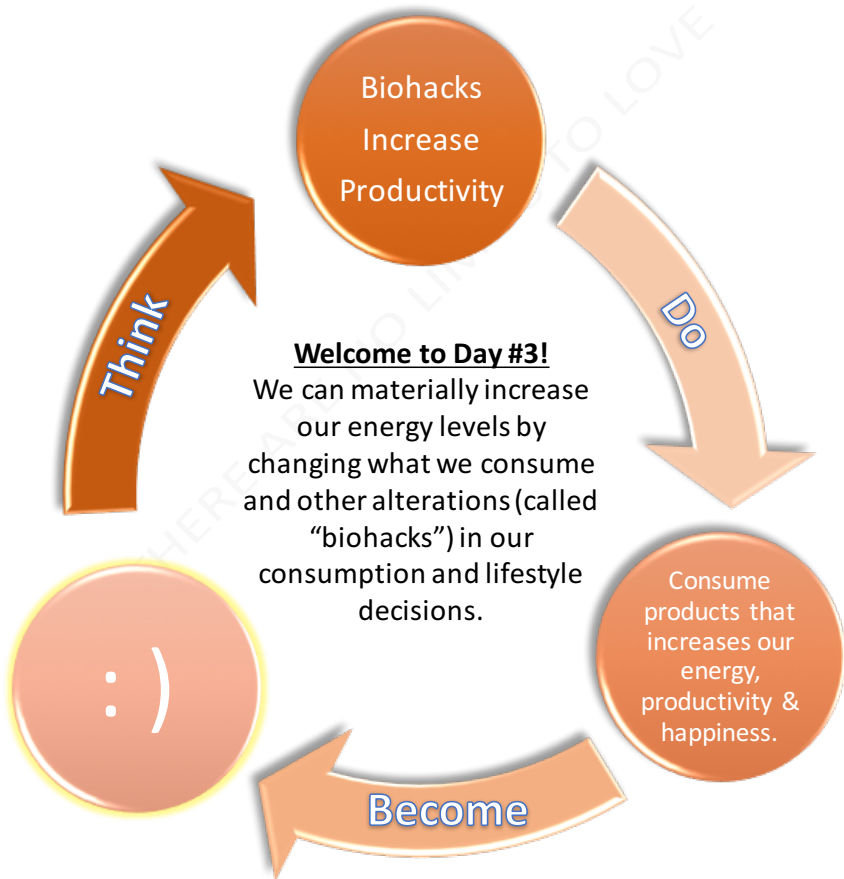


DAY 3 & EXERCISE 3: BIOHACKS INCREASE PRODUCTIVITY



I have been bio hacking for about 10 years now, which means studying diet and lifestyle closely and figuring out what the most successful and balanced people I have had the privilege of meeting do in order to increase their energy level, which is crucial if we want to increase our productivity and happiness.



Here are 10 bio hacks to give you much more energy and cognitive abilities so you can be much more productive and happy. These 10 biohacks work well for me, but please consider talking to a nutritionist or doctor first. Also, you don't have to try all 10 of these biohacks; maybe try a few at first to see if you have more energy:

1. Instead of consuming 3 big meals per day, consume 5 small ones as your digestive system won't make you very tired if the meals are small (try to have green vegetables with each meal). You will be much more productive and focused at work by consuming smaller meals so that your digestive system doesn't use most of the energy you have to digest large meals.
2. Make 7 jars or containers of juice every Sunday for the week. In these 7 containers, I put greatest hits of everything that I think is good for me. I bring 5 of the containers to work as this becomes one of my meals. The other 2 I leave at home for weekend consumption. I use a Vitamix blender, but you can use other blenders too. Here is what I include in the 7 containers:
 - a. organic kale,
 - b. ginger root,

