perfect in everything that we must do in life. But if you believe that you're a failure unless you are perfect in every way, you are setting yourself up for a lifetime of unhappiness.

“I must be loved and approved of by everyone

who is important to me.” Sometimes you just can't help making enemies, and there are people in this world who bear ill will to almost everyone. But you can't make your own life miserable by trying to please them.

“When people treat me unfairly, it is because they are bad people.” Most of the people who treat you unfairly have friends and family who love them. People are mixtures of good and bad. Maybe there is something about you that displeases them.

“It is terrible when I am seriously frustrated, treated badly or rejected.” Some people have such a short fuse that they are constantly losing jobs or endangering friendships because they are unable to endure the slightest frustration. The world does not tick for only you. Be considerate of other people.

“If something is dangerous or fearful, I have to worry about it.” Many people believe that “the work of worrying” will help to make problems go away. They drive themselves crazy by making up things to worry about. “Okay, that's over. Now, what's the next thing on the list that I have to worry about?”

“It is terrible when things do not work out exactly as I want them to.” Could you have

predicted the course of your own life? Probably not. By the same token, you can't predict that things are going to work out exactly as you want them to, even in the short term.

There are people who do not think of themselves highly enough. Their self-esteem is essentially in the gutter, and their emotions are the result of not being able to love themselves adequately.

"Misery comes from outside forces which I can't do very much to change." Many prison inmates describe their life as if it were a cork, bobbing up and down on waves of circumstance. You can choose whether to see yourself as an effect of your circumstances, or a cause. Take responsibility for your actions.

"It is easier to avoid life's difficulties and responsibilities than to face them." Even painful experiences, once we can get through them, can serve as a basis for learning and future growth. It's childish to go through life thinking that difficulties won't ever affect us.

"Because things in my past controlled my life, they have to keep doing so now and in the future." If this were true, it would mean that we are prisoners of our past, and change is impossible. But people change all the time and

sometimes they change dramatically! You could be who you want to be, but you must believe in yourself.

“I can be as happy as possible by just doing nothing and enjoying myself, and taking life as it comes.” If this were true, almost every wealthy or comfortably retired person would do as little as possible. But instead, they seek new challenges as a pathway to further growth. You are tricking yourself into believing that you would be happy doing nothing. People need novelty to stay satisfied.

5. Recognize Thoughts and Ideas That Worsen Negative Emotions

Learn to avoid the cognitive distortions which make things look worse than they really are. Most of us have heard the expression “looking at the world through rose-colored glasses”. But when you use cognitive distortions, you tend to look at the world through mud-colored glasses! Here are some ideas that you should stop from rolling through your head if you catch yourself thinking them:

Avoid negative ideas that come from feeling inadequate. Inadequacy comes from low self-esteem, or the idea that you aren't good

enough to do something or deserve someone. Banish inadequacy from your emotions as much as possible, and you may find that it has been keeping you from accomplishing things.

All-or-nothing thinking, also referred to as “black-and-white” thinking: Everything is good or bad, with nothing in between. If you aren't perfect, then you're a failure. You procrastinate because “it's not perfect”.

Disqualifying the positive: If somebody says something good or positive about you, it doesn't count. However, if somebody says something bad about you, you “knew it all along”.

Personalization: You believe that you were the cause of something bad that happened, when you really didn't have very much to do with it.

Mind reading: You think somebody is disrespecting you and don't bother to check it out. You just assume that they are. You do this because you feel like you don't deserve respect, and so are overly sensitive to people whom you think might not respect you.

Avoid negative ideas that come from fear: Humans can be afraid of a lot of things. We let fear take over our rational brains because

we're convinced something bad is going to happen, even when we don't have evidence or reason to believe that it will.

Overgeneralization: A single negative event turns into a never-ending pattern of defeat. "I didn't get a phone call. I'll never hear from anybody again," or "She broke up with me. Why would anyone want to date me?" You generalize not because of a pattern, but because you fear the pattern.

Labeling and mislabeling: This is an extreme form of overgeneralization. When you make a mistake, you give yourself a label, such as "I'm a loser". When someone else's behavior rubs you the wrong way, you attach a negative label to him, like "he's an idiot". Mislabeling involves describing an event with language that is highly colored and emotionally loaded.

The Fortune Teller Error: You think things are going to turn out badly and convince yourself that this is already a fact. You have no evidence for the prophecy, but you're convinced anyways. This is like the self-fulfilled prophecy.

Jumping to conclusions: You make a negative interpretation even though there are no definite facts that convincingly support your

conclusion. You assume that preparing for the worst is better than hoping for the best because you're afraid, not hopeful.

Avoid negative ideas that come from other complex emotions: Don't succumb to these defeatist emotional responses. Have faith in your ability to work things through. Believe in your own self-worth. If you catch yourself thinking any one of these thoughts, focus instead on a positive way of interpreting your worth.

Magnification (catastrophizing) or minimization: Imagine that you're looking at yourself or somebody else through a pair of binoculars. You might think that a mistake you made, or somebody else's achievement is more important than they really are. Now imagine that you've turned the binoculars around and you're looking through them backwards. Something you have done might look less important than it really is, and somebody else's faults might look less important than they really are.

Emotional reasoning: You assume that your negative emotions reflect the way things really are: "I feel it, therefore it must be true." You want the world to be the way it feels to you because it will help you feel less powerless.

“Should” statements: You beat up on yourself as a way of getting motivated to do something. You “should” do this, you “must” do this, you “ought” to do this, and so on. This doesn't make you want to do it. It only makes you feel guilty. When you direct “should” statements toward others, you feel anger, frustration and resentment.

7. More Recommendations

Don't let the fear from the past keep you from your future.

Some experiences like watching a film, hearing a sound, or tasting a food (sensory input) can trigger or bring about good emotions. The better ones you can recognize, pay attention to and be aware of, the easier it is to put yourself in that kind of a recognizable mood. It's far easier to get out of an angry or sad state of mind when you know what a happy or joyful state of mind is like.

Learn to recognize and anticipate “triggers” that set you off.

No matter what you choose to do, it's important to continue acknowledging the emotion. Just because you're not reacting to an emotion doesn't mean that emotion doesn't exist.

When you see your mood changing, leave from whatever is causing it and take several deep breaths, and think about what was done or said to upset you. Figure out another way of dealing with it instead of getting upset. Also ask yourself, is it worth it?

Sometimes it's helpful to keep a binder with lined paper ("JOE"). Then, at the end of the day, when you're in bed, you can write down all your thoughts and emotions.

Just try to calm down, and don't panic.

Try making a list of feelings you want to be aware of, either by feeling or avoiding them. Each day, leave a check or mark by them as you succeed or fail to accomplish your goal.

Think about how you will see yourself five years from now. Will you be proud of yourself for walking away with your dignity intact, or will you look back and remember falling apart? Choose now.

To cultivate a "yes" attitude, I recommend Jeffrey Gitomer's *Little Gold Book of YES! Attitude*. It is fun and effective, with practical tips and things to do. The stuff in this book only works if you apply it, of course. Don't be lazy. You can't afford not to be happy. Once you master some of the easy principles, you can share them with your loved ones. They will

love your new “yes” attitude.

11.4. HOLISTIC MIND-HEALING STRATEGIES

Besides implementing and incorporating some of the techniques and tools to control your emotions, thoughts and beliefs, there are various strategies and therapies that can help you use your mind as your own pharmacy and heal yourself from the inside out.

