

SUPERCHARGED

*13 Novel Strategies to Overcome
Fatigue & Unlock Limitless Energy*



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UNLOCK YOUR ENERGY POTENTIAL

When it comes to supercharging your energy, there are 4 primary mechanisms.

1. Energy stimulation & activation
2. Energy conservation & slowing down
3. Energy cultivation & increasing capacity
4. Energy flow

Improving energetic efficiency can be increased by working at the extremes. This can be done by intentionally incorporating short bouts of stimulation along with plenty of time spent in energy restoration.

Unfortunately, most of us don't spend enough time in energy restoration because there often exists a chronic sympathetic nervous system activation which tends to drain energy reserves.

This can be caused by excessive mental and emotional stimulation, physical misalignments or injuries, and stored emotional trauma.

While energy is stored and utilized in all tissues and spaces throughout the body, the practices and tools listed in this report are targeted to address 3 primary energy systems.

Nervous system

Sympathetic and Parasympathetic

Mitochondria

Organelles that make cellular energy in the form of ATP, heat, light.

Subtle Energetic Channels

Known as meridians or nadis in the Eastern traditions of Chinese Medicine and Ayurveda.

NITRIC OXIDE

Probably one of the most important molecules produced by the human body, nitric oxide (NO) is a gaseous signaling molecule that controls and coordinates a wide variety of biological activities. Every single disease is linked with a lack of nitric oxide and unfortunately, by the age of 40 or 50, the average person makes about 50% of the nitric oxide they did in their youth. Here are some of the primary energy-related functions of Nitric Oxide.

- Dilates blood vessels and improves cardiovascular circulation.
- Increases perfusion and delivery of oxygen to every cell in the body.
- Acts a neurotransmitter in the central nervous system.
- Produced by the immune system to kill off pathogens.
- Controls telomerase enzyme which lengthens telomeres, stabilizing DNA.
- Plays a role in the production of new mitochondria.
- NO is required for your stem cells to mobilize and differentiate.

Fortunately, there are number of ways to boost nitric oxide production naturally. And you can also supplement with nitric oxide directly.



Supplements

[NO2U lozenges & powders](#)

- use code "AWAKEN" to save 10%

[Berkeley Life professional supplements](#)

- practitioner code "PRALLBL" to order.

Dietary Sources

When you eat foods like organic arugula, spinach, kale, and beets, the bacteria in your mouth convert the nitrate to nitrite and nitric oxide.

Lifestyle Factors

- Avoid mouthwash, fluoride toothpastes, and antacids.
- Get plenty of exercise.
- Breath through the nose.
- Sunlight on your skin.

BREATH WORK

Your breath is the master regulator of physiology and metabolic function — and you have conscious control over it. There are a number of techniques to elicit a variety of responses in the body. Here are two of the most fundamental and powerful techniques.

Energizing Breath (Breath of Fire)

The breath of fire is a rapid, rhythmic, and continuous breath done through the nostrils with the mouth closed. The pace is typically 2-3 cycles per second with equal inhale and exhale.

This stimulating technique helps to synchronize the biorhythms of all the body's systems, improves the balance between the sympathetic and parasympathetic nervous systems, and improves nitric oxide production, circulation, and detoxification.

Contraindications: Do not practice Breath of Fire if you are pregnant, have a respiratory infection, high blood pressure or cardiac issues, vertigo or any spinal issues. Consult your healthcare provider if you have any questions or concerns before trying for the first time.

Calming Breath (4-7-8)

The 4-7-8 breath is performed by inhaling through the nose for the count of 4, holding for 7 seconds, and releasing out the mouth for 8 seconds, making a "whoosh" sound as you release. Repeat at least 5 times.

Performing this technique activates the parasympathetic nervous system. Using this breath when you feel overwhelmed will help reduce stress physiology. Practicing this technique before bed may also help you fall asleep faster and improve deep, restorative sleep.

RED / INFRARED LIGHT

Various frequencies of red light in the ranges of 600-680 nm and near infrared (IR) light in the ranges of 800 - 980 nm have been shown to be particularly beneficial to humans, pets, and other mammals.

