

COLLECTED FINDINGS OF THE
PARASCIENTIFIC RESEARCH COUNCIL

OCT 2020

Major Thoughts

Grimm's Apothecary

The Baseline of Health

Implement ZERO TOLERANCE for all forms of: -

- Sucrose, and artificial sweeteners
- Soy
- Corn, and all its derivatives
- Grains (gluten/bread, legumes/beans, nuts included)
- Industrialized vegetable/seed oils
- Low quality commercial animals
- Alcohol
- Caffeine
- Smoke

Tips for Health and Diet

Let me begin by reminding you the physical and metaphysical are one and the same; it is true you are what you eat, it is also true you are what you think, accordingly you think what you eat and you eat what you think. (eat the same things (physical); think & feel the same things (metaphysical); do the same things (physical & metaphysical); physiognomy & "how there is no dividing line between the metaphysical and the physical")

1. Your body knows what nutrients it needs, and tells you with cravings. Always give in. However, if its for processed or isolated foods, learn to interpret it & possibly find a better solution for the deficiency - e.g. you may crave ramen because you require sodium. Eat seaweed.
2. You must eat until you are no longer hungry, and no more. Gorging yourself will make you tired. This is why the restaurants of elites serve small plates. Eating only until not hungry + eating whatever you crave is known as "the Native American Diet".
3. Chew your food very well so it may be digested fully. Some Buddhists practice eating one grain of rice at a time. Dining is a ritual, and should be given its proper respect: taken slow and deliberate.
4. Fat is the first life force, protein the second. Eat many game, gorged in butter and oil. Eat many dairy, doused in honey and berry jam. Nuts, fruits and leaves need only be eaten when craved.
5. All things that taste like the sea hold the best of the sea: oysters, fish eyes, fish eggs.
6. The best, possibly only, way to consume vegetables is fermented. The gut is your most important brain, feed him well with probiotics; this is especially important in an age of antibiotics, C-sections and baby formula, damaging the proper descendance of maternal gut biomes.
7. Buy all your meat, eggs and milk from local ranchers, whose farms you've personally toured. Look at the cow and pig's eyes, you'll see if they're happy and well fed. Try looking up your state here: <http://www.eatwild.com/>
8. If you aren't buying from a local ranch, lamb is always preferable to beef. They don't take to grain easily (at worst, they'll be "grain-finished" just before butchering), so are always grass-fed.
9. You can get an entire cow or half cow (or lamb) butchered to store in the deep freeze and eat all year, to save ~50% on

beef. A whole cow will feed a family of 4 for 1 year. There are also crowdsourced "cowpools" to get smaller portions while maintaining the bulk savings.

10. Gravity or reverse osmosis filter all your water, including showerhead and sinks. Don't settle for any lesser filter - you need to get rid of flouride and xenoestrogens. For deflouriding your pineal gland, take iodine drops.

11. Better yet, find a local spring (<http://findaspring.com>); you'll get better water, clean, for free. You drink brita filtered tap. I fill up at an underground aquifer blessed by a past pope, known for life extending properties. We are not the same.

12. You can buy cornish chicks for like \$2 at feed supply stores, they'll be full-size ready to eat in 6 weeks. You can debone whole chicken by just sticking it in the slow cooker until the meat falls off. Then turn the leftovers into bone broth.

13. Everyone should make their own yogurt, kefir, kimchi, beer. It's cheap & easy, healthier and tastier.

14. You can also roast your own coffee and make your own bread easily at home. If you buy it at the store, you're a poorbrain and probably flouridated too.

15. Potatoes don't belong in the fridge, they'll generate poison if you do. They also rot onions if stored nearby. Oranges, bread, apples, tomatoes, garlic, herbs, they all last longer outside. Learn your materials, life isn't so simple as fridge = preservation.

16. Probiotic pills can be PIRATED! it's so simple, you just unleash them into a yogurt culture. In BAM, BAP suggests Gastrus is expensive - it doesn't have to be, look up L. reuteri yogurt.

17. Most pills are ineffective, they just stuff the item in with no concern for bioactiveness. The only brands I endorse are Thorne Research and HealthForce. In general, you can find a non-pill delivery for anything. It's more raw that way, anyway. pills are spiritual HRT.

18. Egg yolk should be eaten raw, for cooking destroys its nutrients. Egg whites should never be eaten raw, for it has anti-nutrients... Egg whites should be eaten cooked, for cooking destroys its anti-nutrients.

19. You can boil eggs easily en masse by putting them in a rice cooker filled to half with water and a splash of vinegar, hit cook. Tastiest way to eat raw eggs is dropped into beer and swished.

20. The only materials that should ever touch your food, in cooking and in eating, are: cast-iron, copper, ceramic, wood and stone.

21. You can make almost everything you need with only a cast-iron pan with lid and a dutch oven or slow cooker. Everything else is superfluous.

22. Any practiced recipe that requires more than ~20 minutes actual work (not counting cook time, marination, etc) is decadent. There's nothing necessarily wrong with that, but you must understand it was meant to be prepared by servants for their betters. Not you, for yourself.

23. One must be discretionary when seeking "traditional" recipes, whose global degeneration began at minimum with "discovery" of the Americas, and most "cuisines" are descendant family recipe-books; many of which are low caste, most likely to surreptitiously drift from tradition.

24. As I've noted elsewhere, you must never forget that gut biomes are not only largely determinant of food reaction, but also multi-localized, from race to tribe to family. If your local cuisine tradition's been severed, you must make great food experimentation to reconstruct it

25. You can buy unopened clams by the bag for very cheap, and open them yourself easily, there's a trick to it, and once you learn it, it makes a great party trick, or party favor, rather.

26. I will now teach you the most efficient coffee prep (TW: Left hand recipe). Microwave mug of water till boiling. Pour espresso grind in mug. Stir, drink.

This is called "Czech coffee". I believe they learned this imitating the turks.

27. A most powerful brew can be made gathering spring's fallen pine cone pollen into a tea. This is the secret to the American frontiersman's many feats of endurance.

28. A garlic clove a day, eaten raw and whole, keeps the doctor away. You will never get sick, ever. If you do get sick, eat a bag of oranges. I learned this one from William Burroughs.

29. Brushing your teeth destroys the enamel. Swish with coconut oil 15m daily to clear stuck food bits and strengthen +

whiten teeth ("oil pulling") and scrub the tongue with a 'tongue scraper' to remove germs/smell. Dentists are crooks!

30. Chew gum to strengthen jaw muscles and become beautiful (this is traditional version of "mewing"). Order boxes of turkish "Falim" online, it is sugarless tasteless rubber. one piece will last up to 72 hours!

31. the 5 most essential versatile herbs you MUST keep stocked in your medicinal drawer: ginger, cayenne, cloves, chaparral, peppermint. I will give U one secret remedy: put cayenne pepper in open cut, it will seal overnight! This is not a troll, it doesn't burn, trust me!

32. Cayenne pepper is a god spice, but cooking it burns its remedial properties. It should be ground in at the end of all cooking, or better yet - keep it on the table along with your salt and pepper.

33. Plantstuff vegetables, nuts etc. are naturally toxic, to prevent being damaged by animals. Should be avoided. Fruits, however, are designed to be nutritious, and are accordingly delectable, so their seeds are spread, and roots aren't toxic as they're hard to reach by animals.

34. no poo (Here's a quick one for anyone interested; Shampoo is a grift. Invented in the early 20th century. If you stop using shampoo you will naturally develop natural oils on your scalp/hair. The transition from dry, dandruff ridden hair will take a month, so don't give up on a whim!)

35. for beautiful skin, as far as cosmetics are concerned, shower with grapeseed oil and scrub, hard, with exfoliating bath cloth. use vitamin C serum on the face and tan with coconut oil.

36. The most important aspect thing weight lifting does for your looks is improves posture. The second most important thing is it strengthens the neck and jaw. Commercial gyms are a meme, just buy kettle bells and a pullup bar. Calisthenics & swimming also valid, but nothing else

37. Dish soap is unnecessary, ruins the taste of foods and keeps your immunity weak. Just rinse and scrub. Cast-iron equipment will teach you to be comfortable with this truth, as well as the depths of flavor available to uncleaned utensils.

38. You must make water fasts part of your diet, ~5 days every month is a good target, but you can begin with 3 days every few months. It cleanses not only your cells, but your addiction to palate; expands time and teaches you true satiation.

39. In general, moderns suffer from salt, sun and fat deficiencies. You may notice these are all targeted as problems to be minimized; these deficiencies are engineered. Salt and butter your foods liberally, and sunbathe daily.

40. It is inaccurate poverty demands a poor diet. The low demand for healthy food means it's more expansive industrially produced, but traditionalist efficiency of traditionalism means it's cheapest if DIY'd at home.

41. If you struggle for both time and money to eat well, consider that eating itself is mostly optional: even on trash diets, you can fast 50% of your life, and would be better off those than "poor" who gorge themselves daily. Bad diet is a product of a bad mind, nothing else.

42. Trust the whole, not the isolate. Nutrition science has barely scratched the surface of holistic interactions of foods with our bodies. It's never as simple as just taking more of this vitamin or that compound. (98. Always go for the whole, not the isolate. Trust the heuristic, not the interpretation. It's often only the indicator or result of the prize; the reflection of the gem. Ex: Vitamin D is indicator of NOS, what one really seeks sunbathing. Few know this.)

43. Hype for cold showers is real. Your body benefits from the training. Don't forget steaming is good, too, though. You should treat it to the full spectrum of experience. But cold showers, weight lifting and sunbathing are king.

44. It's not that difficult to live a life free of toxins after getting the hang of things. Install filters on your taps, set up sources for drinking spring water, schedule meat and produce deliveries from local farms, use natural cleaners in the home. That's basically it.

45. If your home life is clean, your body will be robust; you need not waste energy worrying about BPA in receipts, mercury in fish, radiation in Japanese beer, MSG in burgers (actually not bad for u). Regularly well-fed body is strong enough to deal with eating out effortlessly.

46. Women don't belong in the gym; female "exercise" is itself a myth. A woman only needs to live a good spiritual life and a diet which mirrors that to be shapely and beautiful.

47. Sex will always be the ultimate workout. Swimming is a good second.

48. Tea plant stores fluoride from the soil very easily; be wary. You should only consume Japanese green tea bought loose leaf, organic - Japan has much less natural fluoride content than China, India & Taiwan. White tea also better than green/black bc it is harvested earlier.
49. Fluoridated middle class exoticism has everyone singing praise about green tea "antioxidants", but coffee has many too. Have no guilt, I recommend 10+ cups a day. If u drink it black, u may feel jittery or anxious, a signal more glucose is required; pair with something sweet.
50. Yes, organic is a "meme" that's easily circumvented. All industrial classifications are, grass-fed can be grain-finished, free range can mean a pop hole. The sentiment is correct tho, so when someone says "buy butter grass-fed", verify its truly grass-fed, not only by name.
51. Always prefer local farms and local foods. Personally verify them, even if it just means googling reviews or looking at pics of their farm. You only have to find the right suppliers one time for the rest of your life's weekly groceries, it's really not a big burden.
52. "Learning to cook" is a myth. Cooking is just fire, iron, fat and salt. There is nothing to be taught, only a skill to be trained thru experience - both in cooking & in eating. "Trying a new recipe" is indulgent hobby, housewives pastime, something adjacent to cooking itself
53. I shall teach you the only recipe you need to know: - Cast-iron on grill - Wait till hot - Slap on butter
- Slap on whatever u want to eat. steak, fish, eggs, potatoes, whatever
 - Take off when done Everything else is extraneous.
54. I shall teach you the Second Recipe: - Closed lid dutch-oven on grill - Heat on low perpetually - Add meat, bones & vegetable scraps
- Fill with water + splash of salt and/or raw ACV - Pour out broth for soup when needed - Refill water & add more scraps when needed
55. This is the perpetual broth. The broth is a black hole whose gravity draws out all nutrients. Everyone should maintain in their home, for all food scraps. Discard hollowed materials & continuously refill. Never turn off or clean. I have supped from a broth aged 680 years yet.
56. Grilling is the right hand path of cooking, baking the left hand path. Be very wary of the pastry's dark allure; not to mention the cake, which through black arts somehow disappears precious eggs.
57. Most of you already know this, but good diet is the exact opposite what is taught by government institutions: Fat is good. Meat good. Salt good. Grains bad. Processed Sugar evil. Vegetables, carbs are okay at best. Calories don't matter.
58. Eating healthy isn't complicated. If you just eat tons of meat, plus dairy (milk, but also fermented dairy e.g. yogurt, cheese, kefir) and eggs, and whatever fruits & berries you find around, you'll feel like a king everyday.
59. Intermittent fasting, daily 16 hour fasts (aka skip breakfast, no snacking), is worthwhile.
60. The only good mainstream diet is keto (aka no carbs) but this isn't worth pursuing long-term. Carbs aren't the problem, but it works because it's simple enough rule that forces normies to 1. eat lots of meat, 2. eliminate grains, 3. avoid sugary processed foods, 4. fast.
61. Never trust Western medicine, or any doctor, surgeon, dentist. The autistic experiments of western medicine has been the leading cause of death and debilitation in modernity since at least the invention of the 18th century invention of the hospital.
62. Health is a constant practice, not something that breaks occasionally and you take in to get fixed. Eat well, live well, think well and you will not experience the extreme illnesses of contemporaneity: diseases such as cancer are not of man but of modernity.
63. When sick, food is always the first medicine, and herbs the second. Outsourcing health to Western "experts" is only useful in extreme cases, in very rare diseases or where elaborate surgeries and treatments are required; if you must utilize them, do so with extreme caution.
64. Illness is always partly psychological. You must will yourself to betterment, and address lingering mental malaise that prevent recovery. The mind has always fallen first before the body.
65. The only exercises a man actually needs are pushups, pullups & squats, and variations on them to increase resistance - one handed, weighted, etc. They should be done daily, in the home.

66. Stomach vacuums are a favorite exercise, will tone abs quickly. Procedure simple: exhale all air, pump out chest & suck in stomach as if it wishes to touch spine. Continue holding while breathing. Can be done anywhere; should be done 10 sets of 10 reps for 10 seconds daily.

67. Stomach capacity, how much you can eat more in a sitting, can be trained like any other part of the body. Simply eating more will work, but the best exercise is actually chugging large amounts of water very quickly. Do ramp up your training slowly, overhydration can kill.

68. Wim Hof breathing method is effective tool before any intense activity, from bracing the freezing cold to hikes of heroic endurance, providing temporary immunity from the physical. Detailed steps attached.

68. Breathing technique for strenuous cardio, eg mountain climbing, enclosed inside:

Hike: Carried 20kg bag of rice to Korean mountain monastery, then onwards to peak. Evola provides effective technique for heroic climbing - breathe in on one step, breathe out on next. Maintain this with rigor and you will not need rest. Never forget spirituality of mountain!

(note) Niche Supplement: I have talked of sunbathing, cold showers, feet in dirt. Now we discuss mighty Adrenaline! behind all superhuman feats of strength and endurance. Induce when so desired by envisioning yourself tumbling down seaside cliff, hunted by lions, wrestling the Serpent..

69. Incense is good, but this is something you should be sure to buy organic; low quality incense is made with toxic chemicals, e.g. most Indian factories. I recommend Shoyeido and Nippon Kodo. Incense is an inexpensive high luxury, you can find boxes of 300 sticks for ~\$10.

70. Efficient "clean" living divorced from industrial consumerism calls for simple systems utilizing small selection of versatile bulk materials. e.g. you can mix all the various cleaners you'll ever need for a house w only liquid castile soap, baking soda, water, lemons & vodka.

71. All traditional cuisines follow the same principle; this knowledge is greatly lost by the confused approach to cooking as a hobby. Learning a cuisine means organizing a new set of ingredients, possibly purchasing equipment and learning new technique. Not "learning" "recipes".

72. If a clear ancestral cuisine has had its branch broken before reaching you, either by lack of proper maternal filiaty or miscegenation, a program of personal reconstruction is required; diet exploration and self-experimentation to your unique ethnic stomach.

73. A personal cuisine as a set of recipes is an atheistic abomination. It should be a set of core ingredients, spices and tools you know intimately; a controlled domain that can be explored effortlessly, combined in various ways, and undergo informed experimentation.

74. The best respect you can give domesticated livestock is to eat it well; those who hope to "rescue" it from its life purpose by refusing its meat do it great dishonor. The hunted is honored by simply being hunted well.

75. Address your insecurities. All self-destructive pathologies and conscious-heavy delusions stem from the subconscious trying to protect the ego against the pain of your insecurities. Becoming one w yourself is same as becoming one w the world, and you'll live without burden.

76. I wake up every day in a glowing love for the world & all its inhabitants. My eyes twinkle like diamonds from perennial mirth, my step is light & I dance where I stand. I shine with beauty, never souring except in jest, loved by all except the bitter. Can you say the same?

77. Get your raw honey local for immunity benefits

78. Personally I've good result from vit D, coffee, l-theanine, l-arginine, zinc, L gastrus. for liver recovery, dandelion and milk thistle extract. for cold, vitamin C overdose. for sleep, melatonin spray, clove tea. for aphrodisiac, yohimbe, l-citrulline, pine pollen.

79. One must keep experimenting for maximum supplement gainz. I've heard good things about glycine for mood. I've heard ice cream & coffee before sleep is important pair. I may turn some my pine pollen from powder to vodka tincture, i hear it goes from aphrodisia to multivitamin.

80. Human body is unbreakable and also nutritionally individuated. It's much faster and more reliable to self-experiment with trial & error supplementation than undergoing extensive nutritional study; all useful supplement discoveries are found this way, and "understood" later.

81. The bodybuilding community is only space where masculine good health is still found in the modern West outside of certain trades; because of this, many confuse them for pursuing a natural basic health. Make no mistake: bodybuilding is a sport and an art; it sculpts the body.

82. Bodybuilding is at its best a self-fetishizing cult pursuing a spiritually noble ideal, the objective eternal beauty of man; at its worst, in its lower forms, a fetish of the exercise, ennobling any extreme achievement of training with subjective aesthetic impunity, but as a community embarking on collective self-experimentation, it is a great engine of heuristic anatomical and nutritional knowledge, extremely valuable even to disinterested men who seek simply to recover good health in modernity, which can be borrowed sans fetishism.