I would recommend reading *Becoming Supernatural* by Dr. Joe Dispenza and become his student and/or check out mindvalley.com. They teach you how to access altered states of mind for consciousness and how to tap into alpha, theta and delta wave frequencies of the human mind to get into states of profound creativity, intuitive guidance, and even to create “coincidences” to move your life forward.

Below, I list some of the strategies and therapies that may help you, but I’m not going to elaborate on them here:

- ✓ Acupuncture
- ✓ Qigong
- ✓ Meditation

- ✓ Yoga
- ✓ Visualization
- ✓ Spiritual healing
- ✓ Prayer
- ✓ Gratitude journaling
- ✓ Tapping / EFT
- ✓ BrainTap
- ✓ NuCalm
- ✓ Nootropics

You may also get help or guidance from a trained mindfulness coach or a somatic experiencing practitioner (SEP).

11.5. MANIFESTING

The word “manifestation” means to create something, or turn something from an idea into a reality. In psychology, manifestation generally means using our thoughts, feelings and beliefs to bring something to our physical reality. But even this definition of manifestation doesn’t fully get at what manifestation is. Today, we will define manifestation as the conscious creation of the circumstances and outcomes that make for a

fulfilling life. This definition allows us to rely on both science-based and more spiritual practices, which can really help us when we're trying to figure out how to manifest what we want in life.

Manifestation was popularized by pop-psychology books like *The Secret* and *The Law of Attraction*. Usually, when people refer to manifestation, they are talking about the ideas presented in books like these.

There is actually a fair amount of science behind the idea of manifestation. For example, the research on growth mindset driven by Dr. Carol Dweck clearly shows that believing you can do something makes it more likely that you actually will do that thing. An example might be that you really believe you can get your dream job of being a veterinarian. So, you work hard to get into a good school, work hard while in school, and create a successful veterinary practice that brings you a lot of joy.

It is important to note, though, that this is different from the popular manifesting guides that suggest believing in something creates it. This science-based approach instead shows us that if we truly believe we can achieve something, we are willing to put in the work to achieve it. And that is key: Manifestation takes work. To manifest what we want, we need to

believe we can do it, feel strongly enough about it to be persistent, recognize the resources and ultimately engage in the behaviors that bring about the outcomes we desire.

There is also research showing that whatever our expectations are, they tend to be confirmed. This is what is known as a self-fulfilling prophecy (read Stephen R. Covey's *The 7 Habits of Highly Effective People*). For example, if you wake up "on the wrong side of the bed" and you expect your day will be terrible, you're actually more likely to do things that make your day terrible. You're more likely to see neutral things as terrible. And you're likely to feed a cycle of negative emotions that can manifest the exact negative day you expected.

Indeed, research shows that if we're already feeling bad (if we're anxious, for example), we're more likely to interpret neutral circumstances in an anxiety-provoking way. We literally see bad things when they don't exist.

Research has also shown that a negative mood or attitude puts others off, hurting our relationships. This is how our pessimistic attitude leads to the exact outcomes we expect. In contrast, people who are generally

happy and positive attract more opportunities, have better relationships and are usually more successful.

It makes sense when you think about it, right? We prefer to be around and help positive, optimistic people. So, how do we use the science behind manifestation to create a manifestation plan that really works?

How do you manifest?

Start by getting clear about what you want to manifest:

It is hard for some of us to get clear on exactly what we want to manifest. We may know that we're unhappy and our life needs to change, but how? What do we want? Where do we want to go? What, exactly, do we want to manifest?

If you're struggling to define exactly what you want, spend some time focusing on getting clarity. Mindful meditation can be a useful tool for this. It quiets the mind and helps increase self-awareness. Or, if you're not the meditating type, you can make a vision board where you include pictures and words of what you want to manifest in your life. Or, you could simply ask a friend to help you or contact me to discuss your purpose of life. Sometimes just

talking out loud about what you want for your life (and don't want), can help you gain the clarity you need.

Overcome manifestation fear:

Usually, when we're struggling to find clarity about what to manifest, there is some fear involved. Maybe we dream of starting our own business, but we're afraid of failure, of losing all our money, or of being ridiculed by someone we care about. Or maybe we dream of losing 50 pounds, but deep down we are afraid of failing, feeling deprived and hungry, or even the attention we might receive if we are successful.

There are many ways that fear can block manifestation. So, when confronting a lack of clarity or fear, just try to be gentle with yourself. Your fears are not right or wrong. They may even be justified and help you see that you don't actually want to manifest what you thought.

Be honest about what you want to manifest:

Once you are clear about what you want to manifest, put it out into the world. Think positive thoughts about it. Talk to people about it. Take actions that show you believe in your ability to manifest this.

Taking this step can help you in two ways. First, you'll feel something is off if you've chosen the wrong thing to manifest. For example, there have been times in my career when I didn't want to talk about my work. I just didn't feel good about the direction I was going in and I didn't want to say anything to anyone that might keep me on that path. I felt it wasn't right, even though it looked fine from the outside.

Second, when you're pursuing the right goals—goals that are the right fit for you—talking about them actually enables people to help you reach them. There isn't some mysterious force behind why this works. It works because most people genuinely want to help, especially when we're passionate and already working hard to achieve our goals. And when they know what we're striving for, they can help more effectively.

How do you manifest something in a practical way?

Manifestation might not sit well with you, depending on your situation. And, again, looking into your metaphorical crystal ball and wishing for something to occur probably isn't going to change your circumstances overnight. But if you'd like to give it a shot, there are some guidelines for trying the

practice in a way that can support your mental well-being.

Keep in mind that there's no exact right way to manifest, so your strategy can be whatever you want it to be, as long as it consistently includes inner reflection (to get clear on what you really want for your future) and practical actions (to help get you there). Some people may do a formal ritual of, say, lighting a candle and speaking a certain intention during a full moon, while others may incorporate these positive intentions into their daily meditation practice. It could even be taking a brief moment while journaling to write out a specific goal you set for yourself. Here are some expert-approved suggestions to get you started:

Acknowledge that manifesting isn't the same as making a wish:

It's not like blowing out the candles on your birthday cake. "Instead of thinking about manifesting as a form of magic, think of it as a practice of becoming aware of where your attention is going, noticing the nature and quality of your thoughts, and recognizing the power you have over your own internal experience and actions," Dr. Fournier said. Going back to the healthy relationship example, this might look like being intentional

about putting yourself out there by joining a group (anything from a book club to a softball league) where you could meet new people, rather than simply wishing and waiting for a significant other to one day show up at your doorstep. Being mindful of what your intentions are—and how you'll get there—is a small way to make significant changes in your life, she added.

Try speaking your goal out loud:

Speaking your goal out loud, even if it's just a whisper to yourself (maybe every morning when you wake up), is one way to keep you focused on it and to ensure that it's congruent with your self-reflection. For example, if you're trying to manifest getting back together with a toxic ex, saying it out loud may be the gut check you need to realize that intention isn't in line with your true desire to be in a loving relationship.

Write out your intention or add to your calendar:

The goals or milestones you're hoping to reach should be top-of-mind, just like your to-do list and events on your calendar. Maybe this means you put your goals down on paper, either on a Post-it where you can see it daily, or in a journal if you want more privacy, Dr. Fournier suggests. You can also set calendar

reminders (weekly, say) to prompt you to check in with your vision for even just 10 minutes, to think about the actions you've taken (or haven't taken) toward achieving your goal, as a form of accountability. "Effective manifestation relies on us keeping the intention and vision consistently in focus so that we can align ourselves with it in our thoughts, emotions and actions," she added.