Red and IR light pass deep into tissue, impacting water, mitochondria, and other protein biological proteins. Water has the capacity to absorb red and IR light which results in an increase of electrical potential and an increased efficiency at the mitochondrial level. The result...you make more energy.

IR light also penetrates deep into tissue and works to release and mobilize wastes out of the body, improving detoxification through sweat. Additionally, IR light stimulates nitric oxide production and improves circulation.

Red & IR light is also one of the most effective therapeutic tools to reduce pain and accelerate tissue repair.

You can get full spectrum red & IR light from the sun or you can get more significant therapeutic doses from cold lasers, saunas, and red light panels.



[Therasage Full-Spectrum IR Sauna & Red Light Panels](#)

use code "ULTIMATEHOLISTICHEALTH" to save 20%

NAD+

Nicotinamide Adenine Dinucleotide (NAD) Is a critical coenzyme found in every cell in your body that's involved in hundreds of metabolic processes, such as cellular energy and mitochondrial health. Fundamentally, NAD+ helps to turn nutrients into energy and functions as a helper molecule for proteins that regulate biological activity.

NAD+ is essential for maintaining neurotransmitter levels and for the proper functioning of the brain. There is a large body of research demonstrating the benefits of NAD+ on cognitive function, cardiovascular health, eye and skin health, and chronic fatigue syndrome. Wherever there is high metabolic demand, NAD+ is needed.

There are 3 primary supplement options that can help raise NAD+ levels in the body and 3 primary forms of delivery.

NAD+ supplement options

- [precursor] Nicotinamide Mononucleotide (NMN)
- [precursor] Nicotinamide Riboside (NR)
- NAD+

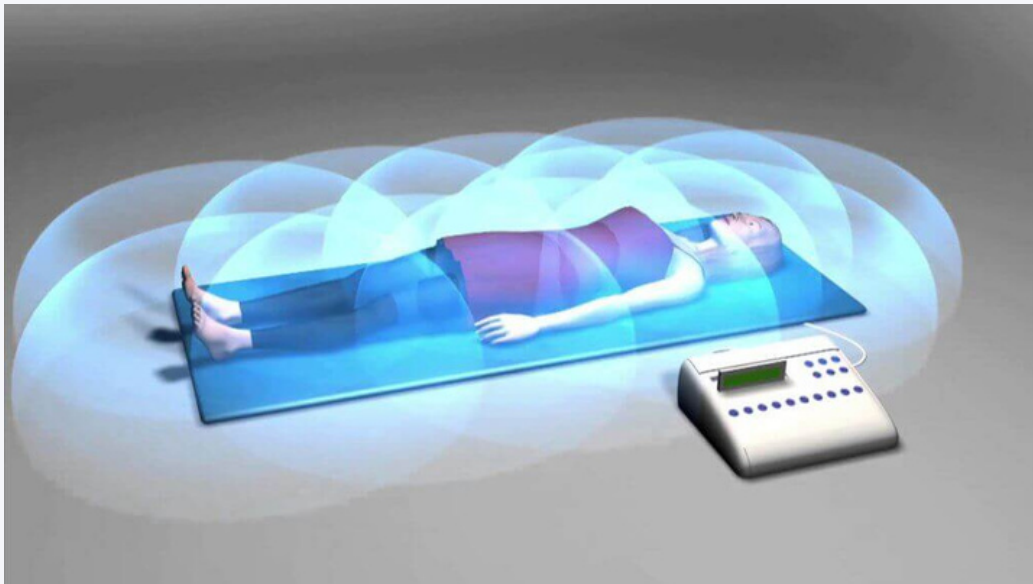
3 Best forms of delivery

- IV Injection (best)
- [Suppositories](#) (2nd best way)
- [Liposomal](#) (still good)

By far the best NAD+ products I have found are [made by Mitozen](#).