83. I am suspect mainstream hype for drinking many water. Most water these influencers drink is either poisoned or distilled. The touted value in water is actually in its minerals and electrolytes. You must seek quality of water, great quantities of bad water will do you nothing.

84. Many hyped health fads are false. Avocados unsaturated fats produce free radicals; fish oil suppresses immunity; lettuce is antimetabolic; charcoal absorbs nutrients. Look to ancient practices—ayurvedic, daoist, iranian—to find medicine u seek, not white women "nutritionists"

85. If you suffer internal ailment, eat a beast's corresponding organ. Heart to heal the heart, liver to heal the liver, eye to heal the eye. A secret study performed where radioactive isotopes used to track transport of eaten organ meats: nutrients DO reach corresponding organ.

86. The greatest lie ever told by hipster nutritionists is that any leaf or nut could ever be a "superfood". the only superfoods are meats, diary and fermented vegetables. Superfoods: lamb heart, crab's brain, yogurt made with BioGaia Gastrus tablets, caviar, fish eyes, wheat beer

87. For those many here suffering wrist pains due to excessive web surfing, the best remedy is Baoding (iron) balls used in Qi Gong, spun in circles in hand, both balls always touching. Otherwise, just learn some basic wrist exercises to do on occasion.

88. Regarding sleep, I recommend on floor, on hard wood or thin futon, on back or left side. Wake to sunlight. Use 1mg melatonin spray to regulate sleep cycle if yours is messed up, only until fixed not everyday. Around 2 am, wake up for a few hours to write before sleeping again

89. House plants clean the air and their sight will improve mood. The Snake plant and Money plant are easiest to grow 'air plants'. Fake plants, however, will invite ghosts to your home. The flower bouquet is a weekly cycle of youth & aging, a memento mori and metaphor for women.

90. You should walk a lot. Pace when you talk, pace to think, stroll after dinners and before you begin the day, meet friends for a stroll. If your feet hurt it's because you wear bad shoes. Best walking shoes are boomer low boots, eg Keen; the best standing shoes are clogs.

91. When was the last time your bare feet or hands ever touched natural, solid Earth?

92. Losing weight is not about counting calories, but increasing metabolism. The fastest ways to do it, in combination with daily bodyweight exercise, is water fasting or intermittent fasting, no carbs ketogenic diet and/or cold showers. Everything else is BS.

93. The brain can be trained like any other muscle, specifically, it's neurons - which form and solidify neural pathways as habits. I suspect living a life too deeply ingrained in habits degenerates the brain, and small daily disruptions of the habitual will keep it youthful.

94. Tip to avoid getting trained by your touchphone's dopamine manipulations: turn on B&W mode in accessibility settings. Brain evolved strong response to saccharine colors as an identifier of fruit; advertising, casinos all utilize this. Also, take caution women dressed in red..

Grimm's Apothecary

On Depression

This will help to restore inflammation levels to a baseline where you'll likely feel like a whole new human being. Elimination of excess inflammation, hyper glutamate, and excess estrogen and biowaste accumulation extends longevity.

Now with all this said, if you are genuinely suffering from depression, you **MUST** know that **YOU** are the only one that is capable of breaking this feedback loop cycle you're experiencing.

There is no magical pill, cure, or person coming to save you, you must take accountability for your own lifestyle and actions or you **WILL** continue to suffer. There is no way around it. This is not to discourage you, but to **EMPOWER** you.

Do not be ashamed if you must resort to medications, just please for the love of God, do **NOT** stay on them for extended periods. Use the motivation and relief from depression to implement new changes in your life. I swear on my own life, do not do this to yourself.

If you stay on these medications longterm, you are sealing your fate for the rest of your life with global receptor system downregulation, mitochondrial disruption, and the malnutrition that comes when ingesting any potent chemicals without being paired with nutrients.

YOU have the power to make serious changes in your mental state **NOW**. Let's begin with diet:

I do not care or want to hear "how hard it is", you **MUST** start here, preferably all of these if your diet has been poor for extended periods, but the **ZERO TOLERANCE** for **SUCROSE, ALCOHOL, CAFFEINE, SMOKE, RECREATIONAL DRUGS** is absolutely vital to any recovery. No way around it.

Suicidal ideation is a result of inositol and niacin deficiency. See a therapist obviously if trauma is involved, but these two nutrients are incredibly safe. (Liver panel is suggested if consuming Nicotinic acid/Niacin for extended periods, opt for Niacinamide if concerned)

That is Myoinositol, also in raw milk/kefir, several plant foods, etc. If symptoms are severe, supplement may be necessary. The dosage can be increased significantly without incidence.

The pharmacology of both of these coincidentally mimics leading antidepressants commonly prescribed for depression without the side effects or dependency.

Next up is dynorphin expression. I wrote a whole thread on this already at the beginning of quarantine in the United States because I knew what a negative impact this would all have on the collective consciousness.

This is most important if you experience dissociation, anhedonia, amotivation, etc. Implement all of these today: Newton's first law comes into play here. It takes energy to have energy. I'll say that once more to really drive this point home: It **TAKES** energy to **HAVE** energy. This means get up off your ass and get moving.

Like I said in the beginning of this thread, it's **YOU** who has the power to change your life. You'll notice your energy levels and motivation will gradually improve as the underlying biochemical changes of exercise/movement take effect.

DIRECT DAILY SUNLIGHT is also **VITAL**. Every morning, or any time you are able to expose yourself. Start slow and work your way up.

HYPER GLUTAMATE/CALCIUM, HYPO GABA/SEROTONIN states are also responsible for the repetitive and intrusive thoughts. All of the above will be of great benefit, but **MAGNESIUM** will become your best friend. Preferably in multiple forms for best results.

It's found in seafoods, bivalves/shellfish, hemp seeds, and cacao, but supplementation may be necessary for the amounts you may require.

Get to it. There **IS** hope for us regardless of what mainstream medicine/science will tell you. **YOU** are more powerful than you've been lead to believe. **YOU** are loved and **YOU** are not alone.

SOL BRAH

Why You're Not Losing Fat

"Sol Brah, I want to lose fat, how do I do it?"

This is a commonly asked question and the answer is relatively simple; move more, eat less.

HOWEVER, there are factors that can be inhibiting your fat loss, despite dieting + exercising!

There ARE factors that can inhibit this natural "calories in, calories out" mechanism.

Simply eating less and restricting your body of the nutrition it needs is not necessarily the best way to lose body fat and keep it off.

If you're restricting your diet to the point of low energy and lethargy, you're not going to have the motivation to exercise, your body will be unable to repair itself and you'll experience burnout and injury. Eat nutritious whole foods, not a lettuce and cucumber salad.

In terms of the best long-term strategy for keeping body fat lower, you should aim to increase your body's RESTING METABOLIC RATE.

This is the amount of calories your body burns AT REST, doing nothing else.

What tissue is the most metabolically expensive?

MUSCLE.

When you increase the muscle on your frame, your body needs more calories to maintain this tissue. This is why bodybuilders can consume 4000+ calories and not put an ounce of fat on.

Additionally, resistance based training burns calories even after you've stopped working out.

HIGH STRESS / CORTISOL

When you are stressed, your body releases cortisol

= higher blood pressure and rapid decision-making, while inhibiting immune function, digestion, and protein synthesis.

Stress = non-optimal function

NOT SLEEPING ENOUGH

Minimal sleep causes insulin resistance and high glycemic variability, leading to diabetes, appetite cravings, and weight gain

IT IS CRITICAL you're getting 8 hours of sleep, EVERY NIGHT. You will see fat loss from this alone.

- Sleep deprivation reduces satiety-inducing hormone leptin and increases hunger-stimulating hormone ghrelin

TOO MUCH EXERCISE

Excessive exercise can lead to elevated levels of cortisol and inflammation.

Overtraining does not just happen to athletes – you may be in this category if you are not recovering properly, you under-nourish your body, or you fail to get quality sleep.

TOO MUCH CARDIO

When you engage in aerobic exercise, your body wants to work as efficiently as possible while producing the greatest amount of physical output. As you perform long cardio sessions with increasing volume and frequency, your body will attempt to shed unnecessary -

- excess weight while storing usable energy.

Do you know what type of weight is more or less unnecessary when you run, due to its need to be carried and cooled?

Muscle.

And do you know what's a great source of stored, usable energy for cardio?

Body fat.

So when you perform increasingly hard cardio your body gets rid of muscle and stores fat to prepare for each bout of cardio, while also down-regulating anabolic hormones such as testosterone and growth hormone, as these are paradoxical to extreme endurance efficiency.

SAID PRINCIPLE

Specific Adaptation to Imposed Demands Principle = your body will eventually adapt to the demands you place upon it. SO much so, that repeating the same exercise will eventually utilise less calories and receive less gains from the same workout -

- Key modifications to try:

Combine exercises

Active rest periods

Train outside

Change the center of gravity

Workout at a different time of day

HORMONE IMBALANCE

Endocrine disruption and hormonal imbalances can be caused by exposure to chemicals such as pesticides and plasticizers, external stress such as relationship or financial stress, internal stress such as viruses, heavy metal accumulation and blood sugar swings -

- dietary contaminants, deficiencies in critical micronutrients, lack of sleep and poor digestive health.

Eat high-quality animal fats, cholesterol - CRITICAL in the production of testosterone and other hormones. Eggs, fatty animals meats, dairy.

- Fix hormones by:

Eat more cruciferous veggies = broccoli, cauliflower, Brussels sprouts, and cabbage. They contain indole-3-carbinol, an antioxidant that metabolizes excess estrogen in the body

Filter your water

Use glass or stainless steel products instead of plastic

KEY MICRONUTRIENT DEFICIENCIES

Research has shown that specific micronutrient deficiencies are associated with weight gain and obesity. Among these micronutrients, the most significant are vitamin D, chromium, biotin, thiamine, and antioxidants -

- Metabolism and resistance to weight loss are also negatively affected by deficiencies in magnesium, boron, vitamin A, vitamin K2, and choline.

You can get blood panels to check your levels of these nutrients.

FIRST STEPS

Eliminate seed oils, processed foods, non-natural sugars, ENTIRELY

EAT ONLY whole foods you prepare yourself

DRINK WATER / NON'CALORIC LIQUIDS - black coffee, teas, This means no alcohol too.

Eliminate 'Sauces', 'Marinades' etc, these are extra calories loaded with sugars/preservatives.

Your palette will adjust accordingly after a while, which reduces your calorie content by nature of it being harder to eat more of 'normal' foods

FASTING

Research has shown that short-term fasts, such as daily and overnight 12- to 16-hour fasts, will actually increase your metabolic rate due to an increase in norepinephrine, one of the hormones that signal fat cells to break down.

Eat everyday within an 8 hour window.
STARVATION MODE MYTH

It takes 3 days, or 4 weeks of extreme calorie restriction for the body to down regulate metabolism, there is no need to snack throughout the day if your goal is to lose weight
EAT AT THE SAME TIME

Maintaining a regular eating schedule can improve the metabolic response to meals, don't skip breakfast one day then eat it the next, don't snack late at night etc,

Keep the amount/volume consistent and at the same times each day.
LOW-CARB/KETO

Depending on your goals and body type, a ketogenic diet can be exceptional in fat loss as your body changes to burning fat as a fuel source, can result in many inflammatory markers reducing, best for obese people looking to cut a lot of weight.
INCREASING PROTEIN INTAKE

Protein is thermogenic, meaning your body burns more calories to process it than other food types such as carbohydrates.

Increasing your protein intake relative to carbohydrates can help increase calorie expenditure
MOVEMENT

For most people, sitting for eight hours a day does not expend enough energy to counterbalance breakfast, lunch, dinner, and snacks, despite any exercise performed at the beginning or end of the day -
- Throughout the day, every hour or so, get out of your chair, run up and down some stairs, go in the handicapped stall and do 50 bodyweight squats, find a tree to do some pullups, kettlebell swings if you can, anything to get the blood pumping + increase caloric expenditure

COLD EXPOSURE

Brown fat is stimulated by cold exposure to burn white fat, so one of your primary fat-burning techniques should be daily cold thermogenesis (cold showers, a cold plunge if you have it, or the local river if you're in a cold area).
As this is Twitter, I have cut down a lot of info in this thread, look out for my e-book (coming soon) where I'll go deeper into the information listed here, as well as go into some further info such as key supplements for fat loss etc

Bronze Brah's 'NON-NEGOTIABLES'

What has helped me over the years of fitness/life improvement has been classifying certain things as "Non-Negotiables" in my mind.

This means that there are certain things that YOU JUST DO, and prioritise before anything else.

Once you place these things in the mental box of "DO IT", you eliminate a lot of the procrastination and nonsense that your brain can tell yourself to convince yourself to get out of a workout, or eat shitty, etc.

Just say to your brain "
NOPE, This is a NON-NEGOTIABLE!".
SLEEP 🛌

A no brainer, make sure you're getting 8-9 hours of sleep every night. Yes, this will mean foregoing the extra Netflix episode or getting off your PC early. It's worth it, trust me.
WORKING OUT 🏋️

If you're not exercising your body in some way then you're not going to be living optimally
MEAL PREP

Taking the time to prepare and cook healthy, nutritious meals in line with what your goals are. This includes shopping at the best quality shop in your area.

HYDRATION ☺

Simple enough, drink your water throughout the day.

CLEANING ☹

Keeping the areas you interact with every day clean has an effect on your subconscious brain. When everything is clean and tidy, everything put in its appropriate place, your brain subconsciously processes less, leaving you less stressed overall

PERSONAL HYGIENE

This involves washing, shaving, moisturising after the shower (coconut oil), haircuts, tweezing eyebrows, skin care etc

SUN ☺

I make it a point to get a minimum of half an hour sun every day, on as much of your naked skin as possible. For me, this means shirt off, sunbathing on my lunch break, then beach on weekends.

STRETCHING

Eliminate most aches and pains from weightlifting and promote flexibility by stretching consistently every night before bed. 20 minutes is all you need.

READING ☺

Commit to a regular time to read 30 minutes, before bed is a good time. Read whatever you're interested in, boost your vocabulary and processing power.

MAINTENANCE OF CLOSE RELATIONSHIPS ☹

Make the call to a close friend or family in order to catch up, debrief about the week or just to chat shit. It is an essential pillar of the human experience. This can be combined with a workout for a two birds one stone situation. All of these come before 'leisure' activities, all will have far reaching benefits if you commit to them and will open your body and mind up to a pain-free, clear state of mind that will enable you to progress further in the other areas of your life. You can only love other people if you first love and care for yourself.

Only if you are strong mentally and physically yourself, will you be able to lend strength and compassion to others around you.

MANAGING STRESS: MENTAL TOOLS + HOLISTIC ADAPTOGENS (THREAD)

Everyone feels the strain every now and then, luckily BB is here to help you out.

FIRST, a few words about 'stress'.

↓↓↓ ↓↓↓

YES different people are born naturally more stressed/chilled

YES different people have different stress in their lives -

- BUT stress overall is a mental construct that you can learn to control.

There is social conditioning that something 'should' stress you out, that something 'bad' is happening to you.

This is not real, this does not exist.

You are reacting to a mental framework that has been implanted in you.

Only YOU can choose to feel bad or good about things that 'just are'.

Ask yourself: Will this matter in an hour? Will this matter in a day? Will this matter in a month? What about a year from now?

If something is in your control, do something about it. If not, don't worry or stress about it, it is literally out of your hands. A good milestone of how you're progressing with this concept is if 'Road Rage' affects you any more:

A guy cuts you off: "WHAT THE FUCK, THIS PIECE OF SHIT, HOW COULD HE - GRRRRRR"

A guy cuts you off: "Oh he probably needed to quickly change lanes. I hope he gets there in time"

The same EXACT THING happened outside, but the person in situation 2 has a higher level of consciousness and does not enter the 'stressed state'. does not receive the many negative health benefits of constantly being stressed (sympathetic nervous system arousal, higher cortisol)

Controlling stress is controlling your emotional reaction, and like any skill, it gets easier the more you practice with meditation and mindfulness.

The next time a stressed or angry thought comes to mind - just stop, recognise the thought, and let it drift away.

STRESS BUSTERS

EXERCISE - Joe Rogan mentioned on his Sober OCTober recap that the more exercise he did, the less he hears the mental chatter and bullshit. Next time you're worried or stressed, hit the gym or even walk round the block. Guaranteed to help.

MEDITATE - Most of stress is caused by 'time-travelling'.

Worrying and thinking about the past, or future is 'time-travelling'.

Meditation, or, concentrating on the present moment will help reduce your stress.

Practice Gratitude and Happiness in the present moment OFTEN

WARM SHOWER

Often the only part of the day where you don't have tech with you. This gives your brain a break from constantly being fed things to react to.

The temperature also helps to physically relax your muscles, releasing emotional energy stored in our physical muscles

GROUNDING IN NATURE -

The surface of the Earth is full of negatively charged ions. Walking BAREFOOT on grass, swimming in bodies of water (ocean) and being in nature allowing your body to interact with the ground, this allows your body to receive the negatively charged ions -

- "Specifically, grounding an organism produces measurable differences in the concentrations of white blood cells, cytokines, and other molecules involved in the inflammatory response"

ncbi.nlm.nih.gov/pmc/articles/P...

ncbi.nlm.nih.gov/pmc/articles/P...

BREATHING - Simply, this means BREATH DEEPER, MORE OFTEN.

Additionally, there is a specific technique called 4-7-8 breathing recommended by Dr Andrew Weil:

This involves breathing in for 4 seconds, holding the breath for 7 seconds, and exhaling for 8 seconds.

STRESS ADAPTOGENS

"Adaptogens are agents that support the body's ability to accommodate varying physical and emotional stresses".

Avoid toxic anti-anxiety meds, which are the equivalent of throwing a hand grenade at a dartboard.

Ashwagandha - The GOAT anti-stress supp. Very powerful Amazonian root, strong taste. iherb.com/pr/Starwest-Bo...

Turmeric - Curcumin within turmeric is PROVEN to be MORE EFFECTIVE at treating depression than some anti-depressants (@DejaRu22) Take with black pepper.

Goji berry iherb.com/pr/Navitas-Org...

licorice root - Don't take for longer than 5-6 weeks straight iherb.com/pr/Now-Foods-L...
ginseng iherb.com/pr/Now-Foods-P...

holy basil iherb.com/pr/Himalaya-Ho...