Consider making it a meditation ritual:

Manifesting can be a spiritual practice on its own, if you choose to use it that way, but you can also incorporate it into a regular mindfulness practice. "Some people like to meditate and envision how they would be feeling after they've achieved their goal," Bartz says. That's one way of focusing your positive energy toward the reality you're hoping for and the steps it'll take to get there.

11.6. SHARING YOUR ABUNDANCE

I suggest you start sharing your abundance. I'm not necessarily talking about money when I say abundance. Abundance includes:

LOVE

JOY

KINDNESS

GRATITUDE

EMPATHY

HOPE

MINDFULNESS

YOUR PRESENCE

Another way to share your abundance is to simply help others:

By helping others, whether it is your co-worker, your spouse, a loved-one, a neighbor, a stranger at the grocery store, or people and children in need ... you help yourself!

How? You know that it feels awesome when you help someone, doesn't it? Even holding a door open for an older person makes you feel good inside. You know it, just admit it. This act of kindness makes you feel good and lowers your daily stress, it's a simple fact of life. So, why wouldn't you do more of that? Start helping people more often or all the time.

That doesn't necessarily mean you have to donate money to the Red Cross or UNICEF (you can, of course, even though these organizations waste most of your donation on

administrative expenses and salaries, including a \$250,000 salary for their CEO). I personally sponsor a child with Children Incorporated, which helps children in need, locally and worldwide. I recommend you check them out. It's only \$28 per month, and you can communicate with your sponsored child.

And that's all good, but it's the daily small things you do to help other people that will help heal you, and combat the stress and negative emotions in your life. Don't believe it? Just try it for only two days, and you'll see I'm right.

“You can get everything you want in life, if you just help enough other people get what they want.”

Zig Ziglar

Helping others also promotes the principle of “pay it forward”. This principle suggests that, when you help someone, you don't expect anything in return from that person, but you hope and believe that this person will “pay it forward”, or, in other words, that this person will help someone else at some point in time.

When you do help someone, for example, chip in some cash at the register when someone is a few dollars short, you don't want to brag about it or share the story with others. The satisfaction and internal kindness are unselfish and does not need rewarded or gratified.

Conclusion:

A positive, proactive attitude and way of living in which you help others reduces your stress and negative emotions, promotes inner peace and consequently promotes health and happiness, the purpose of life.

UNLEASH YOUR SUPERPOWER – THE IZOD METHOD™

CHAPTER 12

ACTION PLAN

I hope that with the information in this book, you can find your purpose in life, get control of your life and create clarity, live stress free, and master the IZOD Method™. I hope you implement the advice on food strategies and therapeutic modalities to keep toxemia in check, neutralize excess free radicals and systemic inflammation, optimize your immune system, become bullet proof against pathogens and diseases, repair DNA damage, and upgrade your body and brain.

I'll start this chapter with a brief overview that summarizes the important things to remember so you can make the right choices when it comes to your health. Then, because your head may be spinning with the countless nutrients, strategies and therapies discussed in this book, I will give you an example of how to incorporate this information with a general action plan, a simple day-to-day action plan to optimize immunity, and a specific action plan to successfully incorporate the IZOD Method™ and bring your A-game, on-demand.

We learned that toxemia is the cause of all disease, and that the accumulation of toxins in our body causes free radical damage and systemic inflammation.

Even according to conventional medicine, systemic inflammation is the cause of more than 90 percent of all diseases.

Systemic inflammation is a constant state of emergency that causes our immune system to be overactive and eventually be compromised.

To regain control of our health, we need to reverse toxemia and abolish this systemic inflammation. We can do that by decreasing the exposure and ingestion of toxins and simultaneously increasing the ingestion of nutrients that fight free radical damage and systemic inflammation.

We can conduct a simple blood test and measure C-RP levels (an indicator of inflammation in your body) prior to starting this program, and re-do the test after changing our lifestyle and dietary habits. You will objectively notice that, even within 60 to 90 days, our levels will have normalized, the systemic inflammation is abolished and the risk for any disease is drastically declined. We will have more energy and vitality, and feel much better.

When your inflammation is gone, your immune system can recover. With the strategies in this book and the action plan below, your immune system will become stronger than ever, and we will be bulletproof against viruses, pathogens and most known diseases. In addition, we will limit exposure to toxins and EMR, and optimize our innate DNA repair system.

The action plans below include check-off boxes for each item to be completed or implemented. It's not necessary to complete the items in the order they are listed. Some people complete the action plans in just a few weeks, while others may take much longer. Go at your own pace and implement more items as you can afford them. Check off the boxes as you complete them. Just do it! Be persistent! It will be worth it!

12.1. GENERAL ACTION PLAN

The best way to regain control of your health is to implement my five CLEAN living principles, which you can review in detail in my book *Health 4 Life: User Manual*. You may also download a *Health 4 Life* workshop pdf. file for free on my resources page at MVTonline.com.

Here is a summary of the CLEAN living principles:

C = Control emotions and feelings

L = Listen to the warning signs of our body

E = Enough rest, sleep and sunshine

A = Active lifestyle

N = Natural and clean air, water and food

Control Emotions and Feelings

Addressing your body's physical needs is a clear-cut task. Controlling stress and emotions is a more challenging task because it requires mental perseverance and input to achieve the proposed inner peace.

Inner piece begins the moment you choose not to allow another person or event to control your emotions. And this task is very obtainable because humans have the power to choose their response.

We need to acknowledge that our daily stresses and negative emotions have a detrimental effect on our health.

Chapter eleven in this book gives you the knowledge and skills you need to control your emotions and feelings. In addition, there are

various holistic mind healing strategies you should explore. Find the ones that work for you and that you are comfortable with.

Listen to the warning signs of your body

Our body tells us exactly what to do in certain situations, if only we would listen. If the body needs rest, we will feel tired and sleepy, so we should rest. Instead, we tend to stay up and watch the end of our movie.

If we aren't hungry, but the smell or view or thought of some yummy food crosses our senses, we tend to indulge even when we are not hungry.

When we are sick and we don't have an appetite, our body tells us to refrain from food so it can fight the pathogen and doesn't need to waste energy on digestive efforts, yet we are told to eat to keep up our strength.

When we are in pain, our body tells us to stop doing whatever it is that causes the pain, yet again we usually ignore these signs.

Listening to what our body tells us requires a conscious effort. My *Health 4 Life* action plan teaches you to get back in tune with the warning signs of your body.

During the next entire week, record all the things your body is telling you and record what your usual response would be and what your actual response should be. Here are some more examples:

My stomach feels full, but I'm going to eat that delicious dessert anyway.

My friend offers me a drink while I am not thirsty.

There are donuts in the lunchroom at work so I may as well eat one.

I'm tired, but I want to watch the end of this football game.

I'm exhausted, but I'm going to the gym anyway because I need to lose weight.

I eat breakfast because my doctor says it's the most important meal of the day.

My boss stresses me out and I'm in fear of getting fired all the time.

Every time I worry about something, I get diarrhea and feel dizzy.

I feel lonely and eat for comfort.

I have back pain, but I need to clean my house regardless.

I have a headache, so I'll lie down in the couch

and watch a movie.

I'm constipated, and I'm going to eat a pulled pork (acidic meat) sandwich (white bread or enriched flour).