PEMF

Pulsed Electromagnetic Field (PEMF) therapy is one of the more powerful yet safe means to stimulate energy at the sub-cellular level. It does this by creating a magnetic field that passes completely through the body, quite literally recharging your tissue. It does this through the principle of electromagnetic induction whereby the pulsing magnetic field increases the electrical (charge) potential of your cells and facilitates stronger electrical current where needed and balanced charge state in injured tissue.



- **Benefits of PEMF**

- PEMF improves circulation
- Stimulates stem cell production
- Stimulates ATP production
- Stimulates nitric oxide production
- Stimulates the release of peptides and growth factors

All of these benefits and more result in faster healing times, a reduction in pain, and greater cellular efficiency.

Visit <https://www.dr pawluk.com/> to compare devices and learn more.

CIRCADIAN RHYTHM

Circadian rhythm is the 24-hour cycle by which all of your cells operate. And the coordinated timing of these operations is guided primarily by light.

In order to feel refreshed, alert, and energized, you must get deep, restorative sleep at night and entrain your circadian rhythm with the daily light/dark cycle. Doing so will not only improve the timing and output of sleep/wake hormones like melatonin and cortisol, but you'll also improve the output of every other hormone in your body.

When you have a strong circadian rhythm, your body requires less energy to digest food, repair tissue, detoxify compounds, fight infection, and eliminate waste because energy production is optimized within your mitochondria. Here are ways entrain your circadian rhythm.

Morning Walk

Take a walk or do some light movement outside, first thing in the morning, before breakfast. Doing so will improve your metabolic flexibility as your cells rely on fatty acids for fuel, instead of glucose. Movement improves nitric oxide production, blood circulation, lymphatic flow, and helps move your bowels.

Get Plenty of Daylight

Light from the sun is the most powerful entrainment cue the body uses to coordinate function. Getting daylight in your eyes first thing in the morning will cue the body to release sufficient cortisol in the morning to help you feel awake and alert. When your eyes are exposed to a lot of sunlight during the day, your body responds by producing even more melatonin at night, ensuring deep, restorative sleep and greater energy the following day.

Block Blue & Green Light After Sunset

In nature, when your eyes take in daylight from the sun, signals are communicated through the suprachiasmatic nucleus into the hypothalamic-pituitary axis, coordinating function to the rest of the body based on the specific frequencies and intensity of light associated with the angle of the sun. Typically, UV, blue and green frequencies of light would only be seen during the day. Now, artificial lights are emitting blue and green at night, throwing a wrench in our biological rhythms. To correct this, you can wear orange glasses at night, only use lamps or lights with orange light bulbs at night, and download the f.lux app on your computer.

QIGONG

The practice of qigong is focused on the concept of moving and cultivating Qi...or life force energy as we might think of it in the west. Qigong can improve your energy by opening up channels throughout the body which allows for greater flow of stuck or stagnant energy.

Increasing the flow of energy through the body, will help bring balance to all systems, including the nervous system. And through the practice of qigong, you can learn to actually cultivate, gather, and harness energy from within and without, thus increasing embodied access to Universal or source energy.



MEDITATION



All forms of meditation will help to calm an overstimulated sympathetic nervous system and hyper-vigilant amygdala (fear center), which can consume a lot of energy even when there is no imminent danger present.

Meditation has also been shown to increase melatonin production, which is a powerful antioxidant, on top of its ability to improve sleep quality. What's more, research has shown that meditation is one of the best ways to naturally boost DHEA and growth hormone, both of which have an anabolic and youth-restorative effect.

BLOCK THERAPY

Block Therapy is a fascial decompression practice that involves laying on a bamboo block as it is placed in a variety of positions throughout the body. Letting gravity do the work, the technique is designed to break up micro-adhesions and scar tissues that build up in the fascia and peri-fascial connective tissue that surrounds virtually all cells and organs.

These adhesions restrict blood flow, oxygen, and life force energy from sufficiently reaching tissues throughout the body. Using diaphragmatic breathing, [Block Therapy is able to deliver 6x more oxygen and life force energy deep into tissues](#), increasing nitric oxide production, improving blood flow, and facilitating better energy production and metabolism in all cells throughout the body.