While it is good to have a few tools in the bank for those super stressful days, you need SOME POSITIVE STRESS in your life, this is what causes you to grow.

But too much of it and over things that don't matter, and you have an issue that needs to be addressed.

STRESS KILLS

The blood is the delivery mechanism for nutrients in the body

And the waste disposal system for waste and toxins

Activities that promote blood flow:

- Exercise
- Sauna
- Stretching
- Direct sunlight
- Sex
- Deep tissue massage
- Deep Breathing

Activities that restrict it:

- Sitting for too long
- Tight restrictive clothing
- Not exercising
- Constant 'room' temperatures

Promoting the flow of blood around the body will enhance your physique + health by providing your body with what it needs to perform.

I recommend taking some supplements around exercise time to promote blood flow:

CITRULINE MALATE - amzn.to/3asGyEb - A phenomenal non-stimulant preworkout supplement. 8g dissolved in water 30 mins before a workout - Massive nitric oxide boost = phat pumps and blood flow

BEETROOT POWDER - amzn.to/2yBbQvs - Another potent nitric oxide booster. Super high value supplement to take. Great levels of Electrolytes.

Mix in water or add to a shake. I have this before workout + notice I get less thirsty.

he human body is never 'static' at one point;

It is a dynamic organism that carries on a perpetual balancing act between:

- breaking down (catabolism)
- building up (anabolism)

Image

Your pH balance, blood gases, hormone levels, electrolytes, fluid levels, and innumerable other complex processes are constantly shifting and changing as well within these catabolic and anabolic processes

Your blood, constantly clotting and breaking down accordingly.

Looking back at our species' hunter-gatherer days, we know that there were long periods when starvation was a real threat.

During those times, a catabolic state would have predominated.

Image

Despite the obvious negative effects, research into calorie restriction and life extension has revealed that during such catabolic states the vast majority of DNA repair occurs

This is why occasional fasting is considered a healthy practice. Your body cleans up behind the scenes

The body's ability to sustain this balance between the cata/anabolic states manifests in an ability to make adaptive adjustments, thereby allowing for survival

Every day, your body must face challenges, such as exposure to the various elements, muscular exertion + pathogens

My first questions to people looking to improve their health:

Are you sleeping 8-9 hours consistently?

Are you spending time in the sun every day?

Are you eating unprocessed whole foods only?

Are you drinking half BW in ounces of water a day?

Are you consuming animal fats?

Are you living in accordance with your true feelings and self, or living in line with what you were told by others that you should be doing?

Are you in a relationship because you can't be by yourself OR because you genuinely love and appreciate that person without fear of loss?

Are you worrying about things outside of your control?

Do you do anything concrete to improve the things that ARE inside your control?

Are you spending your free time doing what you truly enjoy?

These first steps to shore up will have you feeling a huuuge part better than before. And they're simple!

GO BAREFOOT: RETURN TO NATURAL GAIT (THREAD)

For the last 200,000 years, humans have existed and thrived, running on our bare feet.

Over the last 50 years, running shoes have taken over the world of sports, messing up our biomechanics + foot development in the process.

Growing up as kid we were pushed into padded running shoes for sports, or tight dress shoes for most of our school years.

The effect this has is our internal foot musculature and natural structure and biomechanics developing all wrong, our running gait decaying because of it.

When you start to barefoot run, all the little unused muscles in your feet and ankles get back into the swing of things.

This translates to improved athleticism, a better connection to the earth and a newfound sense of awareness in the body.

If a PT is trying to improve an athlete's performance but is not addressing the literal root of all athletic performance, the feet, a lot of the efforts will be wasted.

Hip pain, knee + ankle issues can be solved by making the shift away from clunky padded heel shoes

I can personally attest to how much better weightlifting is in barefoot shoes.

If you're lifting weights and pushing off the ground with a big heel, you're messing up the angles through which you're pushing against.

You should Deadlift/Squat without shoes.

In Daniel Lieberman's Skeletal Biology Lab a study examined the physical stresses on feet with different types of running.

They found that people with running shoes strike the ground with the mass of the entire leg, nearly 7 percent of the body.

That's more than THREE TIMES the weight of impact for barefoot running. Not good for your joints!

Now imagine that increased stress on the body its not designed to take, for years.

No wonder people that have run all their lives in running shoes have knee problems...

When running in running shoes compared with barefoot:

54% increase in the hip internal rotation torque

36% increase in knee flexion torque

w8% increase in knee varus torque were measured

Running shoes may cause damage to knees, hips and ankles, new study suggests

Running, although it has proven cardiovascular and other health benefits, can increase stresses on the joints of the leg. In a new study, researchers compared the effects on knee, hip and ankle joint ...

<https://www.sciencedaily.com/releases/2010/01/100104122310.htm>

Running barefoot has been shown to use about 5% less energy than shod running (Divert et al., 2005; Squadrone and Gallozzi, 2009)

As an endurance athlete, it is in your better interests performance wise to run barefoot.

I personally use my favourite, the Vibram KSO EVO shoe for the total barefoot experience. I lift in these.

These provide protection for longer trail runs or if you're in the city against glass/other sharps.

Completely barefoot is obviously best if you can manage that.

BEING BAREFOOT IS SPIRITUAL

Do you remember the times when you were young and ran around barefooted? How did that feel?

Walking/Running barefooted brought a sense of child-like wonder that was lost - until now.

The feet are your connection to nature and to the Earth.

There is an increased Mindfulness that comes with moving to being barefoot.

You truly feel like your feet become instruments of balance, you will have noticeably improved feedback and you can make micro adjustments to gait in response to the feeling the ground.

Additionally you will have connection to nature - feeling the grass against your feet, the dirt between your toes - this is a

natural feeling we have become split from.

IF completely barefoot, you will get the added benefit of grounding :

Unroll available on Thread Reader

<https://twitter.com/SolBrah/status/1254966351476785153?s=20><https://twitter.com/SolBrah/status/1254966351476785153?s=20>

Check my thread on the Tarahumara people - arguably the most proficient runners in the world - they only wear thin strip of material / sandals to run in.

Unroll available on Thread Reader

<https://twitter.com/SolBrah/status/1253538821221670913?s=20>

TRANSITIONING TO BAREFOOT MOVEMENT

If you have been a heel striker your whole life, it takes some time and much work to train your body to forefoot or midfoot strike, especially because you need stronger feet and calf muscles.

Try starting on softer surface like grass or sand

Land gently on your forefoot and gradually let the heel come down.

Be patient and build gradually. It takes months to make the transition.

To start, walk barefoot. Once you've felt that you've become used to the feeling, try smaller runs than you usually would wearing shoes. Build up gradually.

Whenever without shoes, try expanding your toe spread and increasing the mind-muscle connection you have within your foot.

It is essential to stretch your calves, achilles tendon and hamstrings regularly as you make the transition.

Foam roll or Massage your calf muscles and arches frequently to break down scar tissue. This will help your muscles to heal and get stronger.

Listen to your body and run totally barefoot to learn good form.

You will feel the adjustments naturally as your body adapts to the feeling of being barefoot, as nature intended.

If you've been inspired to ditch the shoes because of this thread, smash that RT button on the first tweet to spread the word.

PHYTOESTROGENS

Understanding this class of organic compounds, separating myth from reality, how they can be helpful and what to avoid

thread //

Before I begin I'd like to briefly touch on estrogen and it's receptors

There are actually four compounds that fall under the umbrella of "estrogen," the most potent of these compounds is estradiol, when people talk about singular estrogen this is what they mean

While estrogen is generally referred to as a "female hormone," this is essentially a myth, both men and women produce estrogens and possess receptors for them

Without estrogens the human body would not function correctly and would succumb to numerous physical and mental issues

There are two classes of estrogen receptors, the alpha and beta receptor

The alpha receptors function more in female development, it's overactivation drives breast and ovarian cancers

The beta receptor balances it, it's activation may actually help reverse breast cancer

Both alpha and beta support

-bone growth

-healthy mood

-neuroprotection

-fat balance

Generally though the beta receptor is more beneficial since it doesn't drive breast cancer, while the alpha receptor can be more feminizing

Estradiol binds to both receptor subtypes

Currently estrogen dominance (which overactivates the alpha receptor) is more common in both men and women than ever before, this is largely due to the increase in estrogenic plastics (i.e. BPA) and pesticides (i.e. atrazine) in the american diet

Phytoestrogens refer to a range of plant compounds that affect our bodies hormone systems

Many are "true" phytoestrogens that bond directly to our receptors, while others promote the production of estrogens, or simply balance hormone production in general

Contrary to popular belief, phytoestrogens are actually much weaker than endogenous estrogens, the strongest (red clover, soy, fo-ti, etc) are 1/400th the potency of estradiol or less

Almost all phytoestrogens are also selective for the BETA receptor, not the alpha

This means that they are generally beneficial to both men and women, possessing neuroprotective effects and helping us build bone and muscle

I've even seen studies that suggest some may help reduce breast cancer (though this needs further research)

Some compounds that are labelled phytoestrogens also have mixed effects

Lignans in flax seed are an example of this, they compete for receptors and prevent activation by estradiol and xenoestrogens in most people, but help improve symptoms of low estrogen post menopause as well

Others like apigenin (the main compound in chamomile) weakly activate receptors, but also inhibit aromatase (the enzyme that turns testosterone into estrogen) resulting in a net negative effect

While this is all important info one of the biggest reasons I wanted to make this thread was to discuss soy

You might have read articles or seen posts saying that soy can cause breast growth in men, libido loss, or other symptoms of estrogen dominance

So is this myth or fact?

Isoflavones in soy have been well studied, and have actually been shown to have many of the benefits that other phytoestrogens possess

One study did show that high dose soy extracts may cause an increase in breast cancer incidence however, so moderation is still important

It seems the negative effects of soy cannot be attributed to phytoestrogens at all

It is, however almost always gmo, which results in contamination with extremely toxic pesticides such as atrazine and glyphosphate, both of which are very estrogenic and DESTROY hormone balance

Based on this, if you want to get the health benefits from soy without hormone imbalance it's extremely important to always consume ORGANIC and NON-GMO soy, fermented products like miso also have added benefits as well

I also want to note that while phytoestrogens are fairly weak estrogens in animal products such as milk, eggs, and even some beef can be much more estrogenic and can also contain pesticides

The best way to reduce this is by only consuming ORGANIC and GRASSFED meat, dairy, and eggs, especially since grain based diets can cause excess estrogen in animals (and humans!!) through aromatase spikes caused by high carbs consumption

That's it!!

If you struggle with anxiety/depression, or other mental health issues, understanding the balance between GABA/glutamate is essential to healing from it

THREAD //

Glutamate excites neurons and increases pain perception and awareness, it's even been shown to cause seizures in excess

GABA inhibits excitation and calms the nervous system, it promotes sleep and sedation in excess and is the target of most anti-anxiety medications (i.e. xanax)

Glutamate and GABA convert back and forth into each other so when the body is functioning correctly they are in a state of balance

Glutamate is a basic amino acid and is easily triggered by a number of factors so it is usually what becomes dominant when this cycle is disrupted

Excess glutamate is correlated with numerous mental illnesses and physical symptoms, a glutamate based model of depression/anxiety is gaining traction, and its upregulation seems to be the common denominator in all sedative addictions. You might be experiencing an imbalance if you have symptoms such as racing thoughts, difficulty sleeping, social anxiety or hyper-sensitivity

If you're dealing with addiction from opioids, alcohol, or benzos, glutamate is the main factor in resulting withdrawal. So what are some ways to rebalance glutamate/GABA?

1. Make sure you're consuming an excess of nutrient cofactors that go into the cycle or are inhibitory, b-vitamins are all crucial (especially B6 and thiamine), as are minerals, magnesium and zinc especially

A full range of amino acids helps fuel a variety of cycles including neurotransmitter production in the body so complete protein from a variety of sources helps as well, choline and taurine are also essential for mental health

2. Avoid triggers, there are quite a few but the biggest ones are excess sugar (insulin spike = glutamate spike), phytic acid as it depletes cofactors, and inflammatory triggers like frequent consumption of alcohol, drugs, or smoke from cigarettes or even cannabis

Different individuals are sensitive to some triggers more than others, pay attention to how you feel a few hours after consuming different substances/foods, consider going a week without some that are in question and see if it helps, it's not as difficult as it sounds

3. Use herbs/supplements to help shift the balance, many of the medication used for anxiety etc increase GABA in the brain directly but lead to downregulation over time, this is why long term use and dependence eventually leads to worsened anxiety or even seizures

Here are a few of my personal favorite supplements that are far more sustainable than pharmaceuticals, they can provide some relief while nutrients are being replenished and triggers are being removed:

- Gotu kola increases Glu → GABA conversion while also increasing acetylcholine in the brain, it increases memory and cognition while easing anxiety

- Lemon balm + Holy basil inhibit the breakdown of GABA, allowing the brain to utilize it for longer relieving excess glutamate

- Magnolia bark + Cat's claw prevent glutamate from binding to some of its receptors (NMDAR), both are also anti-inflammatory and are useful for treating mild pain and insomnia/anxiety

- Valerian binds to GABA receptors as well, though some studies show rebound symptoms after use

- Magnesium also blocks glutamate receptors and fuels GABA production so it is EXTREMELY effective for excess glutamate relief (I personally use magnesium chloride), taurine also serves a similar inhibitory function, both are well tolerated in supplement form and very beneficial

As always, do your own research on supplements/herbs to make sure they don't interact negatively with anything else you consume

INFLAMMATION

Chronic inflammation is often called "the root of all illness," I want to go over some of the common symptoms and triggers

that can be removed to restore the body back to baseline

THREAD //

Inflammation is an immune response, present most animals

It is essentially a reaction to something unfamiliar or toxic to the body, it can be triggered by anything from fragments of bacterial DNA to compounds like gluten found in food

Acute inflammation is necessary to kill off diseases/infections, the feeling of soreness and fever you get when you have a cold is a result of this

Chronic inflammation on the other hand is a more subtle but constant state, it can be hard to discern without a return to baseline

If you're unsure if you're dealing with inflammation here are a few of the most common symptoms:

- aching muscles
- itchy hands/feet
- fatigue or brain fog
- mood fluctuations or crashes
- restlessness or anxiety
- digestive issues like leaky-gut syndrome or weight gain

Pay attention to symptoms after meals, I once noticed I'd go from being happy to near suicidal after eating a certain food, I stopped eating it and never had the issue again

When you first wake up your body is fairly close to baseline, so breakfast is a good time to try this

There's some complexity when it comes to inflammation because many of its symptoms overlap with those of diagnosed disorders like anxiety

Inflammation itself can be both a cause and a symptom, for instance autoimmune disorders perpetuate damage through excess inflammation

There's a growing body of research that indicates that many cases of depression or anxiety are a result of inflammation

It seem that in many cases toxins in food or nutrient deficiencies trigger inflammation, which manifests as the symptoms of various conditions

This is obviously a complex issue, so what can we do?

Here are a few of the most common food triggers, if you're experiencing inflammation symptoms I'd recommend removing them to establish a healthy baseline

For most people the more of these you remove the better you feel

TRIGGERS:

- Smoke from cigarettes or cannabis
- Wheat, corn, and soy
- Processed sugar/carbs
- Artificial sweeteners (except stevia, inositol, and erythritol)
- Unsoaked beans/nuts
- Non-organic commercial meat
- Unsaturated fats (except olive oil, avocado oil, and seafood)

Most drugs, including caffeine and nicotine, will also add to inflammation

Cannabis has anti-inflammatory properties but these can be cancelled out by smoking it, oral consumption is more beneficial

Ketamine and psychedelics help alleviate depression by resetting inflammation

Glutamate excess is both a cause and a result of inflammation in the brain, especially in those with depressive or anxious

symptoms

I have two threads (under my pinned tweet) that cover strategies to correct glutamate/gaba imbalance, all of them will also reduce inflammation

Many nutrients help the body control immune response and oxidative stress, these include both plant and animal omega-3s, vitamins A, B6, C, and E, niacin, thiamine, zinc, and most importantly MAGNESIUM

Deficiency in any of them can cause/worsen symptoms

There are some herbs that can be used to help block inflammatory signalling as well, there are too many to list but here are a few of my favorites:

- Stinging nettle
- Magnolia bark
- Frankincense
- Black seed oil (black cumin)
- Ginger
- Skullcap
- Oat straw
- Rose hips/petals

I do want to point out that while these herbs are useful for reducing inflammation, they often do not solve the root cause

They are best used to manage symptoms while repleting nutrient deficiencies and removing triggers, they have many positive effects but they are not a cure

I believe chronic inflammation is the biggest threat to human health, it is up to each of us to learn to listen to our bodies and get our collective health back on track

Cortisol blocks 5-deiodinase, the enzyme that converts the thyroid hormone T4 into the active form T3, which is essential for hormone synthesis from cholesterol, and regulation of metabolism

Cortisol releasing hormone (CRH) also blocks thyroid stimulating hormone (TSH)

This leaves the body with more T4 over T3, the T4 can be metabolized into reverse-T3 instead, which then further inhibits the activity of T3

This process acts as a safeguard to conserve resources during starvation for example, but now it's also activated by chronic inflammation

In many cases thyroid issue actually stem from adrenal issues

Unfortunately many MDs don't even take this into consideration, lab work and prescriptions are often based solely on factors like TSH, which are fairly useless without CRH and cortisol for comparison

Sunlight is crucial once again here, the red/infrared light in sunlight triggers cortisol breakdown

Compounds formed in response to sunlight like vitamin D and melatonin (the master regulators of the hormone system) also prevent excess cortisol by promoting leptin sensitivity

Beyond that, preventing inflammation comes down to avoiding triggers, this thread is a good place to start

AVOID AS MUCH AS POSSIBLE:

- Sugar, processed carbs, and artificial sweeteners
- Wheat, corn, soy, and other grains

- Caffeine, nicotine, alcohol, and other recreational drugs
- Smoke
- Industrial seed oils (soy, canola, etc)
- Flouridated water
- Artificial light
- EMF

Acceptable alternative sweeteners are inositol, erythritol, and stevia

Acceptable seeds are flax, chia, hemp seeds, and brazil nuts, other nuts/beans are okay as long they are soaked or sprouted to remove anti-nutrients like phytic acid

Acceptable cooking oils are olive, coconut, avocado, butter/ghee, or animal fat like lard

When it comes to artificial light after sunset: candlelight > blacklight > incandescent > LED/flourescent (avoid these at all costs)

Meat, eggs, and dairy should be wild-caught or organic

By far the worst things on this list are artificial light, processed carbs, seed oils, and EMF

The best things you can do for your health daily are spending time in the sun, drinking plenty of water, grounding, and eating a nutrient dense diet (plenty of meat and seafood)

Think of health as a spectrum

There are many toxins like these in your food and environment, the more you are able to avoid the better your health outcomes will be over time

Do whatever you can with the time and money you have available

Copper/iron/calcium dysregulation, nutrient deficiency, and poor electromagnetic environment (high blue light + EMF), is the root cause of 90+% of modern disease

Genetics play a role, yes, but they're only the end all be all in a minority of conditions

The epigenetic dysfunction that results from the above creates the appearance of more issues being genetic than actually are. As the above issues also affect immunity, they also have a huge impact on infectious disease, though I haven't factor bacterial/viral infection into the 90+% estimation

I'm going to write up a blog post explaining copper toxicity and how it impacts mineral balance more in depth and how to begin resolving it, I have a blog post on iron dysregulation already written which you can read here:

Minor Thoughts

Brain and Nerves

Miya

Proper use of scientific corpus requires gen-Z internalized epistemology: given institutional unreliability, all narratives deemed perspectival and value-laden, all truth-claim instances sink into chaotic data-ocean, to be apprehended holistically with gut-divination and sea-scriving. The liberal/millennial accustomed to singular paradigm considers all science settled, since he thinks truth and flux antithetical. He is left seasick, disoriented in ocean of data, sickened by smorgasbord of truth. He just wants to go home, to a place where the floor doesn't move.