I'm tired, so I'll drink a Red Bull or coffee (both depressants).

I'm running a fever, so I'll take some ibuprofen or Tylenol.

I'm sick, so I'll take some medicine and eat to stay strong.

Enough rest, sleep and sunshine

We learned about the vital importance of rest, sleep and light. Here are some ideas and strategies you can start implementing immediately:

Record sleeping and rest habits (time of day, length, quality, reasons for disturbed or incomplete sleep). Write a one-page essay on whether you think you get enough rest and sleep and explain why. How can you make practical changes to assure enough rest and sleep?

Make a list of the improvements you can make to assure a better quality of sleep (e.g. the time when you go to bed, activities prior to

going to bed, overstimulation such as noise and light, emotions such as worrying and EMR sources).

Some things you can do to get more exposure to sunlight (not heat):

Lighter or limited clothing as much as possible (especially inside the house and your backyard), T-shirts versus long sleeved shirts and shorts versus pants, etc.

Schedule more outdoor activities: Go for walks, go outdoors for lunch or dinner, sit on your front porch, go read outside, listen to music outside, work on your laptop outside versus at your desk inside, make your phone calls outside, etc.

Open doors and windows and allow sunlight to enter, open the sunroof, etc.

Remove sunglasses and hats.

Active lifestyle

Remember that it's not necessary to engage in sports or organized exercise classes to achieve an optimal activity level.

Movement is key because movement stimulates circulation and oxygenation which promotes the health of every cell in our body.

Movement is also vital to optimize our lymph flow and keep our immune system strong.

Write down a list of activities you would love to do and/or learn. You can think about activities you can do by yourself, or activities you can do with your family and/or friends.

Outdoor activities would be the best choice, of course (fresh air and sunlight). Implement two new activities within the next two weeks. Activities could be as simple as taking a walk during lunch, riding the bike to work or to the store, playing ball with the kids or the dog, joining your first yoga class (you should encourage your yoga instructor to offer outdoor classes), learning a new dance, taking the family on a hike or nature trail, or planning a canoe trip, etc.

Avoid sitting down for long periods of time. Take your phone calls while walking around, do some squats while working at a desk and/or consider a standing workstation, schedule regular breaks and walk outside, perform deep breathing exercises and do ankle pumps and upper body movements when you can, replace watching the fake news with a walk in the neighborhood and a jump in your pool, etc.

Natural and clean air, water, and food

We need to turn our poor eating habits in some healthy ones.

We need to replace man-made foods with natural, wholesome fruits and vegetables.

We need to avoid meats and processed meats, dairy, GMOs, salt and condiments, enriched flours, refined sugars, and hydrogenated oils. We need to implement more organic, wholesome fruits and vegetables, fermented foods, mushrooms, roots (beet, ginger, turmeric, etc.), bee products and healthy oils.

We need to replace sodas, coffee, milk and juices with pure, clean water. We need to expose ourselves to more clean air and do everything we can to avoid the inhalation of polluted air. We need to learn the basics of proper eating, including food-combining practices and the alkaline food model. We need to select the right supplements that can assist us in avoiding toxemia and obtaining optimal health.

To reduce the onslaught of toxins, we also need to make a conscious effort to limit the exposure to them, especially in our own house.

Replace your poisonous cleaning products, beauty products, hygiene products including

toothpaste and mouthwash, utensils and cook ware, fabrics, etc. with natural alternatives. Do what it takes to limit EMR exposure in the house. Review my action plan in my bestselling book *EMR – The Invisible Threat*.

Limit the use of soaps (I only use soap in the shower when I am dirty; otherwise, I just rinse) and hand soaps, Clorox wipes, etc. Expose yourself to bacteria and your immune system will get stronger for it. Get dirty with your kids and play in the mud or sand, pet those animals, and stop worrying about things you shouldn't worry about.

The saying "you are what you eat" is partially right, but we need to incorporate the other principles of CLEAN living, also.

Also remember that health starts upon conception, so getting your children in the right habits early on is very important. However, it's never too late to regain control of your health. While you are alive and kicking, your body will continue to strive for perfect health, no matter what!

12.2. OPTIMIZE YOUR IMMUNE SYSTEM

I strongly suggest you customize this example to incorporate your personal preferences when it comes to food choices.

Make your personalized action plan a habit by diligently following it daily. However, I also recommend that you not always stick with the same exact vegetables and fruits and juicing recipes and supplements, but that you replace them and rotate them regularly as to get a variety. All organic, wholesome foods are beneficial, but if you always consume the exact same ones, you still run the risk of certain micro-nutrient deficiencies. So, shop for different vegetables and fruits and experiment, especially when you juice them.

Eat a variety of fermented foods (keep sauerkraut, kimchi, miso, spirulina and chlorella in your fridge), and drink a glass of kombucha daily. If you dislike them, you can take a probiotic supplement and drink hydrogen water.

Eat a handful of mushrooms daily. I suggest a mushroom blend. Or use in a salad or drop some in a hot drink. A supplement powder is an easy alternative.

Keep bee products (raw, organic honey, bee pollen, royal jelly and/or propolis) in your pantry and have a few teaspoons daily. You can also use them as a sweetener.

Use some organic oils daily. For example, take a dropperful of oregano oil and use virgin olive oil or avocado oil on salads.

Put several drops of Thieves oil in an essential oil diffuser and use in your home, bedroom or office.

Start juicing. Purchase a cold-pressed juicer, mason jars and a food-saver (to suck air out of the mason jars), and make a batch of organic, fresh vegetable juice twice per week. My two favorite recipes are: (one) cucumber, celery, spinach, green apples, ginger (root) and organic lemon juice, and (two) kale, parsley, red beets, carrots, lemon (with zest) and ginger (root).

Get extra fiber by eating some organic apples (with peel) and prunes, or fiber-rich vegetables.

Start with a daily 16-hour fast: Eat an early dinner and skip breakfast (least important meal of the day). Juice mid-to-late morning and eat a healthy, light lunch.

Drink more water. Make sure to get purified, hydrogen water. I have a system that removes toxins and heavy metals from the tap water and infuses it with hydrogen. Fill glass bottles or stainless-steel containers with water and cool in the fridge.

Don't sit still. Movement is key throughout the day.

Use a mini-trampoline or vibration platform at

least 10 minutes per day and/or perform full body qigong.

Learn to meditate. If you are a novice, download some guided meditations (I suggest Dr. Joe Dispenza) and practice daily (get up 30 minutes earlier than usual, and, if you need your sleep, just go to bed earlier). Incorporate deep, diaphragmatic breathing.

Use a FIR-sauna once or twice per week (30 minutes) and/or get red light therapy.

Get a massage once a week, or regularly.

Use fluoride-free toothpaste and stop using mouthwash.

Get a monthly infusion of vitamins and minerals. You can add glutathione, NAD+ and other nutrients to the mix.

Get a quarterly high dose (30,000 to 50,000 mg) of vitamin C infusion.

Practice one or more of the mind-healing strategies daily (yoga, visualization, gratitude journaling, etc.).

Select a few potent immune-boosting supplements and take them daily. Change up your supplements quarterly. I am currently taking vitamin C, D, Zinc, curcumin, echinacea, adaptogens, magnesium, omega

3, NAC, L-arginine and astragalus. You may visit my FullScript page (scroll down to the bottom of my homepage at MVTonline.com) and make an account. You can review the medical grade supplements I recommend under my “favorites” or browse the catalog. Commissions I make on supplements or books go to charity.