- c. aloe juice (instead of water),
 - d. 1 whole lemon,
 - e. 3 table spoons of cinnamon,
 - f. 7 table spoons of flax seed,
 - g. 7 scoops of whey protein
 - h. Super Green Drink and Super Red drink from Trader Joes (these contain antioxidants – skip these if you can't find it in your grocery store), and
 - i. 7 teaspoons of Super EFA Liquid Essential Fatty Acid Supplement.
3. At the gym I drink coconut water as this gives me off the charts energy. I exercise for at least an hour per day at around 4pm. I start with 60 minutes on the elliptical trainer as this works out all muscle groups while I read emails and other articles on my iPad (you can retain so much more information later in the day when you exercise and read at the same time given the increased oxygen intake). I then do 15-30 minutes of weights.
4. The 4th way to increase your long term stamina and productivity is to plug whatever vitamin gaps you have. We are all deficient in certain vitamins – we don't know exactly which ones. As a result, I take a multivitamin pack every day that plugs every vitamin deficiency gap for me. Use whatever brand you want to, but I take a packet of Daily Advantage from Dr. David Williams, which you can order online.
5. You should never be thirsty. I drink 8 glasses of water per day and I put lemon in the water as well. Before having a second serving during meals, drink a glass of water, which can curb your appetite. Always pack a few bottles of water with you no matter where you are (especially during your

- commute to and from work). Some animal rights activists would criticize me for drinking water as I am destroying the houses that fish live in when I drink water [bad joke sorry].
6. No complex carbohydrates – meaning no bread or rice or corn based products as it converts quickly to fat. Regular fats don't, including Avocado, which is a great brain food.
 7. No meat (this works for me – but please do what works for you best). My energy level is much higher without meat in my diet.
 8. I wear 30 SPF (instead of sunblock) as the sun is the ultimate ager...but I I don't block it out entirely as we need some vitamin D from the sun in order to keep us happy.
 9. The 9th simple productivity hack I will talk about is incredibly important as it not only slows down aging, but increases our productivity, focus, happiness and many other benefits and it is to always get 7-8 hours of sleep without exception. 7-8 hours is only about 30% of each day. Imagine what would happen to our car if we used it for 70% of every single day? Of course we could run out of gas and have to fix it more often. 30% of our days rest for us is mandatory. Many people would then say – I don't have time for sleep as I have too much work or studying or whatever. I humbly disagree. Why? Because I really believe that one hour of productivity on 7-8 hours of sleep is at least 5x's more productive than 3-4 hours of sleep. Invest in yourself by sleeping 7-8 hours per day as it will not only improve your quality of life, but also increase your lifespan.
 10. This one is out there but my cognitive abilities doubled almost overnight with this supplement, which is called Bulletproof coffee, which you can order online. I have been drinking Bulletproof coffee for over a year now and I have
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never ever been this productive or focused. It's not for everyone but it's a coffee that contains no mold, then you put a few drops of the Bulletproof oil and then you put in a table spoon of organic grass fed butter. This is the first thing I drink every morning and I am not hungry for hours. If you do this, please only put a drop of the oil in at first. Many people say that you don't even need the Bulletproof coffee or liquid as you can get the same effect by starting your day with a cup of coffee and some organic grass fed butter (sounds out there I know but this bio hack works really well for me). After a few weeks on bulletproof coffee, I really felt like I had the attention span almost all the time as Bradley Cooper in that movie Limitless. The only reason I tried this hack is because a good friend of mine named Tom Karadzic does this and nobody has more energy than him.

These 10 biohacks help me to live life on my terms.

We are all different so please find the right combination of the 10 biohacks until you feel like you have more energy, focus and you are more productive than literally anyone you know. You will be much happier too if you figure out which hacks work best for you.

Quotes About Energy and Consumption:

“Energy and persistence conquer all things.”

– Benjamin Franklin

“You are what what you eat eats.”

– Michael Pollan

“Eating crappy food isn't a reward - it's a punishment.”

— Drew Carey

Today’s Exercise: Try some of the 10 bio hacks for a few days and write down if you have more energy.

Biohack #1: Smaller Meals: Did this improve my energy*?: _____

Biohack #2: Juice Daily: Did this improve my energy*?: _____

Biohack #3: Coconut Water: Did this improve my energy*?: _____

Biohack #4: Multivitamins: Did this improve my energy*?: _____

Biohack #5: Water Did this improve my energy*?: _____

Biohack #6: ~~Complex Carbs~~: Did this improve my energy*?: _____

Biohack #7: ~~Meat~~: Did this improve my energy*?: _____

Biohack #8: 30 SPF: Did getting a bit more sun time during walks increase your level of happiness *?: _____

Biohack #9: Sleep: Did this improve my energy*?: _____

Biohack #10: Bulletproof Did this improve my energy*?: _____

*Please answer Yes or No