The brain can be trained like any other muscle, specifically, it's neurons - which form and solidify neural pathways as habits. I suspect living a life too deeply ingrained in habits degenerates the brain, and small daily disruptions of the habitual will keep it youthful.

Indulging an impulse fortifies and multiplies its client neurons— the relevant brain area literally grows. Each decision sticks in ur brainfolds and forms a component of the device you think with, coloring all cognition. This fact affirms virtue ethics: to become virtuous, act virtuously.

Our desire-complexes too are habitual, neural connections that solidify by use over time, like a meandering goat trail turned into roman roads. While any can be reversed, they are self-reinforcing and can dig very deep.

To avoid getting trained by your touchphone's dopamine manipulations: turn on B&W mode in accessibility settings. Brain evolved strong response to saccharine colors as an identifier of fruit; advertising, casinos all utilize this. Also, take caution women dressed in red..

Grimm's Apothecary

In a constant state of neurogenesis, all I must do is simply incite my intention and it immediately becomes habit or mindset.

Human cognitive potential is far underestimated due to what we have learned to be "normal" via chronically waning societal health since childhood. Most all common substances negatively impact true cognition in some way or other, especially when consumed chronically. Alcohol, caffeine, sucrose, all of it is designed to keep us complacent.

For those who suffer from C/PTSD, addictions, OCD, and other disorders where obsessive compulsive rumination and intrusive thoughts prevent your functionality, Psilocybin is an indispensable medicine.

Serotonin is best framed as an anti-rumination neurochemical. People with low serotonin typically present as anxious, impulsive, and obsessively ruminate. And since serotonin is the precursor to melatonin, they also tend to have trouble sleeping. Yet another factor in symptoms.

Serotonin modifies the impulsive reactionary thoughts of the brainstem and amygdala. Serotonin is an inhibitory neurochemical. It lessens the intensity of a nerve impulse. It helps us dampen thoughts that may become compulsions without this dampening. It can also dampen a pain impulse, which is not its primary function. To put it short, all of these pathologies share: Ruminating/intrusive thoughts, impulsivity, insomnia.

Psilocybin helps by: Dampening the amygdala activity, therein bringing balance to emotions. Dampening the Default Mode Network, which brings people out of their own head. Directly relieving inflammation, especially in the brain and nervous system. Increasing oxytocin, the love chemical. Increasing BDNF, a major growth factor, that induces neurogenesis.

A mystical dosage (28+ grams) would certainly last many years more than likely, heroic doses lasting anywhere from 6-12 months. Microdoses and low doses seem to last about a week of relief. The habits and subjects you learn during the elevated BDNF are permanent though. BDNF inhibits Glutamate (NMDA/calcium). Literally THE perfect medicine for OCD, C/PTSD, addictions, etc.

Inhalation via the nose is oxygenation of the brain. Inhalation via the mouth is oxygenation of the lungs and body. The left brain is the analytical, reasoning mind, which is controlled by the right nostril. The right brain is the emotional, being mind, controlled by the left nostril. You can control your mindstate with practice. >>41 Nasal Cycle

41 Nasal Cycle https://en.wikipedia.org/wiki/Nasal_cycle >>40

Increased Glutamate (NMDA/calcium activity) and inflammation have negative impact on BDNF and other neurotrophic factors, so your diet is literally causing depression, anxiety, and numerous other symptoms.

Increased BDNF and GDNF inhibits and downregulates NMDA (Glutamate) and by extrapolation ... Neurogenesis itself relieves most all psychiatric and neurological illness. This explains why ibogaine is literally a cure for Addictions of all kinds.

While tapering substances, it's sometimes best to just rip the bandaid off rather than gradually peeling it back. You are going to be uncomfortable for the next 3 days. Accept it and keep it moving. It won't be forever and then you're one step closer to your end goal.

You will need to support your brain and nervous system. All drug withdrawal is hyper NMDA/calcium, hypo GABA, hyper Cortisol/Adrenaline state.

Sugar acts on mu-opioid receptors and its effects are reversed by Naloxone

3 Sucrose (Sugar) Intake and Opioid Receptors

Winterdahl, M., Noer, O., Orlowski, D. et al. Sucrose intake lowers μ -opioid and dopamine D2/3 receptor availability in porcine brain. *Sci Rep* 9, 16918 (2019). <https://doi.org/10.1038/s41598-019-53430-9>

>>2 @grimhood Sugar and mu-opioid receptors

4 @grimhood Freshly ground black pepper can increase cognition via direct interactions with receptors and decreasing inflammation via cox and lox, especially of the hypothalamus, which limits angry emotions surprisingly.

It has a lot of mechanisms, CB2 agonist, cannabinoid reuptake inhibitor, cholinesterase inhibitor, serotonergic, gabaergic, adrenergic, dopaminergic, MAOI, and more

5 Murata K, Matsumura S, Yoshioka Y, Ueno Y, Matsuda H. Screening of β -secretase and acetylcholinesterase inhibitors from plant resources. *J Nat Med*. 2015 Jan;69(1):123-9. doi: 10.1007/s11418-014-0859-3. Epub 2014 Aug 15. PMID: 25119528.

Bang, Jun Soo et al. "Anti-inflammatory and antiarthritic effects of piperine in human interleukin 1beta-stimulated fibroblast-like synoviocytes and in rat arthritis models." *Arthritis research & therapy* vol. 11,2 (2009): R49. doi:10.1186/ar2662

>>4 Mechanisms of black pepper in the brain

6 @grimhood The antidepressant effect of salvinin A

Prior to my seizure, I had success in getting off a poppy seed tea habit with *Salvia divinorum* and psilocybin mushroom microbuses with the side effect of anhedonia relief for the first time in my life. This is primarily why Ibogaine is effective for addiction: the KOPr

It also helped relieve symptoms of schizophrenia as the mental symptoms of schizophrenia may very well be worsened by Kappa opioid receptor up regulation. So down regulating it via agonists or shutting it off via antagonists shows much promise in psychiatry as a whole.

This is based purely on the speculation by a group of researcher friends and I. I was highly interested in ibogaine to break my addiction until a friend suggested a safer alternative, although its obviously not as instantly effective without the MOPr agonism for fear extinction.

7 Potential anxiolytic- And antidepressant-like effects of salvinorin A, the main active ingredient of Salvia divinorum, in rodents

>>6 The Antidepressant effect of salvinorin A

Unpopular opinion: Methamphetamine is one of the greatest teacher molecules available to humanity.

If you can overcome the drive for something your biology craves more than FOOD, WATER, and SLEEP, you can do ANYTHING in this reality.

You've already overcome basic survival mechanisms, even if it's only subconsciously.

You don't know real shadow work. I feel like fasting is an excellent replacement in self work as it can bring to light the good and the bad of everything going on in your life just the same. Perhaps some of stimulants' benefits are in part of forced fasting.

TRAUMAS AND THE NEURAL FEEDBACK SYSTEM (THREAD)

The average person has 300 to 500 micro traumas affecting them regularly

These are small negative thought loops or memories affecting your waking consciousness

They can be the result of childhood experiences...

Image

An example could be that your dad never approved of your test scores

now anytime you are asked anything or questioned at work, you immediately bristle up and prepare to react, become hostile

this is your amygdala activating the sympathetic nervous state

The amygdala is the 'bodyguard' of your body and your brain and is responsible for activating adrenaline, cortisol + noradrenaline

When your amygdala sensors anything that is even tangentially related to those microtraumas it sets off the fight, flight or freeze response

When you spend your entire waking state reacting to perceived threats that are based on these unresolved traumas

We don't give our bodies time to process, relax and rejuvenate the body

Add on top of this constant stimulants/social media = a recipe for burnt out nervous system

If you spend time to resolve traumas you can over time

move out of the constant sympathetic nervous system arousal and to the parasympathetic:

- The body focuses on digestion and healing
- Heart rate slows
- You sweat less

You're not spending as much time in the fight flight or freeze system so you end up a lot healthier and relaxed

Another strategy is to let go of the anger that day-to-day occurrences arise in you

Road rage

Late coworkers

spilling a drink

All can be reacted to in a calmer way

I recommend taking Magnesium in order to further support the anti-stress and mental rejuvenation processes that occur using this master mineral

It's a crucial nutrient, and one we don't get enough of.

[amzn.to/3gUFBsK](https://www.amazon.com/dp/B000000000)

To Access the restorative Parasympathetic for optimum digestion

10 long deep breaths before a meal

Holistically Helping Chronic Anxiety / Depression

A thread of proven beneficial things you can be doing to help your mental state if you feel you are experiencing chronic stress, anxiety or depression.

Doing these will give your body and mind the best chance to feel its best:

Anxiety attacks come from the sympathetic nervous system (fight or flight system) being overly stimulated.

There are several points we can look at to see if our lifestyles are contributing to this nervous system being overwhelmed...

WATER

Drink half your bodyweight in ounces of water a day.

Many bodily processes require water.

Make sure to get a quality drinking water - Filtered water (not tap).

(Avian or Fiji are good quality bottled)

MAGNESIUM

Low magnesium contributes to anxiety and impaired internal stress-relief processes in the body.

Check out @Grimhood for more magnesium mastery

I take KAL's Magnesium glycinate

[ncbi.nlm.nih.gov/pmc/articles/P...](https://pubmed.ncbi.nlm.nih.gov/pmc/articles/PMC11111111/)

DRUGS

Are you taking any medical drugs whatsoever?

Look at the side effects of these drugs. COMMONLY the side effects are anxiety.

If you are taking more than one medication, look to see if any COMBINATION side effects from taking two or more together.

DrugCheck® Drugs of Abuse Tests

<http://drugcheck.com>

STIMULANTS

Coffee and energy drinks and other common stimulants raise levels of cortisol in the body.

Constantly inputting these into the body can contribute to an arousal of the sympathetic nervous system leading to anxiety attacks.

SLEEP

Are you getting enough sleep?

Your restorative cycle begins at 10pm-2am.

Your neurogenic repair and hormonal repair during sleep goes from 2-6am.

If you're missing sleep in those cycles this can trigger a stress overload. Tips for sleep here:

Unroll available on Thread Reader

DIET

Clean your diet up as much as possible.

Eating well is not just a game of calories - many ingredients in processed foods do not mesh well with the body + harm us.

In fact, artificial sweeteners/colourings can disrupt the nervous system and cause neurological disorders.

Additionally, eat organic whole foods emphasising probiotics for neurotransmitter boosts (sauerkraut, kefir).

If you want a more thorough explanation of how to eat well and what foods to avoid for optimal health, check out my book *Cooking with Sol Brah*.

Cooking with Sol Brah - Your Complete Guide to Eating with Vitality

Cooking with Sol Brah details HOW and WHY to eat for optimal life and fitness success; this book will set the framework for your eating for the rest of your life. Over 65+ Pages of quality recipes, he...

<https://gumroad.com/l/HtQbu>

Pay Attention to What You Consume

Keep a food diary to see if there are any intolerances or foods that are regularly triggering your mental state.

A lagging effect can also occur e.g. binge drinking on the weekend can make you feel depressed days later.

BREATHING

Breathing shallowly and breathing through your mouth can overexcite the nervous system, causing anxiety attacks.

As often as possible, breathe deeply, breathe through the nose only and this will contribute to lowering the aroused state of stress.

TRACE MINERALS

Essential minerals are needed in the body to facilitate optimal health.

Try using a good quality high-mineral sea salt on your food (I use Celtic Sea Salt).

You can also add a pinch to a Litre of filtered water (not enough to taste it), to increase benefit.

SUNLIGHT

Are you getting outside on a daily basis?

Sunlight has a myriad of benefits that can't be explained in one tweet. Vitamin D synthesis and the resulting hormonal changes are priceless.

See how getting sun on as much of the body as possible changes your mood.

When you get an anxiety attack, pay close attention to the emotions and the thoughts that are connected to it.

Is it attached to fear of something?

If you do not find a connection / reason / trigger for your attack, it is likely physiologically induced.

If it IS attached to some certain situation, then you will need to delve into your own mind to ascertain what trauma or circumstances lead you to that stressed state.

This will be a process.

Serotonin: the most misunderstood neurotransmitter

(a thread)

In popular culture serotonin (5HT) is generally viewed as something that causes happiness, usually seen in the form of memes about the lack thereof

This is likely based on what's known as the Serotonin Model of Depression, which is the idea that depression and other mental illness is the result of serotonin deficiency

Until recently this has been the predominant theory as to what causes depression

This theory has resulted in the use of SSRIs (selective serotonin reuptake inhibitors) as the main treatment for depression, as they increase serotonin production

The odd thing is that in double-blind studies they are barely distinguishable from placebo, and take months to work

Another reason we equate serotonin with happiness is psychedelics, which all affect at least a few of the 5HT receptors, and show antidepressant effects long after the trip ends

In fact, serotonin receptors were first discovered when scientists were studying the effects of LSD

But if both SSRIs and psychedelics affect serotonin receptors why does one work for months and the other take months to work?

Well, maybe serotonin isn't the main issue here

Both classes of drugs have been shown to have another effect in common: they cause neurogenesis (brain cell growth)

Psychedelics also decrease levels of the peptide dynorphin, which has been linked to PTSD and depression

These may be the real reasons for their positive effects

So what does serotonin really do?

Well it does play a role in mood, but that's because higher levels of it causes release of the real major players like dopamine + endorphins

If serotonin levels are stable this effect does not occur as much, hence why SSRIs have little effect
It is also one of the most common neurotransmitters on earth, it is present in all animals and some plants, and many bacteria have even been shown to have receptors for it

In humans it affects dozens of functions including appetite, sleep, wound healing, and digestion

However, our best research shows more and more that it is NOT the sole cause of depression

So what is?

Only time will tell, but we're making amazing progress and I think within the next decade or two we will have a far better understanding

DOPAMINE

The science behind the well-known "reward molecule," how it work in the brain, and how to harness its power to help you acheive your goals

THREAD //

Dopamine (DA) is one of the brain's primary neurotransmitters, it is the prototype compound of the catecholamine class, which also includes norepinephrine (noradrenaline) and epinephrine (adrenaline)
Catecholamines are the primary stimulatory neurotransmitters in the brain (aside from glutamate), and play a role in everything from the fight-or-flight response to the jitters you get from coffee

Dopamine is the first to be produced, then serves as a precursor for the rest

It drives numerous functions in the peripheral nervous system including opening up blood vessels promoting oxygenation, increasing urine and sodium output, and even modulating the immune system

However, it's most well known for its function in the brain

Dopamine is often called the "reward molecule," but this is slightly misleading

The "motivation molecule" might be more apt, during sex for example dopamine is released in highest concentration before/during sex rather than after orgasm is acheived
It produces drive and motivation, and improves memory and alertness, if you're struggling with lack of motivation or boredom low dopamine is likely the cause

Issues with dopamine are often associated with ADHD and Parkinsons

Excess has been linked to Schizophrenia and Bipolar

Dopamine also plays a HUGE role in addiction, when dopamine circuits are activated it reinforces behavior, this response hijacks the addicted brain creating powerful cravings, this is energy intensive and can deplete nutrients like thiamine that help maintain rational thought

When excessive dopamine is released by addictive activities like drug use, eating candy, or watching porn some of it is oxidized in the brain (by the MAO enzyme) and forms metabolites like DOPAL, a neurotoxin that destroys dopamine receptors and may build up over time

This is one of the biggest reasons why quitting addictive habits is so hard, with fewer and fewer DA receptors tolerance begins to develop

DOPAL buildup can also surpass the body's ability to detox through the glymphatic system, which washes toxins out of the brain during sleep

There are a number of reasons to want to increase dopamine levels including post-addiction brain recovery, or even just trying to increase general focus/motivation

Here are a few of the best ways to do this:

1. Daily Sunlight

Exposure to UV light has been shown to upregulate dopamine receptors, at least 30 mins of sun per day also provides vitamin D which is vital for mental stability, calcium utilization, and immune function

2. Exercise

There are many well known benefits to exercising, but one of the lesser known benefits is its ability to upregulate dopamine in the brain, even just a 30 minute hike or a brief weightlifting session per day can benefit mental health and motivation

3. Protein

Dopamine can't be synthesized in the brain without the necessary precursors, tyrosine and phenylalanine, both are amino acids (protein building blocks) found in a variety of foods, so getting your daily value of protein is a must

4. Sleep

During sleep the brain cycles out the cerebrospinal fluid it's suspended in through an extension of the lymph system called the glymphatic system, this gives it a chance to wash out DOPAL and other toxic neurotransmitter metabolites, getting 8-10 hours a night is best

5. Vitamins + Minerals

There are a number of cofactors that go into DA production, including iron, niacin, folate, and B-6 , zinc deficiency can cause excess copper build up, which drives DA -> NE conversion, magnesium has also been reliably shown to increase DA production

6. Supplements

A number of supplements have been shown to upregulate DA receptors including inositol, coleus forskohlii, uridine and citicoline (which converts into uridine and ACh in the brain), some may find them helpful after they've addressed other underlying issues

Important

Excess dopamine plays a major role in schizophrenia and bipolar mania, so if you're dealing with either consult with your health practitioner before taking any of the supplements I listed, and as always do your own research before taking anything

EXCESS GLUTAMATE TRIGGERS + WAYS TO INCREASE GABA

Glutamate plays a major role in nearly every mental illness, and GABA helps relieve suffering and tension, learning to balance them can improve your mental health and well-being

THREAD //

This is part two of my intro to GABA/Glutamate thread, if you haven't read it yet I recommend taking a moment to do so for context:

Unroll available on Thread Reader

Glutamate works by opening calcium channels, which allow energy to flow through neurons, exciting them and causing

them to fire

While this is necessary for thought to occur, too much excitation causes inflammation, and over time neurons may begin to burn out

Glutamate excess has been shown to play a role in a numerous mental illnesses, everything from anxiety/depression to epilepsy

Some people are born with genetic issues with GABA production, while for others imbalance may be caused by different environmental factors

Intelligence has also been correlated with an increase in glutamate receptors

Most drugs and alcohol inhibit glutamate directly or indirectly, so many with so called "addictive personalities" have higher glutamate levels as well

First I want to go through different triggers of excitation, different people may be more sensitive to some than others, so it may be best to try cutting out different things to see what works well for you

After this I'll touch on a few changes you can make to increase GABA
TRIGGERS:

1. Sugar/carbs

When insulin rises glutamate follows

The average person consumes ~70x more sugar per year than at the start of the 20th century, this leads to insulin spikes and resistance, creating imbalance in hormone and NTs

Because of this issues like...