When you feel sluggish, sick or weak:

- ✓ Continue the strategies above.
- ✓ Sip on elderberry juice or use the tincture, at least three times per day.
- ✓ Take natural vitamin C: start with 4,000 mg initially, and take 1,000 mg every hour until you feel better.
- ✓ Take vitamin D (minimum 5,000 IU).
- ✓ Take selenium (400 mcg).
- ✓ Take more echinacea.
- ✓ Take zinc lozenges.
- ✓ Take Andrographis or adaptogens.
- ✓ Drink more water.
- ✓ Rest and refrain from food.

Customize my plan and make it your own. Write it down. Make a list of what you need

and purchase it. Do not procrastinate. Contact me with questions. Just do it. You will regain control of your health and feel better than ever. You will absolutely love it!

12.3. REPAIR YOUR DNA

A successful strategy to repair damaged DNA is to increase the amounts of potent antioxidants in our body, promote the fuel production (NAD+) and electron reservoir (NADPH) of our innate DNA repair system, and implement some biohacking compounds.

When I provide a list of foods, I suggest you pick the ones you like the most and try some new ones. Maybe include them in your salads or juices. Make a shopping list.

Our daily dose of antioxidants should mainly come from whole foods, but high-quality supplements are a smart insurance policy.

Here are some key antioxidants you should implement in your daily routine:

Glutathione:

Include some asparagus, broccoli, avocado, garlic and spinach in your diet as they are known to boost glutathione levels.

Daily supplementation with NAC, Milk Thistle

(silymarin), Alpha Lipoic Acid (ALA), curcumin and selenium promotes glutathione production.

Vitamin C:

Include more citrus fruits and green leafy vegetables as they are rich in vitamin C, including pineapple, kiwi, strawberries, raspberries, cantaloupe, mango, papaya, broccoli, cauliflower, Swiss chard, parsley, etc.

Take 1,000 mg daily.

Vitamin D:

Check your current vitamin D levels by doing a 25-hydroxy vitamin D blood test. Normal levels are 20 to 50 ng/mL. Optimal levels should be much higher.

To improve vitamin D levels naturally, expose yourself to more sunlight (not heat), include wild-caught salmon, tuna, mackerel, oysters, shrimp, sardines and anchovies in your diet. Consume wild mushrooms and free-range eggs.

Supplement daily with 1,000 to 2,000 IU (although I take 5,000 IU).

Zinc:

Take daily zinc acetate lozenges.

Selenium:

The most common food sources that contain selenium are oysters, Brazilian nuts, halibut, yellowfin tuna, eggs, sardines, sunflower seeds, chicken breast and shiitake mushrooms. As always, I would suggest the nuts, seeds and mushrooms and avoid the meat or fish.

Supplement with small amounts daily.

Quercetin:

Quercetin is a plant-pigment flavonoid found in red wine, white wine, green tea, apples, ginkgo biloba, St. John's wort, capers, onions and yellow chili peppers.

I recommend a 1,000 mg of quercetin per day. You can take capsules or tablets, but I personally use a powder and mix it in Dr. Mercola's autophagy tea. This way, we upregulate NAD+ and autophagy.

CoQ10

Take 100 to 200 mg daily. Another great way to enhance mitochondrial health is a combination supplement which contains CoQ10, PQQ (pyrroloquinoline quinone), glutathione and lactoferrin (another antioxidant). Once per day, squeeze the Almsbio Glutathione Mito-Therapy+ from a

syringe into your mouth, hold for one minute, and swallow.

Visit my FullScript webpage at MVTonline.com (at the bottom of the homepage), make an account if you didn't already, and look for "antioxidants" under favorites and get the best medical grade supplements. Receive a discount. Proceeds always go to charity.

Practice grounding daily, use a grounding mat, and/or sleep on a grounded Anti-Aging Bed or bed cover.

Include PEMF therapies in your weekly or daily routine. Consider a Bemer mat. You can purchase one on my website.

Keeping your **NAD+ and NADPH levels** high can be done as follows:

Low EMR-lifestyle. EMR depletes NAD+ by activating the repair process that uses NAD+ as fuel.

Adequate rest and sleep allow the repair, regeneration and renewal of damaged tissue.

Eat dinner early in the evening and then refrain from foods and snacks so digestion can occur prior to sleeping. This practice also prevents energy from food being stored as fat,

which requires NADPH.

Supplement with tryptophan, an amino acid that can produce NAD⁺ in small amounts. Tryptophan is also a precursor for serotonin and melatonin, which may therefore improve sleep and mood.

A healthy diet that limits toxins and avoids toxemia and inflammation. See “Upgrade Your Diet” in chapter ten and review my book *Health 4 Life: User Manual*.

Niacin is a precursor for NAD⁺. Take 20 to 30 mg daily.

NQO1 can be increased by heat exposure such as with a near-infrared sauna or photodynamic therapy (PDT). Use IR-sauna or PDT once to twice per week, or more.

Implement regular high-intensity exercise or resistance training, and/or incorporate Blood Flow Restriction Training.

Drink Molecular Hydrogen (H₂) water..

Drink pau d’arco tea regularly, or use as a smoothie base or mix with coconut milk or oil.

Activate the Nrf2 pathway by incorporating the following into your regular diet: turmeric (curcumin), green tea, black tea, chamomile tea, buckwheat, pistachios, grapes,

blueberries, strawberries, apple and apple peel, pomegranate peel, dark chocolate, broccoli, cabbage, onion, red onion, capers, garlic, chives, leeks, tomatoes, guava, watermelon, beans, oregano, thyme, peppermint, CBD oils, cannabis, krill, microalgae, fish oil, vitamin D, H₂ and melatonin.

Take 500 to 1,000 mg of elemental magnesium per day. Be aware that the elemental magnesium is the magnesium available to our body and usually is only eight to 15 percent of the total amount of magnesium. I personally opt for magnesium threonate, but you can also consider taking a magnesium supplement that contains a combination of the various forms of magnesium.

Incorporate foods containing fair amounts of magnesium, including avocados, almonds, Brazilian nuts, cashews, peanuts, spinach, broccoli, squash seeds, pumpkin seeds, hemp seeds, chia seeds, edamame, quinoa, coconut milk, figs, lima beans, Swiss chard, okra, beet greens, bananas, dark chocolate (85 percent cocoa), brown rice, oatmeal, black beans, tuna, mackerel, salmon, yoghurt and kefir.

Promote healthy levels of nitric oxide with a “nitric oxide booster” including L-arginine and

L-citrulline. Vegetables high in nitrates include cress, celery, chervil, lettuce, beetroot, spinach, arugula, garlic and kale. Citrus fruits that can preserve nitric oxide include oranges, lemon, limes and pomegranate.

Purchase C60 on my website. Apply to the skin daily, and/or mix a few drops in a drink. Also consider Silver 23PPM, STS Heavy Metal, STR Pineal and Green Bee propolis.

12.4. THE IZOD METHOD™ ACTION PLAN

The IZOD Method™ is a recipe for a big win, on-demand, and consists of three distinctive phases, customized for each client.

To be successful, I suggest you enroll in one of my mentorship programs. You need a coach, a guide, a partner who makes you accountable, and someone who can help find or confirm your POL, implement and customize/individualize the plan and strategy, assemble a team of experts, and make sure you achieve your goals and perform at your highest potential.