Block Therapy helps to lower the sympathetic load held in the body, while diaphragmatic breathing increases parasympathetic tone, allowing greater healing to take place.



ADAPTOGENIC HERBS

Many are now using adaptogenic blends in the morning to replace their cup of coffee. Unlike caffeine, which borrows from tomorrow to get through today, adaptogens are shown to have a balancing effect on adrenal, pituitary and hypothalamic glands, helping the body recover from stress while at the same time improving mental and physical performance. This means that adaptogens can help you get sustained energy, but without the crash.



Top Adaptogenic Herbs to Balance Energy:

Ashwagandha, Astragalus, Eleuthero, Rhodiola, Ginseng, Schisandra, Maca, Holy Basil, Licorice Root

SHILAJIT



Commonly used in Ayurvedic medicine, Shilajit is a substance found primarily in the rocks of the Himalayas developed over centuries from the slow decomposition of plants. Shilajit can be used for many reasons, and one of them is to combat chronic fatigue syndrome and increase energy by naturally

boosting your body's mitochondrial function. It also has anti-aging properties which lead to longevity and overall health. Make sure you do your research. Many online shilajit products contain things you don't necessarily need or want in your body. This is a good source:

<https://lotusbloomingherbs.com/products/authentic-shilajit>

LICORICE ROOT



Ever feel like you might have adrenal fatigue? If so, your naturopath may have suggested Licorice Root. Licorice contains a powerful compound that slows the body's capacity to metabolize cortisol - the stress hormone released when the body is under physical or mental pressure. This helps maintain cortisol levels and results in a more effective physiological response to stress.

Licorice root is also a great herb for supporting liver function, which also helps to manage and regulate energy. Take licorice root in tea or liquid drops to help support your adrenals.

MUSHROOMS

Medicinal mushrooms have been used in Eastern medicine for thousands of years and are gaining in popularity - including as adaptogens in coffee or as coffee energy supplements. Reishi mushroom can help with sleep, anxiety, depression & focus. By aiding the nervous system, Reishi helps sustain and improve energy.

Chaga mushrooms are antioxidant powerhouses, helping fight free radicals and inflammation, improving mitochondrial function. Cordyceps is used to improve energy, athletic performance and aid in muscle recovery as it helps the body utilize oxygen more efficiently and enhance blood flow.



KETONES

Ketones bodies are a natural source of metabolic fuel manufactured by the liver when there is insufficient supply of glucose to burn. Comparatively, ketones are able to generate about 25% more ATP than glucose in metabolically demanding tissues like the brain and heart. For this reason, ketone supplements make an excellent energy shot before an athletic endeavor or workout. Ketones are also being researched and utilized for a variety of neurological conditions and to slow down aging signs in the brain.

Benefits of Ketone Esters

- Stimulate the production of the brain-derived neurotrophic factor (BDNF) in brain cells
- Improves blood-glucose levels and insulin sensitivity
- Provides an immediate and clean source of fuel
- Decrease appetite by reducing ghrelin levels
- Increase cognitive performance when fasting
- May improve neurological conditions

It is generally not a good idea to consume ketones with a meal, particularly a high-carbohydrate meal. They are best consumed on an empty stomach and during fasting periods.



My favorite is [this ketone precursor drink made by H.V.M.N.](#)

HEART COHERENCE

Heart Coherence is a state of cooperative alignment between the heart, mind, emotions and physiological systems of the body. Coherence practices can help calm your nervous system, neutralize stress reactions, and discern better choices. One of the major causes of stress is a lack of coherence in the way we respond to the world.

One of the more effective tools to help generate heart coherence and engage the parasympathetic nervous system is the Inner Balance device from Heart Math Institute. [The Inner Balance technology](https://www.heartmath.org/store/products/inner-balance/)



analyzes and displays our heart rhythm, measured by Heart Rate Variability (HRV), which indicates how emotional states are affecting our nervous system. And the coherence tech "tells you" when you're actually in the physiological state of heart rhythm coherence rather than assuming you are.

<https://www.heartmath.org/store/products/inner-balance/>