

Dear Ronit and Rod,

7-31-17

Many thanks for the chance to work in the Master Coaching Class last Wednesday. Here are some of my best/favored hacks and tools. Many of these are vetted by myself and patients/clients. Many Thanks for what you both do. Chuck

Books— *Bulletproof Diet Book* by Dave Asprey , *Fat for Fuel* by Joe Mercola, *Eat Fat Get Thin* by Mark Hyman, *Brain Maker* By David Perlmutter, *Choosing Civility* by P. M. Forni, *Anticancer: A new Way of Life* by David Servan-Schreiber

Sleep Help- Sleep Induction Matt (\$20 bulletproof.com),/// Mg 200 to 400mg PO in PM or Epsom Salt Bath In PM,/// AM brief exercise event even only 5 minutes before shower cause “Cortisol Set Point” and aides PM melatonin Release (Appalachian State Study via Shawn Stevenson), Blue Blocking glasses in evening

Energy— AM High Intensity Workout (Sometimes very short- “Meakin60” 8 floor exercises done 60 times in group of 30 reps done as fast as possible after 1-3 minutes warm up. Done in 10-12 minutes but the “clarity buzz last all day”. /// Momentum setting- Make the first 3-5 things of the AM preset, enriching, motivating and the rest of the day will flow-“Own your morning and the day is yours too”/// morning and daytime eating is all fats, some proteins and greens, carbohydrates only at night in limited amounts.

Happiness- Gratitude practice- start with Rising in AM, Retiring in PM listing of 5 things grateful for and try to add some journaling app as well./// 10 minutes of AM sunlight or UV exposure- face, eyes and some skin/// Try to get people out of their head and then serve or help someone in someway/// Use microsteps to get out of one’s save zone to stay socially engaged with family, friends or anyone (social isolation is worse than 2 pack per day smoking in predicting longevity)

Weight Loss- In addition to better sleep— keep it simple- make water your drink (other than tea or coffee without junk or carbs added), Eat real food, avoid carbs in daytime, consider dinner to dinner fasting 1-2 days a week or tight bracketed eating times/// High Intensity Workout such as Sprint Eight on an elliptical machine not to burn calories but to set hormone levels (See Phil Cambell -Joe Mercola U Tube interview), /// last but not least Food and Eating Diary

Stress and Resilience- Morning Detox Regiment, make getting up at the same time and have these programmed in like brushing your teeth and thus no decision fatigue there is no decision on what you will do or eat and thus the program continues even if your are tired or not initially feeling well— Start with Two mugs filtered tap water- one with some sea salt, 2 grams Vit C powder, Magnesium powder, and spirulina powder then mix it and drink, second mug is for splash of Aloe Vera, splash of Apple Cider Vinegar, and Teaspoon of Restore4life (made for leaky gut) then move to BP coffee and Tea (total of 50 or more ounces and hold Vit C on major workout days as this may blunt hormetic effect)/// Use Steam Baths or Infra Red Saunas weekly and use “Paradoxical Dressing” which is- in hot weather where a wool hat/ and towel around neck during work outs and in cold weather work out outside in shorts and shoes only. /// Use mantras customized for various situations to displace Monkey Brain and ANTs or automatic negative thoughts—

Productivity— Every morning great a work list and tackle the hardest important things first while adding 3-5 extra fun “super service type things” at the end to offer a carrot. I use the reminder function on the I phone/// Since I have adopted a stand up desk, light non-Carb breakfast or lunches if at all, and plenty of quick exercise tools at work (stretch bands, jump rope, body blade, bongo board, etc) my daytime energy crashes are rare to never. /// Supplements—Bacopa Monnieri Capsule, Brain Octane Capsules, Neuro Master new Supplement at BP, Unfair Advantage, and many more for specific issues

Confidence— In the spirit the Brain Always Wins by John Sullivan- remember one has to win in the brain first by setting an intention and plan with good visualization/// Posture and Body language- Remember all the impact these have (Podcast “Art of Charm”)/// and if you really want to get your confidence clarity buzz on— AM Contrast therapy- hot shower and then finish cold, or step it up a notch- steam or Sauna then jump in cold ice filled bath tube (one can get a 12 inch diameter plastic bowel and fill with ice and then water and dip face in it deep to ears and hold breath- almost just as good as bath tube)/// And finally- what I call “instant clarity” and takes about 12-15 minutes—Ala Scott Carney in his Book about his time with Wim Hoff; What Doesn’t Kill Us:... where he talks about his best hack that enhances vagal tone the mental muscle that keeps us calm and energized- in short- 30 Wim Hoff breaths (1 second in,2-3 out) followed by 1minute breath hold at deep inspiration, then 30 more breaths and then 2minute breath hold also at top of breath, then if possible 30 more breaths and try 3 minute breath hold, then 35 more breaths and at full exhale hold and do as many push ups as possible- 30 is good at this point. Then go do a wall or head stand to get the cerebral blood vessels stretched and your going to have a great day.

Success - Define, revise, check your goals on a monthly, quarterly and yearly basis/// Consider exercise for decision making Called PreMorbidity Analysis where one assumes you made a big decision and it went really wrong and you then go through the exercise of identifying all the things that one should of thought of but did not to of avoided the failure. Then create ideas that may of averted the failure or ways to of reduced the risk of failure. Then come back to present and decide if with this new awareness how would you proceed now. Tim Farris has a great U-Tube exercise Called Failure Analysis to Aid decision making with a different exercise./// Understand your main drivers, values and motivators as we did in the Values Exercise in our BP training and revisit them often to maintain the fire to fuel your client or your course on their way.

Few Add ons— **Best Anti Cancer Foods for Survivors**— Broccoli Sprouts, Green Tea, Pomegranate Seeds, Low Carb, Clean Omega 3 sources,

Best Anti Cancer supplements for Survivors - Vit C as master Anti Oxidation tool post treatment in doses of 2-5000 per day, Vit D3- for immune, muscle and nerve function post treatment in doses to get levels over 50ng/ml (get some sun too), Omega 3s from clean source in doses of 2-5000 units per day for brain and nerve recover, and possibly a coated 81 mg baby Aspirin for anti inflammation signaling

Best Anti Inflammatory Foods—- Ginger/Celery/Tumeric-Curcumen/Black Cherries all for pain and anti-cancer purpose