Schedule a free Zoom call with me on my website to discuss your current status, your goals and initiate a plan.

PHASE 1 – FOUNDATION (POL and C&C)

To perform at your highest potential, we need to assure that the foundation is in place. What is your purpose of life (POL)? What is your passion? Do you get excited and feel fire in your stomach thinking about accomplishing your dreams and goals? Complete the exercise in chapter one and write down your POL, your dreams/goals, your moral/values and the person you want to be.

We must create Control and Clarity (C&C). You need to take control of your life (versus being controlled) and we need to start preparing for the big win. We get organized. Control creates clarity about your vision, your mission and your path.

Learn how to do a brain dump and implement daily.

Learn the SOD framework and implement.

Make your initial “I love to” list and “I dislike” list and save on your smart phone.

Write down a list of things you are not in control off.

Do you have a morning and evening power routine?

Are you in control of your calendar? If not,

write down the steps you are going to implement to get 100 percent in-control.

How can you free up valuable time? Write a list and implement.

Script your life. Don't stop until it's done. This can be part of your appointments with yourself and/or the one hour per day you work on your most important project.

PHASE 2 – EXECUTION (Plan and Strategize)

Without a plan, nothing significant comes to fruition.

Review the five components you need to sketch out a plan for your biggest goal in life (chapter two, 2.2.) and write it all out. Write down the "what's" in this business plan format. Don't worry about the details or the "how to's", as they will fall into place as we move forward and as we assemble a team of experts or people we need.

Start your SSC planning strategy (chapter two, 2.4.).

Identify your strengths and weaknesses (write a list).

Start a list of people (titles first, then names) who have strengths that are your weaknesses,

and who we need on our Team of Experts to assure success.

The last part of our plan is to implement IZOD strategies. These strategies are custom and serve only you in your journey to master the IZOD Method™. Examples include strategies to eliminate distraction, maximize focus, avoid procrastination, maximize productivity, free up valuable time, omit stress, control your life and your calendar, stop projects and activities that you don't like and don't serve your POL, etc. Customize, implement and revise these IZOD strategies until your life is 100 percent clear. You may review chapter two, three, four, five and six, and write down the topics you need improvement in, and implement the tips and strategies accordingly.

PHASE 3 – BIOHACKING (Body & Brain)

Step 1: Beyond Optimal Health

What phase is your health currently in?

First, you need to regain control of your health by restoring balance, resolving pain and medical issues, and getting back to “normal”.

Next, you need to implement strategies and lifestyle modifications to optimize your health so you can be fit, strong and vital. You are now

in control of your physical, mental, emotional and spiritual well-being.

Optimal health then would be the ideal foundation to maximize the benefits of biohacking strategies and technologies, reversing your biological age objectively, and becoming superhuman.

Establish a baseline of your biological age with objective tests. Review my “resources” page on my website.

Upgrade your immune system and design a custom routine (chapter twelve, 12.2).

Repair your DNA and design a custom routine (chapter twelve, 12.3).

Review the seven foundational elements to biohack (chapter ten, 10.5) and make a list of the actions you will undertake for each.

Make a list of the biohacking compounds you think you would benefit from the most. For example: Methylene blue, STACS, certain peptides, Urolithin A, apigenin, C60, etc. Review chapter ten, 10.6.

You can make two or three different lists of four to six products each and rotate every 60 to 90 days. Here are some you can use:

Take Moringa as a supplement, or grow it in

your backyard and add to your salads.

Increase Sirtuin Activating Compounds (STACS) by consuming a handful of wild strawberries or blueberries daily, and/or use dark cacao powder or nibs, green tea extract or leaves and turmeric root in your cooking, and drink a glass of organic red wine.

When injected, certain peptides are effective for mitochondrial support, longevity, energy, deep sleep and joint health. Look into BPC-157, TB500, humanin, MOTS-c, DSIP, FOXO4-DRI, Semax and Epithalon.

Ketone esters have been found to increase longevity. The BHB (beta-hydroxy-butyrate) is the form best absorbed. The ketone drinks don't taste good, but you can add some natural sweetener.

Eat "sweetbreads" (breaded or fried thymus from pork, lamb, veal or beef), take thymus extract or "glandular" supplements orally or as an injection (not cheap), or inject the peptide thymosin-alpha.

Take 500 to 1,000mg of carnosine daily, let it accumulate in your body, and experience maximum results in 90 days.

To increase urolithin A, eat whole pomegranates (with skin and seeds) or simply take pomegranate extract, ideally combined

with the bacterial strains that produce urolithin A. Check out the company SEED.

Spermidine is a natural substance found in wheat germ, whole grains, dark leafy greens, pears and mushrooms. It can also be purchased as a supplement.

Take 20 to 30 mg Astaxanthin per day.

Drink chamomile tea or supplement with 30 to 40 mg of apigenin per day.

Focus Plus+ activates all five intelligence hormones and naturally improves mental sharpness, focus and clarity for optimal performance. Take daily or 30 to 60 minutes prior to an important task or performance.

Make a list of biohacking modalities or technologies that would benefit you the most at this time. Some are cost-effective such as a cold bath, FIR sauna, vibration applications, etc., while others require an investment in yourself and your loved ones, such as an Anti-Aging bed cover, a HBOT home unit, BHRT, a hydrogen water unit, etc.

Make a list and purchase the basics, then make a wish-list and start saving and investing in yourself. Review the technologies I use and recommend personally on my website or implement some of the following:

Consider regular stem cell or exosomes infusions, and PRP (platelet-rich plasma) treatments to help repair and renew damaged tissues and increase your lifespan and health-span.

Make shockwave therapy part of your regular regimen (if healthy, once or twice per year).

Consider HBOT sessions once or twice per year, resulting in high blood oxygen plasma levels, increased number of red blood cells, improved tissue healing, mitochondrial biogenesis, angiogenesis (new blood vessels) and DNA repair.

Contact a knowledgeable functional medicine practitioner to restore and optimize your natural hormones and reap the multitude of proven health benefits of Bio-Identical Hormone Replacement Therapy (BHRT).

Look into the benefits of cold therapy which can be as simple as taking cold showers combined with some specific breathing techniques, and check out Wim Hof's techniques. You can find cryotherapy chambers at wellness centers, med-spas and gyms, as well.

For every poor health signal, there is a frequency to counter it. Tesla coils, Tesla plasma devices, and other Tesla technologies

use healing frequencies to balance and heal the body. Look into it.

Promote constant movement. Work standing up, walk around while talking on the phone, walk during breaks, play with the kids or grandkids or your pets, engage in fun activities, take dance lessons, etc. Consider rebounding trampolines and/or vibration platforms. Only consume one meal per day. Write down how you can heal at home. Review chapter ten, 10.8.

Set up a biohacking routine and add to your calendar. What are your daily activities? Weekly? Monthly? Bi-annually? Annually? Put everything in your calendar.

Measure your progress and the effectiveness of your biohacking routine with regular (six-month or one-year intervals) biological age measurements and other tests including blood tests, BCA (body composition analysis), gut biome test, genetic and epigenetic tests, etc.

Download my Biohacking Unlimited app on your smartphone and stay current on the latest and most innovative biohacking compounds, technologies and strategies.

Step 2: Belief, Visualization, Manifesting

We need to set and define a clear blueprint for our successes. We need to control our mind so winning is the only possible outcome.