...diabetes can have an impact on mental as well as physical health, limiting intake of sugar and simple carbs (bread, pasta, etc) can help reduce excitation

Avoid ALL processed sugar, starches or low glycemic index fruits like citrus or berries are great alternatives

2. Stimulants

Caffeine, nicotine, and other stimulants block the brain's natural inhibitory system, allowing glutamate levels to rise, and creating a large output of metabolic waste which can overwhelm the body's ability to detox and further contribute to inflammation

3. Poor gut health

Your gut microbiome plays a huge role in mental health, part of the nervous system even extends into the gut and communicates with the brain, an overgrowth of bad bacteria or fungal infections like candida can produce toxins or even glutamate itself!

The bacteria responsible for bad breath also produce glutamate as a waste product

Since bad bacteria in the gut/mouth feed on sugars, reducing excess carb consumption can slow their growth, it's important to consume probiotic foods (kefir, kimchi, sauerkraut, etc) daily as well

4. Glutamate in food

Many foods actually contain glutamate as flavoring, the most well know form of this is MSG (monosodium glutamate) used to add savory flavor to certain foods, artificial sweeteners like aspartame contain aspartate which can also bind to glutamate receptors

Other common food sources of excitotoxins include:

- Wheat gluten

- Casein (cheese + dairy, goat milk does not contain casein)
- Yeast extracts
- Anything hydrolyzed
- Soy or corn extracts
- Whey protein
- Gelatin
- Many "natural flavorings"

For most people it's impossible to avoid all these, and that's okay, the biggest thing to avoid is heavily processed foods, the amount of glutamate you're going to get from a gelatin capsule or a homemade meal is minimal compared to things like breakfast cereals or instant ramen

5. Nutrient deficiency

Quite a few nutrients are needed to produce GABA, and deficiency is correlated to many mental health issues, these include:

- Magnesium (!!!)
- Zinc
- B6
- Thiamine
- Choline
- Taurine
- K2/D3
- Selenium

Since most of these are found in the highest quantity in meat, eggs, and seafood, supplementation may be helpful if you follow a vegan diet

Excess free calcium can lead to overactivation of calcium channels, to prevent this calcium and magnesium should be consumed in a 1:2 ratio

Limiting glutamate triggers can be extremely helpful, but in some cases imbalance occurs because there is insufficient GABA present to block overexcitation

So what are some things you can do to increase GABA levels?

HOW TO INCREASE GABA

1. Exercise

While exercise temporarily decreases GABA, it upregulates its production longterm, it also upregulates dopamine and endorphin production, overall exercise is one of the best things you can do for your mental health

2. Meditation/yoga

While meditation and yoga have become quite popular recently, it's not without good reason, they lower cortisol (the stress hormone) levels and increase GABA and endorphins in the brain, many studies have shown it can have a positive impact depression

3. Ketogenic or Low Carb diets

There is a growing body of evidence that shows that ketosis can increase the glutamate -> GABA conversion, this is actually the mechanism by which the keto diet prevents epilepsy, for many with severe mental illness/addiction they may be beneficial

4. Wim Hof breathing + Pranayama

Structured breathing exercises are excellent grounding techniques, they reduce cortisol and dynorphin levels while increasing GABA/endorphin release, I think everyone should try this at some point, there are many how-to videos available online

5. Herbs/supplements

There are a number of excellent herbs and supplements available that increase GABA indirectly, here are a few that I've found useful:

- Magnesium (!!!)
- Gotu kola
- Magnolia bark
- Black seed oil
- Rosehips
- Lemon balm
- Holy basil
- Butterfly pea

I do NOT recommend any supplement that increases GABA directly including:

- Phenibut
- Gabapentin
- GABA powder
- Valerian

Alcohol, benzos, opiates, and other sedative drugs should be avoided when trying to rebalance the brain, they all upregulate glutamate with longterm use
important

All the info provided in this thread is informational, every individual must decide what they do or don't put in their body, if you see any supplements you find interesting research them before taking anything, some may interact with medications or other supplement

The pineal gland is the third eye because in response to light it stores and release melatonin, the master regulator of circadian rhythm

The religions of ancient Egypt and India worshipped light, they understood this concept better than most people today
The idea that the pineal gland produces a psychedelic state by releasing DMT is implausible, if any part of the body produces significant amounts of DMT it's most likely the lungs

Buildup of flouride or calcium in the pineal is still extremely harmful, but primarily because it increases the activity of MAO, the enzyme that breaks down melatonin, serotonin, and dopamine, into toxic oxidative byproducts that contribute to neurodegeneration over time

If DMT is produced in the lungs it would require management of inflammation and a properly functioning pineal gland to be active in the brain at all

Its effects would likely be similar to a microdose, enhanced awareness, conceptual thought, spirituality, mood, or presence
DMT binds to the sigma receptor (the same receptor activated by DHEA), so it may have some benefits to mitochondrial function, like increasing ATP production

There's very little research in this area, but it's an interesting possibility

Pinoline is an inhibitor of MAO which is the most likely endogenous activator of DMT, it also promotes neurogenesis

It's thought to be synthesized in the pineal gland as well from... you guessed it... Melatonin

If you want to be enlightened learn to worship the sun, recognize it as the source of all life, spend as much time as you can outside in it

Yoga, meditation, and breathwork are all meant to be performed outside in the sun for this exact reason

Not having the ability to finish a book is a common symptom of dopamine receptor downregulation

The biggest factors that drive this issue are dopamine-driven stimuli like cellphones, social media, porn, or food loaded with sugar

There are also some genetic variations in dopamine receptor function, but in most cases lack of concentration or motivation results from excess dopamine receptor stimulation by environmental factors

Nutrient deficiency can play a role here as well

For example, zinc deficiency results in excess dopamine metabolism, as zinc is necessary to synthesize metallothionein which clears excess copper, and copper drives the conversion of dopamine to noradrenaline

Over/under methylation can also play a role here:

Undermethylation results in an increase in expression of transporter proteins for dopamine and serotonin, clearing them from the synapse and limiting receptor activation (this is implicated in many mental illnesses)

Overmethylation is less common and has the opposite effect, blocking the expression of these transporters causing an excess of dopamine and serotonin to build up in the synapse, this is implicated in things like schizophrenia or bipolar mania

Inflammation from various environmental factors also stimulates dopamine oxidation by increasing activity of the enzyme MAO

The oxidative byproducts of this pathway can actually damage dopamine receptors directly

And of course, blue light plays a role here too

In his documentary, *Exploring the Spectrum*, John Ott includes footage comparing children's behavior in both an artificial and natural light classroom, under artificial light the children all behave like they have ADHD

If you're struggling with low motivation or inability to focus, try a "dopamine fast," limit screen time, social media, porn, and consumption of high-sugar foods

It takes some time and effort for your receptors to rebalance, but this is a good place to start

Full *Exploring the Spectrum* documentary on youtube:

TRPV1 is one of my favorite receptors in the human body

Have you ever wondered why eating a jalapeño creates a sensation of heat in your mouth? It's actually caused by capsaicin activating the TRPV1 receptor!

Image

This is the same receptor that senses heat itself, it's present all over your body which is why if you get capsaicin on your skin it still burns

TRPV1 activation has some interesting downstream effects as well, such as reducing inflammation, triggering endorphin release, etc

Image

TRPV1 is also found in the central nervous system

It functions differently in this case, and is actually activated by some neurotransmitters including endocannabinoids like anandamide, playing a role in how they modulate different functions in the body

It's also activated by compounds in cannabis like CBD, and one of the metabolites of acetaminophen

In the brain TRPV1 reduces glutamate activity, regulating a process called long term depression (LTD) in neurons, which

may be part of how cannabinoids could help treat epilepsy

Normally TRPV1 activation in the skin is paired with cell damage, as it causes an influx of calcium/sodium, and is typically activated by damaging stimuli like heat or acidity

In the case of capsaicin however it seems the activation actually downregulates the receptor over time!

Because of this, topical capsaicin can be used as a tool for pain management, though it takes some time for the downregulation to build to noticeable levels

Capsaicin has also been shown to upregulate endorphin expression, which may play a role in this as well

Some drugs are being developed that directly antagonize (block) the TRPV1 receptor, and these may end up being used topically to treat pain, or internally for other conditions, but there's still a lot more research left to be done in this area

Cold Exposure

Cold Exposure

ã THE CHILLING HEALTH BENEFITS OF COLD EXPOSURE (THREAD) ã

Cold therapy has been used for millennia (literally). The world's most ancient medical text, The Edwin Smith Papyrus (3500 BC) repeatedly mentions cold therapy.

The cold brings many mental and physical benefits:

FAT LOSS

Possibly the most talked about benefit of cold exposure, fat loss can occur without any exercise!

Humans have stores of active brown fat tissue (BAT).

BAT can essentially turn calories from food into heat

Studies show that cold exposure increases BAT activity which -

- leads to increased calorie expenditure = increased fat loss

Cold exposure increases shivering and nonshivering thermogenesis.

These processes both increase calorie expenditure

Increased levels of adiponectin, a protein that increases fat burning

In one study, cold-exposed rats burned so many extra calories that they ate 50% more than control rats but still weighed LESS than controls

FIGHTS INFLAMMATION

Adiponectin (mentioned before) is a protein that combats inflammation

Another study found that exercising in the cold reduced the inflammatory response seen in regular temperature environments -

This same study found that exercising past a certain time in the cold can actually increase the inflammatory response, so moderation is important!

Work your way up to (or down, temperature wise) ice baths, start with cold showers!

INCREASED LONGEVITY !

Increased longevity via cold-exposure could be due to hormesis.

Hormesis refers to the paradoxical adaptation that makes animals stronger and more efficient if they are exposed to environmental stresses

Other researchers prefer the 'rate of living hypothesis'.

This theory suggests that lower temperature promotes longevity by slowing down the rate of reaction of various metabolic processes.

This means fewer by-products of metabolism, such as reactive oxygen species.
STRENGTHENS THE NERVOUS SYSTEM ¶

The increase in fat burning during cold exposure is modulated by the sympathetic nervous system.

Cold temperatures act as a mild “workout” for the nervous system, which adapts and strengthens accordingly
SUPPORT + SPEED UP RECOVERY

COLD = reductions in blood flow, swelling, inflammation, muscle spasm, + metabolic demand

Cold exposure has a positive effect on muscular enzymes linked to muscle damage (e.g. creatine kinase and lactate dehydrogenase)

One study looked at 360 people who either rested or submerged themselves in cold water after resistance training, cycling or running. 24-minute cold water baths (50 – 59 °F) prevented sore muscles after exercises
REGULATES BLOOD SUGAR ¶

Adiponectin helps blood glucose regulation, with low levels often found in insulin resistance

In rat studies, cold exposure increased glucose uptake in the peripheral tissues.
Cold exposure can enhance the body’s response to insulin, allowing glucose to be cleared from the blood more efficiently
IMPROVES SLEEP QUALITY ¶

Natural daily temperature fluctuations are an important regulator of sleep cycles

Recommend keeping bedroom sleeping temperatures between 60 and 67 degrees F

Cold shower before bed!
STRENGTHENS IMMUNE SYSTEM

One clinical study looked at the effects of 6 weeks of cold water immersion (14C for 1hr) on the immune system.

Participants had increased levels of IL-6, CD3, CD4, CD8 and activated T and B lymphocytes
COMBATS OXIDATIVE STRESS !

One study found that people who regularly swim in ice-cold water had relatively high levels of reduced glutathione, an antioxidant that’s vital for detoxing

Cryotherapy enhances antioxidant status, allowing the body to better deal with free radicals
REDUCES PAIN

According to anecdotal evidence, blasts of cold significantly improve the quality of life for patients suffering from phantom limb pain

Cold application alone may be effective in reducing pain associated with migraine attacks
WILLPOWER ¶

Anecdotal this may be, but it makes sense that regularly exposing yourself consciously to less than comfortable conditions increases your willpower.

The brain does not want to stand under freezing cold water (shower), or submerge in a ice bath.

CHALLENGE YOURSELF
check out Ben's various methods (and varying price tags for cold tub setups)

CK ETERNITY

Cold thermogenesis:

Fill up your bathtub with cold tap water, as cold as possible, then sit in it for as long as you can

The first time will be a shock to your system and you'll likely only be able to do it for a few minutes, but set a timer and try to increase each time

The first time you may only be able to handle just the bottom half of your body in the water, but again work your way up

The goal is to be able to lay back with as much of your body submerged as possible, for at least 20-30 minutes

Most cold tap water can only get down to about 60-70° F (15-20° C), so start with this, then once you're used to it add ice until you get the temperature down to about 50° F (10° C)

Be careful going lower to avoid potential risk of hypothermia, all research is done at this level

Another way to practice is to fill a deep sink or bowl with ice and try submerging your face for as long as you can, do this in cycles (this is also excellent for your skin)

You can also place bags of ice around your chest, build up to submerging your whole body

The benefits of cold therapy are numerous, the biggest benefit is that it reverses a process of aging in mitochondria called heteroplasmy, when the proteins in the electron transport chain elongate

It also converts white fat to brown fat by creating new mitochondria, brown fat is more easily burned so this is excellent for weight loss

And it's one of the best ways to naturally increase endorphin release, which is neuroprotective and improves mood for the rest of the day

I highly recommend doing this at least 3-4 times a week to protect your mitochondrial health

Pair this with sunlight exposure, grounding, eating nutrient dense food (meat, liver, eggs and especially seafood), and drinking plenty of water, and you're set up for optimal health

Drugs

CAFFEINE THREAD: A vitamin-like nutrient, or adaptogen

from Ray Peat's website raypeat.com/articles/artic...

#coffeetwitter

Coffee drinkers have a lower incidence of thyroid disease, including cancer, than non-drinkers.

Caffeine protects the liver from alcohol and acetaminophen (Tylenol) and other toxins, and coffee drinkers are less likely than people who don't use coffee to have elevated serum enzymes and other indications of liver damage.

Caffeine protects against cancer caused by radiation, chemical carcinogens, viruses, and estrogens.

Caffeine synergizes with progesterone, and increases its concentration in blood and tissues.

Cystic breast disease is not caused by caffeine, in fact caffeine's effects are likely to be protective; a variety of studies show that coffee, tea, and caffeine are protective against breast cancer.

Coffee provides very significant quantities of magnesium, as well as other nutrients including vitamin B1.

Coffee drinkers have a low incidence of suicide.

Caffeine supports serotonin uptake in nerves, and inhibits blood platelet aggregation.

Coffee drinkers have been found to have lower cadmium in tissues; coffee making removes heavy metals from water.

Coffee inhibits iron absorption if taken with meals, helping to prevent iron overload.

Caffeine, like niacin, inhibits apoptosis, protecting against stress-induced cell death, without interfering with normal cell turnover.

Caffeine can prevent nerve cell death.

Coffee (or caffeine) prevents Parkinson's Disease (Ross, et al., 2000).

The prenatal growth retardation that can be caused by feeding large amounts of caffeine is prevented by supplementing the diet with sugar.

Caffeine stops production of free radicals by inhibiting xanthine oxidase, an important factor in tissue stress.

Caffeine lowers serum potassium following exercise; stabilizes platelets, reducing thromboxane production.

In short, keep SIPPIN in the coffee zone frens

ض NICOTINE - The Writer's Nootropic (THREAD)

This curious and misrepresented compound has a myriad of interesting benefits, including increases in wakefulness, motivation, alertness and creativity, as well as multiple neuroprotective benefits.

ا Nicotine has been shown to increase activity across both hemispheres of the brain. It increases your alpha brain wave state so you get better attention + better creativity.

If you're an athlete, you're better able to enter into the zone

!

Nicotine mimics the neurotransmitter acetylcholine + directly activates acetylcholine receptors.

This leads to increases of catecholamines such as adrenaline + dopamine; this mechanism underlies both potential addiction and FAT BURNING!

For the most part Nicotine increases adrenaline + works through beta-adrenergic receptors (the molecular target of ephedrine); this increase in adrenaline mediates the increase in metabolic rate. There is also an increase in lipolysis (how available fatty acids are to be burnt)

The increase in catecholamines also underlies many benefits of nicotine on cognition (attention and focus mainly) while the acetylcholine mimicking promotes a nootropic effect inherently

K Nicotine also acts as an anti-estrogenic compound, inhibiting aromatase and one of the two estrogen receptors directly

This is important for a man that wants to have more free testosterone availability and lessen aromatization of testosterone and estrogens

Nicotine works with the acetylcholine mechanism to exert anti-inflammatory effects, also reduces TNF alpha production and cytokine production. It can assist with patients who have inflammation due to ulcerative colitis.