We can coach you and teach you meditation, visualization, controlling emotions and feelings, and manifesting until no doubt remains in your mind, or you can take this journey by yourself.

Learn about the various brainwaves and how each brainwave has its own benefits. Learn how to access these brainwaves on-demand through meditation, binaural beats, music, supplements, BrainTap, NuCalm and other applications. Explore and find out what works for you. Refer to chapter eleven, 11.2.

Learn how to control your emotions and master the skills accordingly. Refer to chapter eleven, 11.3.

Explore some mind-healing strategies (chapter eleven, 11.4.) and find out what works for you.

Learn how to manifest and implement (chapter eleven, 11.5.)

Share your abundance and make a list of simple things you can start doing now to help others.

Step 3: Nootropic Support

We advise you on the most innovative nootropics on the market and customize dosage and stacking accordingly. Download the Biohacking Unlimited app to stay tuned.

Currently, I recommend Focus Plus+ and Neupanex, in addition to several other biohacking compounds and nootropics. The individual goal is to customize a stack that works well for you, balances and optimizes all five intelligence hormones, and gets you in the zone, on-demand.

Develop your own power routines and transfer the to-do items to your calendar!

UNLEASH YOUR SUPERPOWER!

ENDNOTE

“Humans are part of Nature. We are the environment. There is no external environment. To be in optimal health and to be happy, we must live and function according to the laws of human life and Nature. We must find our purpose in life and unleash our superpower to benefit humanity. You have a choice, make it.”

Mike Van Thielen, Ph. D.

TO LEARN AND NOT TO DO IS
REALLY NOT TO LEARN.

Yours in Optimal Health,
Dr. Mike

UNLEASH YOUR SUPERPOWER – THE IZOD METHOD™

ABOUT THE AUTHOR

Dr. Mike Van Thielen, Ph. D., HOLISTIC NUTRITION, HEALTH & WELLNESS EXPERT, RENOWNED AUTHOR, INTERNATIONAL KEYNOTE AND MOTIVATIONAL SPEAKER, AND WORLD RECORD HOLDER in SWIMMING, has been involved in optimal health practices, anti-aging and regenerative medicine, sports performance, nutrition, supplementation and biohacking for more than three decades.

As a top swimmer in his native Belgium, he gained interest in optimizing health and athletic performance. Dr. Van Thielen graduated from the University of Brussels (Belgium) in 1993 with a bachelor's degree in physical education, and in 1995 with a master's degree in physical therapy. He served as the assistant coach and physical therapist for Belgian Olympic swimmers in preparation for the 1996 Olympic Games in Atlanta.

Dr. Mike moved to Florida in 1997, and after managing several pain management clinics, he pursued his master of science in Oriental medicine, and his bachelor of science in professional health studies from the Florida College of Integrative Medicine in Orlando.

Dr. Mike is a licensed physical therapist, a licensed acupuncture physician and a doctor of Oriental medicine, with certifications in injection therapy, homeopathy and homotoxicology, Chinese herbal medicine and non-invasive cosmetic procedures. He also has a Ph. D. in holistic nutrition from the College of Natural Health.

Besides being well-versed in various health applications, Dr. Mike Van Thielen also holds many business and marketing certifications. He has a vast business experience and a proven track record of establishing and developing successful business operations.

Dr. Mike owned several anti-aging clinics in central and northeast Florida, and developed a successful system to create customer loyalty that boosted new customer referrals and resulted in retaining more than 90 percent of existing customers.

In 2008, he founded a company that certified health care professionals in health and wellness programs, sensible weight loss, and natural non-invasive cosmetic procedures, and trained more than 1,000 professionals in just a few years. Dr. Mike sold the business in 2014 and has since dedicated himself to bio-regenerative medicine applications and

biohacking strategies. He was the CEO of a renowned stem cell clinic from 2015 to 2019.

Dr. Mike is the author of the revolutionary book *Health 4 Life: User Manual* (2014) and is featured in the book *Motivational Speakers America: The Indispensable Guide to America's Business and Motivational Speakers* as a top international keynote speaker alongside celebrities such as Les Brown and Brian Tracy. Dr. Mike has also shared the stage with Darren Hardy, owner of *Success* magazine, Dr. Mercola, Nick Vujicic, Dr. Fab Mancini, Del Bigtree and many more.

In 2019, Dr. Mike published *Stem Cells 1-on-1: 7 Questions You Should Ask When Considering Regenerative Medicine* and a short autobiography named *Walking the Talk: The \$400 Journey*. In 2020, he published *Fibromyalgia into Remission*, and *EMR: The Invisible Threat* was an Amazon bestseller in March of 2022.

Dr. Mike is a two-time All-American, and is a current world record holder in swimming. He also holds 31 U.S. national titles and two YMCA national records. He is a proud member of the exclusive WSA (World Sports Alumni).

Currently, Dr. Mike is the owner of Biohacking Unlimited and a sought-after mentor and keynote speaker. He is the chief medical officer at ClariGenZ Health, an entrepreneur, philanthropist and proud father of two beautiful daughters.

INTERVIEW WITH THE AUTHOR

What do entrepreneurs misunderstand most about peak performance and productivity?

Most entrepreneurs assume that peak performance is about pushing the limits, multitasking and growth. Reality is that peak performance is obtained when we optimize productivity, which is dependent on three key elements:

1. Establishing ways to free up valuable time, including proper delegation of tasks to leaders and executives, dismissing projects that do not contribute to the direct success of the company, and using virtual assistants or an A.I. platform to get organized and establish effective communication lines.

2. Maximize our ability to focus. Examples are prioritizing, avoiding multi-tasking, limiting distractions (including social media), and creating an environment that promotes focus and productivity. We can also balance and modulate all our five intelligence hormones and therefore optimize our brain power.

3. You need to be in optimal health. You need to be fit, strong, vital and in control of your physical, mental, emotional, and spiritual well-being. Only in optimal health can one perform at the highest potential.

What does your morning look like?

Good question. First, I wake and drink some hydrogen water. After my swim or morning exercise, I sit at my desk and do a 10-minute brain-dump (to clear my mind), then I do a three to five-minute cold bath, after which I take my supplements. Then I check my calendar and remind myself why I'm doing all these projects today. I look at the big picture, or my dream to motivate myself. I never eat breakfast because breakfast is by far the least important meal of the day. That's my morning

power routine.

What's the biggest challenge businesses are facing in today's world?

In our fast-paced, technology-driven society, each person is bombarded with 14,000 messages per day. As a result, the attention span is diminished. In addition, people crave the dopamine hits they get from their social media outlets such as Instagram and Tik Tok. See, dopamine is the “feel good” hormone, so when people like or love your post or agree with a comment you made, it's like getting a pat on your back. We like that feeling, so we want more. Therefore, the challenge in business today is to get people's attention. They are distracted easily, bombarded with thousands of messages. Those who can capture people's attention will be successful.

What are some of the most important lessons you've learned over your career?

I learned many lessons, and it's important to always remain a student no matter how

successful you are. I have three distinct moments that changed my life.

At age 19, I was assistant to the NATO swim coach in Brussels, Belgium. His name was Peter Trummer. One day, he sat me down and told me that many of the swimming principles and theories are wrong, but generally accepted without question. He gave me some examples and insight and told me to never just accept anything that's written on paper or said on media without questioning and researching it. He taught me critical thinking.

The second lesson came from Stephen R. Covey's book, *The 7 Habits of Highly Effective People*, in particular habit number five: Seek to understand, then to be understood. I made the effort to master this skill, and it has benefitted me greatly. When we talk, we don't learn anything. When we listen, we can learn, and we can get the perspective of other people and/or understand why they have a certain opinion.

My most important lesson ... well, I came to the U.S. in 1997 with \$400 and a backpack, and I didn't have a mentor, so I got knocked down many times. My motto quickly became:

I never lose, I win or I learn. But looking back, the most important thing anyone can do in life or business is to know what you want in life, what your dream is, and who you want to be. Once you establish your purpose in life, make a plan, and assemble a team of experts or mentors that you need to execute that plan. The last ingredient to success is perseverance. Being relentless, tackling every obstacle, focusing on that dream, never any doubting. No wavering!

What's your favorite productivity hack for entrepreneurs?

I've got two:

- 1) Fire people that do not fit the team, that don't produce. Don't feel bad, don't waste time, just do it. You need a team of leaders and a team of people that believe in your company and have the same values. And everyone should own a part of the company, so that they are invested.
- 2) Master the IZOD Method™ and use natural nootropics to modulate all five intelligence hormones to maximize focus. Learn how to get

in the zone, on-demand, putting on your A-game any time, anywhere.

What are three daily rituals you recommend to other people trying to achieve peak performance?

First, to keep the body healthy and move. Movement promotes circulation and oxygenation to every cell in the body.

Second, you need to make sure your body receives all the essential nutrients it needs on a daily basis, so the cells can replenish, repair and renew themselves, preventing disease and cancer.

Third, to keep a sharp mind and maximize productivity, we always need to optimize our intelligence hormones. Take Focus Plus+.

What underrated tools are indispensable for your job?

The IZOD Method™ keeps me on my A-game and allows me to push harder for longer periods of time.

Second, a virtual assistant or A.I. platform to keep me organized and prioritize tasks.

Lastly, a weekly appointment with myself to reflect back and look forward on what has been accomplished and needs to be done, and look at the big picture or keep the dream alive and know why I'm doing all of this work.

What do you think the world will look like in five, 10, 15 years from now?

On one hand, technology will continue to advance exponentially, and humans will merge more and more with A.I. to improve performance and intelligence. Now, becoming a modern-day cyborg may not be everyone's cup of tea.

On the other hand, more information and integration means less social interaction, more anxiety, more depression, poor attention span and focus, and difficulty concentrating and being productive. Therefore, personal organization skills, controlling your life and calendar, and living a scripted life will become more and more important and even vital for survival.

Tell me about a patient that touched your heart?

That would have to be my first patient as an independent practitioner, right after I obtained my Ph. D. in Holistic nutrition. Jo Dee was diagnosed with stage-four melanoma and was given just a few months to live. Talk about pressure with your first patient, right? We put her on a strict juicing program, high quality supplements, and helped her with her mindset. It has been well over a decade now, she is healthy, and guess what she is doing? She is a foundational health coach, helping thousands of other people regain control of their health.

If all that was left for aliens to find was a book about your life ... what would the title be, and what would the blurb tell us about Dr. Mike Van Thielen?

Difficult one. Most people know that I help others, especially when it comes to their health. They also know I motivate and encourage people to be the best they can be in life, and never give up on their dreams, but

instead make an action plan and be relentless in its execution. What most people may not know is that I'm a passionate person that would do anything to help others without expecting anything in return.

If you could start a business tomorrow, what would that business be? How would you give yourself an unfair advantage?

Two things: (1) You need to think several levels deep and make sure this business is what you really want. Make sure you want this business for the right reasons, that this business aligns with your core values and morals, that it's your dream or a valid stepping-stone towards your dream. Ask why, then ask why again. Go five to seven levels deep. (2) Surround yourself with a team of experts. Who do you need on your team to knock this business out of the park? Make that list and assemble that team.

What is your best tip for making the world a better place?

Help others and share your abundance.

Abundance doesn't necessarily mean money. It includes love, joy, kindness, gratitude, empathy, hope, mindfulness and simply ... your presence.

If you had \$100,000,000 to spend on health and tech and no red tape, how would you spend it?

It would take much more money, but, ideally, I would spend it on restructuring our sick care system by taking away the lobbying and buying power of insurance companies and big pharma so we can move into health care and preventative care. Big pharma even controls the curriculum of medical students. It would be far more beneficial to teach these students much more about health and how to keep someone healthy versus how to manage a disease with drugs and surgeries.

Do you take any pre-workout?

I don't use a pre-workout. Most of these powders are filled with waistline expanding sugars and often dangerous levels of stimulants. I juice a lot and take high quality

supplements to assure my body has all the essential nutrients it needs for an effective workout. I use Focus Plus+ to get all the focus and energy benefits when I feel I need it.

What is broken with gym culture?

From my perspective, there is a followers' mind in the gym culture. At one point, someone mistakenly assumed that lean chicken breasts and broccoli would be the best meal for physical fitness, and decades later, everyone is still preparing a week's worth of chicken and broccoli. First off, meat is a poor choice for protein. Animals get their protein from plants, so they just act as middlemen. Plant protein is bio-available, does not cause a burden on the digestive system, and is not acidic. Athletes on plant-based nutrition plans outperform others all the time. In addition, a fair amount of gym-goers like to use synthetic testosterone, HGH and other muscle enhancers. These may have short term benefits, but long-term consequences. The gym world needs education.

Why are energy drinks, coffee and other caffeine sources so toxic for our body?

Caffeine sources stimulate the brain to such a degree that it releases massive amounts of dopamine. When this happens, the brain chemicals become completely imbalanced, leading to a significant crash and long-term adrenal fatigue, with symptoms such as brain fog, lethargy, fatigue and poor sleep. You can no longer perform at your best, no matter what you do or try. These are not stimulants, they are depressants.

You came with a way for us to become limitless at the flip of a switch. Can you explain?

Yes, so the limitless switch happens in the brain. See, there's something people consume every day that destroys their ability to focus and be at their best. No, it's not coffee. It's even more addictive. It's dopamine! Yes, between all the social media and constant stimulation, our body is constant getting fed, and we start to experience dopamine overload. When this happens, our five

intelligence hormones become completely imbalanced causing lethargy, brain fog, inability to focus and produce. The IZOD Method™ and some potent nootropics such as Focus Plus+ modulate, balance and optimize these five intelligence hormones to get back on track and into the zone.

What are some of the ways we can access the dopamine in our brain to improve our concentration, drive and motivation?

Well, most people are in a state of dopamine overload, so they wouldn't need to boost levels. However, healthy people and people in control of their social media can boost dopamine levels naturally by making a few diet and lifestyle changes.

A balanced diet that contains adequate protein, vitamins, minerals and probiotics and a moderate amount of saturated fat can help your body produce the dopamine it needs.

Lifestyle factors are also important. Getting enough sleep, exercising, listening to music, meditating and spending time in the sun can all boost dopamine levels.

Having adequate levels of iron, niacin, folate and vitamin B6 is important for dopamine production.

Also, several supplements have been linked to increased dopamine levels, including magnesium, vitamin D, curcumin, oregano extract and green tea.

What are your favorite quotes?

Besides a dozen motivational ones, I have to say that two quotes of Mahatma Gandhi are my favorites.

“Be the change that you wish to see in the world,” and, “A man is but a product of his thoughts. What he thinks, he becomes.”

UNLEASH YOUR SUPERPOWER – THE IZOD METHOD™

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