Nicotine has been studied and PROVEN to improve your fine motor skills and also your short-term memory, your long-term memory and what's called your working memory.

Γ EVENING BUZZ: Nicotine is useful for an increase in alertness later on in the day that won't affect your sleep like caffeine does. There is some evidence to suggest Nicotine actually increases the quality of deep sleep.

In those who like microdosing LSD, you can actually get some of the same type of what are called bilateral neocortical activations via the use of nicotine

β COMBO WITH COFFEE

Many writers swear by the combination of coffee and nicotine - It's my personal favourite *getting shit done* hack.

I have 3 shots of espresso (on ice) with a 4mg Nicobate lozenge and go wild

x HOW TO USE:

I recommend starting with 2MG, the dose can be quite uplifting to start - be wary and if you feel headspins or nausea then remove the lozenge/Zyn from your mouth and wait until you chill out a bit. Getting #nicsick is not fun.

On the downside!

Nicotine IS addictive and when you try to quit nicotine you get strong cravings, increased appetite, sleep disturbances + a little bit of irritability and restlessness. Similar to caffeine.

Potential side-effects of nicotine are similar to acute side-effects of other stimulants such as ephedrine, yohimbine, or

caffeine due to increasing catecholamines

This can be avoided by smartly limiting your amount and taking days off nicotine similar to how I recommend you utilise caffeine.

For me, I won't have more than 10MG a day of nicotine (2 4mg lozenges usually).

I recommend having days where you don't consume any at all
You don't have to smoke!

Nicotine can be consumed without smoke purely in lozenges, chewing gum, chewable toothpicks and sprays. I personally use a brand called Zyn (please sponsor me) or Nicabate Lozenges
Anecdotaly, when I use nicotine I feel:

- more 'charged'
- more masculine energy
- focused
- GRRRRR
- IN the gym, you BOMB the weights
- Less anxiety

this thread was brought to you by espresso and nicotine

THE PHARMACOLOGY OF CANNABIS

It's the most widely used illegal drug on earth, but very few people understand how it works in the brain, I want to shed some light on one of the most inexplicable highs known to humankind

THREAD //

Cannabis has an incredibly long history of human use

Carl Sagan once famously suggested that cannabis was the first agricultural product grown, something which archeology suggests is indeed true

The Bible is also contains numerous references to a plant that resembles cannabis

All things considered, it seems that the human brain has evolved alongside the use of cannabis

Therefore it's not surprising that we have a receptor system that cannabinoids fit perfectly, known as the endocannabinoid system

There are two distinct receptors within the system known as CB1 and CB2, they're dispersed in different parts of the body but have similar structures

The two main endogenous molecules that bind to them are anandamide and 2-AG

These endocannabinoids regulate a number of different body processes including appetite, inflammation, immunity, and pain perception

Tylenol actually kills pain by blocking the enzyme FAAH, which breaks down anadamide, cacao contains compounds that function similarly as well

As most people are aware, THC is considered the primary active constituent of cannabis

Interestingly it's actually a lipid, because of this it can be stored in fats cells which is why you can sometimes fail a drug test weeks after quitting smoking

THC only partially activates CB1/2 receptors, but the higher concentration of it leads to psychoactive effect

One of its primary actions is moderately lowering levels of the messenger molecule cAMP (opiates have a similar effect) which may be how THC can reduce pain/excitation

Because of this, at lower doses THC is usually very relaxing/sedating, but at higher doses this effect changes

Many have had the experience of getting "too high" at some point, this is a result of something called retrograde signalling. One of the functions of ECs is to prevent excitatory/inhibitory signals from firing at the same time, usually by blocking inhibitory signals, since THC is not as selective as ECs are this results in excitatory signals in different brain regions firing at the same time

In simpler terms lower doses increase GABA while higher doses increase Glutamate

THC also seems to block leptin (the hormone that tells you when you're full), and as a result may have some ability to lower insulin levels, both of which contribute to the "munchies"

CBD is the other primary constituent of marijuana, it is what's known as a negative allosteric modulator of the CB receptors

Think of it as a brake system, it slows down overactivation caused by THC, this is why high-CBD strain are often less anxiety inducing

CBD is neuroprotective (as are ECs), and may have some ability to prevent neurodegenerative disorders

It also has a protective effect on insulin producing cells which may help prevent diabetes, and prevents excess inflammatory cytokine release

It may also reduce autoimmunity by shifting the immune system towards the Th2 mode of expression

Interestingly it has also been shown to inhibit FAAH as well, increasing the concentration of anandamide in the brain. Both THC and CBD also activate a receptor called TRPV1

TRPV1 is fascinating because it's actually responsible for the sensation of hot/cold (capsaicin binds to it which is what makes food spicy), its activation causes the release of endorphins and blocks inflammation

Activation of CB receptors has also been shown to activate a number of pathways that induce apoptosis (programmed cell death), apoptosis is what keeps most cells from growing into tumors, because of this many compounds in cannabis have been researched for anti-cancer potential

The psychologically addictive effects of cannabis result from a pairing opiate and CB receptors that occurs in some parts of the brain, activating one results in some crossover activation of the other, as well as the release of endorphins from TRPV1, both produce reward/euphoria

Cannabis use also downregulates endocannabinoid production in the brain, creating tolerance to some of its effects over time, the system may take some time to bounce back after long term use hence why some people feel mildly "off" after quitting

Overall though cannabis contains over 400 compounds, and 50+ active cannabinoids, many of these lesser compounds have not been researched, but a few have

These include:

THCV: has been researched as a possible seizure preventative, may stimulate bone growth

THCA: the "inactive" form of THC, may prevent seizures, found in raw cannabis

CBC: may inhibit cancer cell growth, may promote bone growth, anti-inflammatory

Etc...

The idea that a strain that smells better to you will result in a high you like more actually has scientific backing

This is a result of a class of compounds called terpenes responsible for the smells of most plants/herbs

Terpenes actually have mild psychoactive effects that can synergize with the effects of cannabis some of these terpenes include:

Linalool: also found in lavender, sedative and antispasmodic

Myrcene: also found in many kitchen spices, enhances the sedative effects of cannabis

a-Pinene: also found in pine trees, a mild acetylcholinesterase inhibitor, promotes memory + cognition

b-Caryophyllene: also found in black pepper/cloves, also activates the CB receptors

Limonene: also found in citrus fruits, has anti-anxiety and anti-depressant effects

Cannabis is a fascinating plant with a very complex range of effects on the human body, it's being researched more and more, but this covered just about everything we know at this point

THE PHARMACOLOGY OF COFFEE

It's one of the most widely used stimulants on earth, and contains a number of interesting psychoactive compounds, this is an in depth review of what sets coffee apart from every other source of caffeine

THREAD //

To understand how coffee works in the brain, first you need to understand caffeine

Caffeine belongs to a class of compounds called xanthines, which act as antagonists at the adenosine receptor

Adenosine is a nucleotide used in cell signalling

It is primarily anti-inflammatory, but also stimulates appetite, and helps aid in sleep and reducing anxiety by blocking calcium channels (the same mechanism as GABA)

It's one of the primary inhibitory neurotransmitters

Caffeine promotes wakefulness by blocking the action of adenosine, this allows dopamine, norepinephrine, and glutamate (all stimulating NTs) to reach higher concentrations than they would normally

It has also been shown to block GABA release, which further adds to this effect

The increase of dopamine especially is responsible for the mild addictiveness of caffeine

It is actually estimated that ~90% of adults and children worldwide use caffeine regularly, and many of them are physically dependent

Aside from it's effect on adenosine, caffeine also inhibits the enzyme PDE, which results in decreased inflammation and immune system function

It also inhibits acetylcholinesterase, increasing acetylcholine levels which improves memory and cognition

Withdrawal from caffeine often causes headaches and/or fatigue

The fatigue is caused by excess adenosine buildup and lowered dopamine production after longterm use, adenosine dilates blood vessels which can trigger headaches in some people as well

Interestingly enough though, coffee contains other psychoactive compounds besides caffeine

It also contains the beta-carbolines harmaline and norharmaline, which mildly inhibit MAO, the enzyme which breaks down serotonin, dopamine, and norepinephrine

Beta-carbolines are produced when coffee is roasted, and are also found in tobacco and in trace amounts in many processed foods

Much more potent beta-carbolines are the primary active compounds in ayahuasca
While caffeine inhibits the release of serotonin, harmine and norharmine increase it's concentration

This is part of the reason why coffee has a more positive impact on mood and more stimulating properties than other caffeine sources like green tea
Coffee also contains 4-caffeoylquinide, a compound which acts as an antagonist at the mu opiate receptor (the anti-overdose drug Narcan has the same activity)

Interestingly, in animal studies it was actually potent enough to block the effects of morphine in mice

I personally believe this compound is the main reason why many people get worse anxiety from coffee than caffeine on it's own, since blocking the ORs also blocks GABA

Since opiates receptors are also found in and regulate the gut, it's also why coffee speeds up digestion
Overall coffee has many benefits, it improves memory and concentration, may reduce inflammation, and has even been shown to improve blood brain barrier function which may help prevent alzheimers

However coffee can also cause dependence and dysregulate many processes in the brain
Every substances has both positive and negative effects, I believe we must all weigh the evidence for both and decide for ourselves what we put in our bodies

Studies shows that people that drink in moderation live longer than both binge-drinkers and people that never touch alcohol

"But I thought alcohol was toxic?"
"How does that work?"

THREAD //

This effect can be attributed to something called hormesis

Essentially low-level exposure to things that are very harmful in high dosage (like toxins, starvation, stress) is actually beneficial

When the body frequently overcomes manageable stressors it is stronger as a result
Free radicals are the perfect example of this

They are essentially cellular waste products, in excess they're associated with mental and physical illness

But studies also show that when athletes take antioxidants while exercising they build less muscle
It turns out that free radicals are an important component of physical fitness, similar to inflammation they are also part of the bodies immune response, beneficial in small amounts but damaging in excess

Now let's get back to alcohol...

When alcohol is metabolized it forms aldehyde, a highly reactive compound that alters protein structures, causes cell death, and in excess even cancer

While it still damages the body, a small amount of it will trigger the body's repair processes, actually promoting regeneration

The "safe" amount of alcohol seems to be about 1-2 glasses of wine every 1-2 days, though some people may be more sensitive to the toxic effects than others

Beer contains a few different organic acids that have also been shown to have some benefits, so it works in place of wine
The MOST important thing to remember is this:

If it's a choice between drinking in excess and staying sober always choose the latter, the minor health benefits are not worth the risk of addiction for many, alcoholism will destroy your health far more than most physical illness

If you are struggling with another addiction/dependence or healing a physical illness or gut issue I'd also recommend against any alcohol consumption

The reason we haven't found definitive proof that cigarettes cause lung cancer is because all the research is looking on the cellular level

The toxic compounds in cigarette smoke are mitochondrial toxins, they directly disrupt ROS signalling to the nucleus and gene expression

Buildup of these compounds in the lungs blocks oxygen from entering cells

Oxygen can only diffuse across 1-2 cell layers so when this barrier forms it inhibits diffusion, O₂ is the biggest cofactor in energy production, so when its concentration is low it destroys mitochondria

One other issue with tobacco is that some of the industrial fertilizer used breaks down into radioactive isotopes which cause further damage to mitochondria and cells

Some believe this is the primary cause, as many cultures seem to use tobacco without as much cancer incidence

We haven't been able to draw a correlation between cannabis smoke and cancer, my best guess is this is because cannabinoids activate the MAPK pathway in cells

MAPK is a kinase that triggers automatic cell death, preventing overgrowth as seen in tumors

Any smoke you inhale can still lower oxygen concentration and damage mitochondria

Switch to oral use of nicotine and cannabis whenever possible, it's far less inflammatory and better for cell function

Eyes, Light, and EMF

The human body actually has the ability to sense light through the activity of molecular structures called chromophores

The number of chromophores within a molecule actually affect how it absorbs and reflects light, the body uses these molecules as light sensors

Melanin and haemoglobin are two of the most abundant chromophores found in the skin and bloodstream respectively

They have a protective activity, preventing an overload of light exposure from causing cellular damage

Many amino acids, and even some neurotransmitters like serotonin and dopamine, act as chromophores as well

This may be what causes the body to synthesize different hormones and NTs in response to sunlight

The eyes also contain what are called SCN neurons, which release glutamate in response to light

This is part of why limiting artificial light exposure improves sleep and mental health, late at night it causes glutamate release that disrupts sleep and circadian rhythm

Blue light exposure causes a build-up of nitric oxide in cells

Excess nitric oxide triggers inflammation and binds to the enzyme cytochrome C oxidase in mitochondria, directly blocking electron transport and energy production

Chromophores attached to neural pathways in the eyes pick up blue light and signal the release of glutamate, cortisol, and dopamine, all of which contribute to stress and shift circadian rhythm forward (accelerating aging markers over time)

The toxic effects of blue light are countered directly by red light exposure

Sunlight contains both, and the shifting balance between the two is what entrains circadian rhythm (promoting long-term health), red light is highest during sunrise/sunset
This is why sunlight is ESSENTIAL for human health

Almost all artificial light is within the blue light spectrum and late-night artificial light exposure disrupts circadian rhythm adding further toxicity

Get some sunlight today ü

If you don't feel hungry in the morning and skip breakfast, your circadian rhythm is shifted forward which is harmful to your health longterm

This is caused by blue light exposure, after the sun sets the lights you turn on tell your body it's the middle of the day again
This causes difficulty sleeping at night and stress throughout the day, it can even damage the way your genes function by altering epigenetic markers

Thankfully the solution is simple, use as little artificial light after sunset as possible

Firelight is ideal as it produces red and infrared light that triggers melatonin release, which has MASSIVE benefits to the body

Second to that, using blacklights, lights that are 600K or warmer, or a combination of both helps maintain circadian rhythm in the evening

Red light therapy for 10-30 minutes in the morning and again before bed also helps maintain health melatonin levels

Blue blocking glasses are helpful if you use your phone or computer at any point in the day, but especially at night
Artificial light shouldn't be used for more than 2-3 hours past sunset

This may seem difficult, but removing blue light means your body isn't pumping out glutamate and cortisol, so you'll naturally begin to feel ready to sleep around that time

This is your body's default state

Bones actually have a lesser known function, they've been found to conduct electric current through the body

Most likely this is a negatively charged current, which may play a role in maintaining proper calcium (calcium is positively charged) and preventing osteoporosis, etc

Osteoporosis is a seldom discussed epidemic, personally I think the two main causes are lack of nutrients involved in calcium homeostasis (vit D, magnesium, vit K2), and lack of negative current in the bone (low redox potential)

As we've already been over, the best way to increase negative charge in the body is through sunlight exposure, proper hydration, and exposure to the earth's negative charge

Sunlight increases melatonin, which turns out to also be the master regulator of bone health too

Image

Melatonin is a double-edged sword as it also increases negative charge in the body

And of course, sunlight also increases vitamin D, which is used for proper calcium utilization

I firmly believe the rampant osteoporosis we see is a symptom of lack of sunlight on a huge scale

This is one of my biggest recommendation and I live pretty far north, biggest things I will say are:

1. Even on cloudy days you can still get about a third of the light
2. Getting red light is still important, use 10-30 minutes in morning and evening

I wish everyone had the option of getting out in the sunlight but it isn't always realistic, in that case you need to really focus on diet and the artificial you're exposed to

High omega-3, retinol, vitamin D, and antioxidant like vitamins C + E are especially important

Here's a rough idea of how to light your home after sunset, during the day try to get as much full spectrum light as possible, they sell lightbulbs that replicate sunlight that work for this

Unroll available on Thread Reader

https://twitter.com/ck_eternity_/status/1284210320341372928?s=19

When I say red light I mean red light therapy devices, brands like Joovv are higher end but expensive, there are plenty of cheaper options too

The research on red light therapy shows countless benefits, everyone should try it if possible

Alright, let's talk about electromagnetism in the human body

The biggest thing you need to understand is that any charged particles in motion will generate an electromagnetic field, there are two primary ways this occurs in the body

The first I've already gone over, essentially blood cells pick up negatively charged sulfate ions and the motion of the charged cells through your veins creates an EMF

The EMF actually helps modulate blood pressure, as it triggers the release of nitric oxide, a vasodilator

The other way the body creates EMF is through mitochondrial energy production

Mitochondria make ATP by using the electrons around them to power what's called a proton pump, which literally acts as a tiny cellular motor, the charges it spins generate a magnetic field as well

The large EMF your body produces is around your heart, likely because it has some of the highest concentration of mitochondria, and is a central point of blood flow

The second largest is from your brain, which also has a huge amount of mitochondria and uses about 20% of your ATP. Besides relaxing your blood vessels, electromagnetism has another beneficial effect on the body

Oxygen molecules are paramagnetic, meaning they respond to magnetism, the EMF around mitochondria may actually have evolved help draw in O₂ to maximize respiration

Another paramagnetic compound found in the body is DHA, an omega-3 fat found in seafood

Since it is concentrated primarily in the eyes, brain, and general nervous system it may also benefit from the body's EMF. Interestingly, the body also emits light

This happens as a result of the changing electron states of oxygen and other molecules throughout the body

The term biophotons has been coined to describe the light emitted from the body

You'd think that this serves no purpose, but there's some interesting evidence showing that it might, mostly the work of Dr. Fritz Albert Popp, who measured the emission of biophotons from different plants, animals, and people, using a device called a photomultiplier

One of the most interesting findings from this field was that people with various illnesses, especially cancer, emit far more biophotons than well people

It's possible the body seeks to contain this light, and in the future we may use biophoton measurements to diagnose illnesses I've seen a few other interesting results as well, such as that people who meditate emit fewer biophotons than those who don't, and that certain herbs can normalize biophoton emissions in those with cancer

Hopefully we'll see more research on this as time goes on

One other thing I want to touch on briefly is that the light and EMF that human beings emit likely has an impact on the health of those around them

In a recent lecture, Dr. Jack Kruse noted that the lips and genitals have the two highest biophoton emission

As a result of this, who you're romantically involved with or sleep beside at night may affect the energy balance within the body, or even reduce/improve your health

The research here is still new, but selecting the people you spend time with carefully is good advice either way

I'm honestly not sure whether biophotons or EMF have the bigger impact, the human body is extremely complicated so there's likely some interplay between the two

That's all I have for today but I'll go more in depth at some point in the future

If you wear glasses or contacts, remember to take them off as much as possible when you're out in the sun

Glass/plastic refracts off the beneficial UV/infrared light that your eyes need to properly conduct signals to the SCN/PVN/pineal axis

Don't look directly at the sun, the entire spectrum enters your eyes by reflecting off everything around you

Just being outside without glasses or sunglasses blocking your eyes will allow you to absorb everything you need

The best nutrients for your eyes' health are vitamin A (in the form of retinol), and omega-3 fatty acids, as both are broken down by artificial light and need to be replenished

This is why I recommend everyone include seafood, organ meats, and/or eggs in their diet

Everyone you see talk about the dangers of EMF and artificial light, including me, understates them

These two things combined will eventually destroy our healthcare system, within a decade or two we'll likely be facing epidemic proportion neurodegeneration and other diseases

I'm NOT saying this to try to scare you into buying something, this isn't fearmongering, I just want people to start taking this seriously

I hope even one person sees this and starts making changes in their life, there are a lot of simple things you can do to protect yourself

Wear blue blockers when using a computer, put your phone on airplane mode in your pocket, make a longterm goal to move out to the country, turn off your wifi at night, switch out all your lightbulbs to a combination of incandescent and blacklight, or better yet use firelight

And most importantly, spend as much time out in the sun as you can, even up north or on a cloudy day this is still important

Walk barefoot on the earth to reconnect back to your natural electromagnetic environment

And of course drink WATER (constant EMF exposure is dehydrating)

Those of my followers that are into crystals may find this interesting...

This is apatite, the calcium phosphate crystal that actually makes up about 70% of human bone! Apatite forms a network of bonds with collagen, which give bone greater impact support/flexibility

Image

In natural mineral deposits apatite often contain chlorine or fluorine ions, whereas in the human body it contains -OH groups

It actually forms the same hexagonal crystal system (molecule geometry) as quartz

A while back I mentioned that bone is actually an electric semiconductor, and pointed out that poor electric current flow may contribute to osteoporosis

At this point I think non-native EMF put off by wifi, cellphones, and electric wiring may play a bigger role

The bonds between collagen and apatite in the bone are held together by copper atoms, abnormal EMF likely causes these bonds to dissociate

Think about this, astronauts that spend long amounts of time in space have been observed to lose as much as 80% of their bone density...

This is commonly thought to be caused by lack of gravity, but what if it's a change in electromagnetic environment?

This could either be caused by exposure to the full EMF spectrum put off by the sun, or lack of connection to the earth's field we're normally adapted to

I can't say anything here definitively, as much of the research in osteoporosis is still focused on other factors, but I will keep you all updated as I find further info

I'm willing to bet constant cortisol release triggered by blue light from screens/indoor lighting is one of the biggest drivers of hormone disorders

Cortisol crashes thyroid/HPA axis function, working on a computer all day does more harm than you'd think

Blue light also penetrates about 3cm into the skin, so it likely directly damages photoreceptors linked to the hormone system

Constant artificial light exposure drives insulin/leptin resistance through this mechanism, which sets the stage for metabolic disorder

It also directly causes inflammation and oxidative stress, increasing cell aging and mitochondrial damage

When you consider the fact that the thyroid is only about 1cm below the skin's surface, it looks like damage to the organ is also possible

Blue light disrupts the circadian rhythm and create damage in skin cells - PubMed

On a daily basis, the skin is exposed to many environmental stressors and insults. Over a 24-h natural cycle, during the day, the skin is focused on protection; while at night, the skin is focused on ...

<https://pubmed.ncbi.nlm.nih.gov/31418890/>

Artificial light, especially modern LED/fluorescent lighting, is one of the biggest factors destroying human health

It's important to protect yourself, spend as much time outside as you can or if indoors limit screen and light your home with firelight if possible

If you can't use fire, incandescent lights block less melatonin, though you should still limit blue light exposure as much as possible

Wear blue blocking glasses whenever using a screen to protect your eyes as well

Image

Mechanism by which cortisol elevation from blue light crashes thyroid function

Doctors rarely take cortisol into account when testing for thyroid issues and often miss this completely

Light can only interact with electrons, so when light hits with different molecules in your body, it raises their electrons to a higher energy level

After a brief time the electrons fall back to their previous level and re-release energy and low level light
This creates biophoton emissions

The levels of certain compounds in the body (or overall mitochondrial health) dictate the different frequencies release by mitochondria and cells

In some cases cells use low frequency light to trigger different reactions, for example the enzyme that creates serotonin out of 5HTP is paired with UV light

This is also how light environment regulates the gut microbiome, bacteria emit and absorb a huge amount of light
Light from the outside environment, and to a lesser extent the different levels of electrons and nutrients in food, alter the microbiome by charging chromophores in its bacteria

The light these bacteria re-emit may also impact the human body in previously unconsidered ways
We'll likely see more research here, such as using biophoton screening to test the spectrum of cell energy lost as light, which could screen for conditions like cancer

How bacteria, plants, or even humans transfer energy and information through biophotons also looks promising

An absolutely historic study on the benefits of sun exposure, it found that within a massive sample of Swedish women lower levels of sunlight exposure were correlated with an increase in all-cause mortality comparable to smoking

The risks and benefits of sun exposure 2016

Public health authorities in the United States are recommending that men, women and children reduce their exposure to sunlight, based on concerns that this exposure will promote skin cancer. On the ot...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5129901/>

Even the idea that sunlight causes cancer is almost entirely false, the above study found that greater sunlight exposure was correlated with REDUCED incidence of many other types of cancer (which are far more lethal than skin cancer)
Sunlight exposure also correlated with reduced incidence of dozens of other diseases ranging from myopia to cardiovascular disease and obesity! It blows my mind that people continue to argue that daily sunlight exposure is unhealthy
The only sunlight exposure model that IS toxic is what's called "intermittent" sun exposure, which refers to people that only get sunlight every few months, and when they do typically for a few hours and resulting in sunburn

THIS is what creates the correlation with skin cancers

This study goes into this in more detail, there's much more complexity than you'd expect here (for example: indoor workers actually have higher skin cancer incidence than outdoor workers)

Melanoma and sun exposure: An overview of published studies

To assess the association between the incidence of cutaneous melanoma; intermittent, occupational and total sun exposure; and history of sunburn at different ages, we conducted a systematic review us...

<https://onlinelibrary.wiley.com/doi/abs/10.1002/%28SICI%291097-0215%2819971009%2973%3A2%3C198%3A%3AAID-IJC6%3E3.0.CO%3B2-R?sid=nlm%3Apubmed>

All the data on this subject shows that one of the best things you can do for your health is getting sunlight daily, starting small and increasing gradually until you've developed a solar callus, and spreading your exposure out throughout the day to get the full light spectrum

Note: the first study is actually a meta-analysis that analyzes the study on Swedish women, as well as the available evidence on sunlight's relationship to many other conditions

It's also worth noting that this is the first time I've seen anyone advise that labels be required on sunscreen warning consumers about the risks of vitamin D deficiency, I hope this gains traction

•••

HOW TO REVERSE MYOPIA

At this point a huge portion of the population is suffering from myopia (near-sightedness), and needs glasses/contacts as a result, this is an introduction to reversing this issue and restoring 20/20 vision

THREAD //

Before I begin I want to be clear that I make no promises that this will help every person's situation, especially eyesight issues other than myopia

That said, I have shared some or all of the info here with 100+ people, and many of them have used it to restore their vision. Myopia, or near-sightedness as it's often called, is the common condition in which people lose the ability to see objects in the distance without wearing corrective lenses

It's incidence has increased exponentially over the last century and is expected to continue rising

Myopia stems from two primary causes:

The first is the eye itself getting longer, and the fluid filled lens getting thicker

The eye is completely surrounded by delicate muscles, and would be fairly soft and malleable without them holding it in place

A pair of healthy human eyes are naturally adapted to focus on objects 20+ feet away the majority of the time

When we spend too much time focusing on things close to us it puts strain on our eyes, and over time this causes permanent alterations in eye shape/structure

The second is oxidative stress in the eye, caused by reactive oxygen species (ROS) like hydrogen peroxide and iron oxide

Our eyes are made primarily of the omega-3 fat DHA, which is essential as a semiconductor and photon-interrupter, yet highly prone to oxidative damage

When DHA is damaged by ROS it creates a compound called CEP, which is used as a marker of macular degeneration

The oxidized lipid fragments that break off from DHA being broken down react with other nearby fats, creating a cascade of damage that can overwhelm cell detox processes

When these two factors occur at the same time it creates the perfect conditions for eye damage, by stressing the eye and altering its structure at the same time

We are told that myopia is a life sentence, and that our only options are corrective lenses or surgery

It's taken me some time to realize it, but this is a lie, and at this point I've spoken with numerous people that have proved to me that reversing myopia is possible with a little time and effort

There are two levels of myopia, and each is handled differently:

The first is what's called pseudomyopia, where eye strain from things like too much screen time create mild/temporary myopia

The eye will bounce back from this if the stressor is removed, but most eye doctors will still give you glasses for it, actually making the myopia worse

If you want to reverse potential pseudomyopia or prevent full myopia, take a break from reading or staring at a screen at least every 20 minutes, and for at least a few minutes get outside and/or stare at something more than 20 feet away

Full myopia may seem more intimidating, but it can also be reversed by gradually tapering your prescription and avoiding any more eye strain

This pdf provides the best taper plan I've found, as well as good info on how to easily prescribe yourself glasses

No BS guide to Vision Improvement - Sept 2016.pdf

<https://drive.google.com/file/d/0B5REdzibAJQ4VFJuWnZCU3dLcHc/view>

Don't bother with eye exercises advertised to reverse myopia, as most provide only temporary relief or take daily practice to achieve only minor benefits

The pdf info alone is enough to improve myopia, however I'd also like to add a few ways to solidify your improvement:

1. Get plenty of retinol and DHA

It's important to give your body the building blocks it needs to replace damaged lipids in the eye, the most important is DHA itself

I recommend eating seafood daily to support myopia recovery, as well as general health

The next most essential nutrient for eye health after DHA is retinol, which is actually named after its function in the retina

RETINOL is preformed vitamin A, which is then converted into its analog RETINAL, retinal is actually used to build photoreceptors throughout the body

Retinal catches photons and turns them into electric impulses which travel through the lipid "wires" into the brain

Retinol is also an antioxidant, binding up damaging ROS and stopping the lipid oxidation cascade, the best food sources of retinol are liver and animal fats

Plant vitamin A will NOT work unfortunately, as it's poorly converted and can actually block the retinol receptors

Cod liver oil can be a good way to supplement retinol, but be careful sourcing it as most fish oils are oxidized from poor storage/manufacture (try Nordic Naturals)

2. Avoid artificial light and get plenty of sunlight

It's well established that artificial light (blue light) is toxic, it essentially ages tissue by creating a buildup of ROS and inflammatory signalling molecules, it's one of the biggest causes of eyesight damage

Sunlight in comparison is incredibly beneficial, and sunlight exposure is tied to lower incidence of myopia, as well as being protective against many other diseases like obesity, heart disease, and cancer

Try to get out in the sun for at least a few hours a day

3. Correcting iron dysregulation

Put simply, iron dysregulation is when iron atoms aren't properly loaded into proteins for use by the body

Unbound iron atoms bind readily to oxygen, creating iron oxide (rust), which damages any fat/protein structures it comes in contact with

Iron requires bioavailable copper, retinol, and food-sourced vitamin C to be used correctly

You can get the copper and retinol from foods like liver, salmon, and oysters, and vitamin C from citrus fruits, strawberries,

rosehips, acerola cherry, or camu camu

If you want to read a more detailed overview of iron metabolism and guide to correct its dysregulation, I have on in the blog section of my website:

Multiflora Herbs

Multiflora Herbs

<http://www.multiflora-herbs.com>

4. Reducing inflammation

Cutting out inflammatory triggers/foods will also reduce cell damage and oxidative stress, the worst offenders are:

- wheat/corn/soy
- industrial seed oils
- processed sugar/carbs/HFCS
- alcohol or other drugs
- iron fortified foods

I also have a thread on chronic inflammation, which covers some other ways to reduce it:

Unroll available on Thread Reader

5. Clearing oxidative waste

You can clear oxidized fats and damaged cells from the eyes more efficiently by inducing a process called autophagy

The most potent methods I've found are through fasting, or a low carb/ketogenic diet, there are also many herbs/foods that support it

You can also donate blood a few times per year, and/or take either lactoferrin or IP6 to bind up excess free iron in the body

IP6 should only be taken away from food, as otherwise it can prevent minerals in food from absorbing, but the research on it shows many benefits

That's all I have for today, I hope you enjoyed reading this and learned something from it

I truly believe this information will change the world, and that we can dispel the myth that there is no hope for those of us with myopia

Face Yoga, Skincare, and Physiognomy

MEWING + JAW SHAPE (THREAD)

Most people think their jawline is a result of genetics...

- which is true, but only to a point.

Through proper tongue posture EVERYONE can impact jaw posture/line and improve breathing

Read on to unlock the secrets of a GIGACHAD jaw!

MEWING is proper oral posture technique that seeks to better the orientation of the face and jawline by altering your unconscious, resting tongue position.

You are training your tongue to rest on the roof of your mouth and committing it to muscle memory.

Why do we need to Mew?

Processed food, sedentary lifestyles (both at home and at work) have ruined our postures.

Hunched over our screens, more of us commonly mouth-breathe and have poor posture.

Mewing tongue posture is the default, but modernity has impacted us badly...

HOW TO MEW

To do mewing correctly you need to have your ENTIRE tongue on the roof of your mouth.

This includes the back of the tongue, too, so your tongue should fit right between your molars. This might be tiring for you initially since your tongue muscles are too weak.

If you are mewing correctly, you should feel some pressure in your mid-face, chin, jawline, and palate. You are retraining your brain to completely rewire its existing facial resting position.

You will feel your entire face come forward. It really is quite surprising how a simple proper tongue posture can do all this.

To swallow correctly while mewing, simply press the tongue firmly against your palate while swallowing. Keep your facial expression unchanged. As you feel your thyroid rise with each swallow, you will also feel your tongue press against the roof of your mouth.

It should also be noted that mewing should also be complemented by maintaining a proper, erect posture when sitting and standing.

Imagine a string tied to the top of your head pulling you upwards.

EVIDENCE for Mewing

In a study conducted in 2014 published in the Korean Journal of Orthodontics, the corrective tongue posture technique was able to correct an overbite and bring the entire face forward.

A 2018 study in the journal Radiology and Oncology found significant evidence for “tongue posture” curing anterior open bites in preschool children

Many people report noticeable changes to their midface, jawline, and chin in just 6 months to a year.

Once mewing becomes an unconscious habit, you won't even need to think about it anymore: it will just become a part of your mouth's resting position.

Mewing best works for growing faces, especially in children going through puberty.

However, I started a while after my teenage years and I have noticed significant changes. Mewing has success rates in adults as well.

SUPPS to help jaw/bone health

- Vitamin K2 promotes bone plasticity and cardiovascular health
- Vitamin D
- Mastic Gum - I've had legit 3mm of masseter muscle gain by taking big chunks of this stuff and chewing all day, not to mention the thorough health benefits

Mastic gum here:

- SKINCARE (THREAD) -

Whilst you don't need to have a hundred different lotions and potions, you should have a basic understanding of skincare, as it is a vital component of caring for your body.

Read on to see what you can do for your skin:

Disclaimer: Not an expert

These are just common truths or things I've discovered over the years through research.

First off - discard the notion that taking care of your skin is somehow 'gay' or 'feminine'. this is ego-talk from guys because it triggers them for some reason
Probably the biggest rock of skin care has to be taking care of your body.

the skin reflects the health of the body, so the biggest impact you can make on your skin's appearance is to have a healthy lifestyle, a great diet, SLEEP + exercise. wont go into details of this here.
So with that being said, there are other important steps you can take to improve the quality of your face.

1. Cleanse
2. Moisturise
3. Sunscreen

CLEANSE - the skin collects sweat, oil, bacteria, and dirt

Cleaning that off every day is good
as long as it's done gently

Use a cleanser at night, to wash off the oils that builds up throughout the day.

In the morning, depending on your skin's needs -
- you can use a cleanser or simply rinse with water.

A good cleanser is one that leaves your skin feeling soft and maybe a bit moisturized - not dry, tight, or 'squeaky clean.'

If you experience dry skin, irritation, or redness, cut it down.
MOISTURISE

you don't have to go buck-wild into \$200 bottles of organic tears from Mescoliani Monkeys - when a simple moisturiser will do.

even with a gentle cleanser that doesn't dry out the skin, it still removes some of the oils that help keep our skin supple and moisturised
So a moisturiser - you guessed it, it moisturises!

restores your skins oils and adds other beneficial ingredients (the efficacy of some 'magic' ingredients
I'm not sure, be wary of magic pills with high pricetags (this goes not just for skincare)
A good moisturizer nourishes the skin and improves our skin's barrier. That helps treat and prevent obvious things like dryness,

also good for less-obvious concerns like oiliness, acne,
fine lines, and leftover acne marks

When your skin is moisturised, it can heal better!
SUNSCREEN:

This one I'm a little bit conflicted on.

My skin always looks better with regular sun exposure with no sunscreen.

But!

UV ages and contributes to damage, see pic below was a trucker who only had sun exposure on his left side (driving the same route).

So I think its a tradeoff, I don't use sunscreen ever for my body skin as it doesnt get in the sun enough anyway

But if you are outside all day I think it would be smart to invest in a facial sunscreen, there are ones you can get that are

light on the skin. Or wear a hat.

SAMPLE DAILY ROUTINE:

AM

- * Rinse with water or use your Cleanser
- * Moisturizer
- * Sunscreen

PM

- * Cleanser
- * Moisturizer

This is a basic routine and what I would recommend first. It is a bad idea to introduce too many things at once to your skin in case of a bad reaction

PRODUCTS: DO YOUR OWN RESEARCH and pick one that suits your skin + no need to be expensive.

Within products, try to avoid:

- artificial colours / fragrance
- phthalates
- parabens
- silicones

I use sukinnaturals.com I've found to have great products + price. no affili
WATER:

It should go without saying: Water intake must be high throughout the day.

Hydrate your skin with a moisturiser but also consider internally hydrating too.

ACNE ON BODY:

Your body skin (on average) definitely needs more sun -

Partially due to the UV rays killing acne-causing bacteria, partly due to local vit d production, heat/blood flow.

+ some types of fungal acne can be cured with
dandruff treatment shampoo.

QUICK TIPS:

- Differin Gel (adapalene 0.1%) is one 'medication' product that I've seen mentioned a lot (helps the skin renew itself)
- a small amount of Vaseline over your larger pimples at night cocoons it in a protective barrier and enables your skin to heal better overnight
- Eat more Carrots: the body turns beta-carotene—the main carotenoid in orange carrots—into vitamin A in the body. this gives all of your body a healthy glow similar to a tan
- You don't need shampoo and conditioner - rinse well with water after exercise,
after a while your hair's natural oils will rebalance.

A tiny amount of coconut oil rubbed between palms and ran through hair will do for conditioning /smoothness.

BLOOD FLOW:

The skin needs blood flow to get nutrients to the skin.

Encourage this through massage, sauna, exercise.

SAUNA - I have covered it here before:

Unroll available on Thread Reader

It is still good to note how much the Sauna helps with blood flow, opening the pores, clearing your skin all over which helps with the appearance as well as health of your skin.

COCONUT OIL - the only body moisturiser you need

anything you put on your body you are 'eating' so to speak.

Warm it up between your hands so it turns to a liquid then apply to whole body.

Regular use is great for dry feet if you spend time walking barefoot.

SUPPLEMENTS (W/ AFFIL LINKS):

note; always do your own research

Methylsulfonylmethane

tinyurl.com/t8n8dve

- acts as the 'glue' that holds together our amino acid chains - the building blocks of all tissues. (Take with vit c). I take internally but is also in topicals

BIOTIN

tinyurl.com/urvsery

- Supports healthy nails, skin, and hair. If you eat a lot of eggs this shouldn't be an issue but can be taken

a deficiency results in

Hair loss and brittle nails

Skin disorders

Chronic fatigue

Nerve damage and tingling limbs

VITAMIN D

amzn.to/2QLTBJU

Whilst the best course of action is always to get sunlight exposure in order to produce your own Vitamin D, sometimes that is not possible due to weather or circumstances.

Take this when you're not getting sunlight.

ZINC

amzn.to/39TY1pH

I recommend everyone take a ZMA supplement - one of the best things to do for bettering your sleep - this in turn impacts skin.

The body requires Zinc for the synthesis of collagen, which is a requirement for the healing of skin wounds

HYDROLYSED COLLAGEN POWDER

(10-15g a day w/ food)

tinyurl.com/vsw9ae2

a component of joint cartilage.

Taking orally reduces autoimmunity resulting in less inflammation in instances of osteoarthritis and rheumatism + benefits to joint health

+ High content of glycine

VITAMIN E

amzn.to/3aiOjgT

If you have particularly dry skin, vitamin E can help counteract a lack of sebum.

Vitamin E also helps in the treatment of skin inflammation (which causes acne)
There is more to skincare than just this, but it is a start and probably 8/10 times all you will need

If your problems persist, see a dermatologist. They tend to be knowledgeable and their fixes work.
If you have specific questions feel free to DM me and I'll give it a go.

If you learnt something, smash RT the first tweet below:

regular chewing of mastic gum is 100% a certifiable way to increase your masseter muscle size = improving your jawline

fact

you are cucking yourself out of jaw gains by not chewing it

Mastic is a unique resin that comes from a tree grown in the Mediterranean. For centuries, the resin has been used to improve digestion, oral health, and liver health.

also eating regular food becomes easier to pound down when your jaw is used to chomping through mastic

Try it out:

STOP USING SUNSCREEN

"All of the ingredients continued to exceed the FDA safety threshold of 0.5 ng/mL on day 7, and two of the ingredients, homosalate and oxybenzone, remained above the threshold on day 21."

Image

A recent FDA study of six active ingredients in sunscreens (avobenzone, oxybenzone, octocrylene, homosalate, octisalate, and octinoxate) found they led to maximum plasma concentration rates ranging from 3.3 ng/mL to 258.1, depending on the chemical/method.

[pharmacist.com/article/sunscr...](https://www.pharmacist.com/article/sunscr...)

Sunscreen Chemicals Accumulate in Body at High Levels

For the second time in less than a year, a study of common sunscreen ingredients has established that the chemicals are absorbed into the bloodstream at concentrations far greater than the Food and Dr...

<https://www.wsj.com/articles/sunscreen-chemicals-accumulate-in-body-at-high-levels-11594978201>

Sunscreen chemicals accumulate in body at high levels

A recent FDA study of six active ingredients in sunscreens (avobenzone, oxybenzone, octocrylene, homosalate, octisalate, and octinoxate) found they led to maximum plasma concentration rates ranging fr...

<https://www.pharmacist.com/article/sunscreen-chemicals-accumulate-body-high-levels>

hold up slathering random white chemical sludge through our porous skin then exposing it to heat isn't good for us?

who wouldve thought' ↓

if you're gonna be out in the sun all day:

- wear a hat / long sleeve shirt
- keep water intake high
- eliminate PUFAs from diet
- coconut oil is SPF 5

Due to their poor molecular structure, PUFAs are very unstable, oxidizing rapidly when exposed to oxygen, light, and heat

when you eat PUFAs, they settle in your body and skin
Add sun exposure -> they oxidise, leading to sunburn
@mentions
Thoughts on Zinc oxide sunscreens?

Deemed 'safer' but the increasing use of nanoparticles makes me wary of such...

best will always be physical clothing / shade

Fitness

SOL BRAH

Vince Garonda's Common Bodybuilding SINS - THREAD

"Vince had a list of common errors bodybuilders were guilty of. I'm not certain but I believe he added to the list as time went by. If he noticed something it would get placed on the list."

1. Working upper body and legs on the same day
2. Not touching chest to bar and calling it chinning
3. Not raising up on the big toe and pulling heels together when performing calf raises
4. Bench presses for pecs. This is 90% front delt work
5. Not touching all four bells together on dumbbell benches. This also is 90% front delt work if you do not touch the bells together
6. Under working or overworking a muscle by performing too wide a variety of exercises on a given muscle
7. Cheating exercises
8. Presses for delts
9. Mixing carbohydrates and protein
10. Behind the neck chins or pull downs
11. Swimming
12. Side Bends
13. Not arching the back while performing lat work
14. Distraction
15. Music in the gym
16. Not selecting the proper exercise for deficient muscle areas
17. Not keeping chin on chest, feet under the face and elbows wide on parallel dips for the pecs
18. No knowledge of combining exercises
19. Not changing an exercise program often enough
20. No knowledge of breaking a rut
21. Not specializing on slow growing areas
22. Not taking supplements
23. Taking too many supplements
24. Lack of concentration during workouts
25. Unwillingness to accept new or different concepts
26. Overtraining (anything over 45 minutes is overtraining)
27. Working out too slow
28. Full situps
29. Working abdominals every workout
30. Deep knee bends
31. Leg presses
32. Jogging
33. One-arm exercises
34. Not working hyper extensions
35. Skipping breakfast

36. Not ingesting enzymes at every meal

37. Not having an expert to answer your questions

Note: I do not endorse everything Vince is saying - just interesting to read and definitely some good takeaways within here

BODYBUILDING TIPS CHECKLIST

Are you doing all you can do to accomplish your goals or are there simple things that you could be doing that will greatly enhance your results?

READ BELOW to find out if you can improve in your bodybuilding journey

The secret to big and consistent bodybuilding training gains is to do it all well, from A to Z, from your breakfast to your workouts to the long sleep you get before starting all over again.

Incredible results from bodybuilding go to those who do a multitude of things well.

The Bodybuilding Tips List

DIET - Bodybuilding training without providing the body the nutrients it needs to grow is stupid. Your diet will be the number one factor in your success.

CHANGE - It would be nice if we could just find a routine that works and repeat it over and over until our goals were met. Unfortunately, it doesn't work that way. The body becomes accustomed to the rigors we put it through and builds itself accordingly.

If it knows you're coming at it with three sets of ten at X weight, it will realize from past experience that it has what it takes to conquer this and your following workouts. It won't react. It has adapted. You must constantly be changing things up to continue your gains.

SLEEP - "The body builds itself at rest, not in the gym." It is easy to think of sleep time as lost time but - sleep time will be your most productive bodybuilding training time. Stop getting up with an alarm clock, get up when you're rested and you'll start getting up bigger

PROGRESSIVE OVERLOAD - You have to keep pushing the envelope. Keep increasing the weight you lift or the reps you do in order to create a continual need for more muscle.

COMPOUND EXERCISES - To build muscle you must stimulate as much muscle fibre as possible. Compound exercises are those which stimulate more than one major muscle group at a time. They effect your entire skeletal system and trigger growth throughout the body.

MENTAL INTENSITY - If you are thinking about anything other than weight lifting and muscle growth for that hour workout, if you aren't using visualization to perfect your form and provide a guide to what you want your body to become you are failing to take advantage of your mind.

FORM - Learn good weight lifting form and consciously practice it.

Good form will prevent injury and increase the effectiveness of your bodybuilding training.

ONE HOUR WORKOUTS - Yes, you can probably sustain more than an hour of intense weight lifting without dropping dead. Intense workouts should be kept under an hour unless you're juiced or genetically superior to most of us.

STRETCHING - Stretching should be done before, during and after your bodybuilding training. Good stretching can warm-up the muscles and joints, stretch surrounding tissues and speed up recovery. Stretching should not be the forgotten bodybuilding tip - it should be emphasised.

PLAN - "What are you doing and why are you doing it?"

You should have a goal and a plan to accomplish that goal. It isn't enough to throw weights around. Know what you are doing and why you are doing it.

Have a plan and stick to it to know whether or not it is the right plan.

LIFT HEAVY - Lifting heavy (4-8 reps) is a mandatory part of weight training programs designed to build muscle. For muscle growth, you must create a need.

If you want to build muscle, your weight training program must have heavy training in its arsenal.

This doesn't mean it needs to be the focus of every single routine (it shouldn't be) but it should be central to the overall program

OVERTRAINING - It can be a bad thing and the most frustrating of all ways to fail in your quest to gain weight fast.

Pay attention to what your body tells you.

If it is refusing to grow, ask yourself if you are overtraining it. If the answer is yes or even maybe - BACK OFF.

WATER - Water is a miracle supplement. As an athlete, you need to dictate to your body what it needs - one 8 oz. glass for every 10-12.5 pounds of bodyweight per day will improve your bodybuilding training results as well as your overall health. It will help the kidneys deal with the extra protein and it will circulate the nutrients throughout the body.

If the great nutrition you intake to help your muscles grow never reaches your muscles, what is the point? Water is the transportation system to the muscles.

Drink it

Warming Up - Before stretching (which you must do as well) you need to do a warm-up. I'm not talking about your warm-up sets (which you must do as well), I'm talking about raising your body temperature a little.

Following this bodybuilding tip and doing a little light aerobic exercise as the first thing you do in the gym will go a long way to helping you have the most productive workout possible.

FREE WEIGHTS - Machines are easy to use but they aren't the most effective way to build muscle and gain weight.

The reason lies in the fact that machines contribute to the stabilization of the weight and therefore leave the stabilizer muscles unstressed.

SUPPLEMENTS - Supplements will not be the reason for the success or failure of your weight training programs. They are not a necessity by any means - not if you can get all you need from your weight gain diet.

However, this is an extremely tough if not impossible thing to do.

Therefore, with the goal to gain weight fast, you should not ignore the ability of supplements to take your results to a new level.

Be smart with your supplementation and spend your money on those with a track record and proven results.

CONCENTRATION ON THE ECCENTRIC - It is the lowering of the weights that is most effective in tearing down the muscles.

If your bodybuilding training purpose is to build muscle, then concentrate on the eccentric. Break down more muscle and give the body more to rebuild.

BALANCED INTENSITY - An over-reliance on intensity builder routine methods or always going to failure can create muscles which become hard to impress. Therefore, use your intensity increasing tactics sparingly. Sometimes the basics will get you the best results.

BREAKS - Once you get into bodybuilding training, it can be addicting. Not doing your workouts can make you feel incomplete. Even still, backing off can be very beneficial to your training. Take a couple of weeks every once in a while and totally abandon your training.

This bodybuilding tip means taking a break from everything. Eat what you want whenever you want. Put your supplements away. Don't pick up a weight. Don't think about your body. Then start in again...and you may be surprised to find your training reinvigorated, your body stronger.

TRACKING - Cave explorers trail a string behind them. They then follow this string out of the cave. Why? Because they don't want to get lost and die in the cave. You always want to know where you are and know how you got to where you are.

TOP SUPPLEMENTS FOR BODYBUILDING

Recovery is essential for growth to occur. Muscles adapt and become stronger during rest, not during exercise.

As a bodybuilder training weights regularly, you have different nutritional needs than the average layman.

As your body encounters more stress (lifting is a stress), it requires more nutrition to keep all the essential processes throughout the body functioning properly.

That being said, here are my top supplements for bodybuilders to optimise recovery.

CREATINE: Helps in every mitochondria in the body, important nutrient used in the ATP cycle to produce energy.

the best and most proven supplement, best absorbed post workout when your muscles are depleted.

CARBOHYDRATE POWDER: Maltodextrin Powders.

Carb powders lower cortisol levels and increase muscle glycogen levels when consumed post workout. Mix together with creatine in a postworkout shake.

High Quality Protein Powder: Pretty self-explanatory, a good quality whey protein isolate can help you get easily digested protein on the go, add to post workout shake or to a smoothie.

VITAMIN C:

Cortisol-lowering properties: High Vit C intake enables you to be in a positive nitrogen balance by shifting the testosterone/cortisol ratio

General health: if you are sick you cannot train. High Vit C intake stimulates white blood cell + antibodies production

MULTI-VITAMIN:

Good to help cover all nutritional bases,
again general health = more healthy training sessions!

Life Extension is a good brand I would recommend.

MAGNESIUM:

Many people are deficient in Magnesium due to modern agriculture techniques limiting the magnesium content in everyday foods. It is estimated that 50-60% of the gen pop is deficient in magnesium.

Athletes that supplement with magnesium report better tolerance to carbs and improved sleeping patterns.

Take a good ZMA blend, as the presence of vitamin B-6 increases absorption. Don't take with meals high in calcium, since magnesium + calcium compete for the same receptors. '

Bodyweight Fitness Manuals PDFs (THREAD)

Is your Gym Closed?

Below is a thread of Fitness Manuals - mainly bodyweight/minimal equipment.
incl: Marines, SEAL, Navy and Air Force Guides

see which ones stick out to you

pick one

read it

implement it

and Keep Hammering !!

Image

The Navy SEAL Physical Fitness Guide - Patricia Deuster

The Navy Seal Physical Fitness Guide-Deuster.pdf

Shared with Dropbox

<https://www.dropbox.com/s/zkotch9k3hu7qp1/The%20Navy%20Seal%20Physical%20Fitness%20Guide-Deuster.pdf?dl=0>

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Dinosaur Bodyweight Training - Brooks Kubik

Dinosaur Bodyweight Training-Brooks.pdf

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<https://www.dropbox.com/s/v8bizu88s281f2t/Dinosaur%20Bodyweight%20Training-Brooks.pdf?dl=0>

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Marine Physical Readiness Training for Combat

Marine Physical Readiness Training for Combat.pdf

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Army Fitness Manual

Army Fitness Manual.pdf

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<https://www.dropbox.com/s/d9cfr6l6wx7jgmk/Army%20Fitness%20Manual.pdf?dl=0>

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Spartan Health Regime - Anthony Bova

Spartan Health Regime-Bova.pdf

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Convict Conditioning - Wade and Paul

Convict Conditioning-Wade.pdf

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Never Gymless - Ross Enamait

Never Gymless-Enamait.pdf

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US Navy Peak Performance through Nutrition and Exercise

US Navy Peak Performance Through Nutrition and Exercise-Singh et al.pdf

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<https://www.dropbox.com/s/mqblwq5i6rj6lz/US%20Navy%20Peak%20Performance%20Through%20Nutrition%20and%20Exercise-Singh%20et%20al.pdf?dl=0>

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US MARINE Corps Daily 16 Program

US Marine Corps Daily 16 Program.pdf

Shared with Dropbox

<https://www.dropbox.com/s/8rant1c5fvhl17q/US%20Marine%20Corps%20Daily%2016%20Program.pdf?dl=0>
Image

RT the below to save your boys from the Corona Curse closing our beloved iron temples

Unroll available on Thread Reader

HYPERTROPHY THREAD

If you're trying to elicit a HYPERTROPHIC response in a muscle, you might think you need to increase the weight of your lifts... This true, to a point.

BUT, if you're not increasing tension on the specific muscle, you're not going to see targeted hypertrophy

If you're looking to improve a muscle, but then purely focus on putting up bigger numbers because you think the increased weight is gonna = increased gains

WRONG.

Ego-lifting heavy weight often involves muscle groups that you're not even trying to train.
Your muscles have no idea of the 'number' on the weight

They can't recognize whether you're lifting 10 lbs or 100 lbs

The ONLY things muscles FEEL is TENSION

If you increase the amount of TENSION,
we can increase the hypertrophic response!

By lowering weight, being conscious of the mind-muscle connection and truly thinking about your muscle contracting, through the exact path and angle of what the muscle is meant to do = TENSION

- this will lead to more developed musculature.

Think "What does that muscle move when it contracts?"

You will see better results training by purely focusing on the contraction of the muscle you're trying to focus, with much lighter weight, than you would 'lifting' increased numbers alone

You can shred your chest/arms like never before with light dumbbells if you research the path/flexion of the chest muscles and load weight according to that path

Heavy weights still have their place, BUT in terms of hypertrophy alone, they're not the be all + end all.

If you're trying to improve a specific muscle

- find exercises that YOU FEEL the most

- CONTROLLED Eccentric phase (lowering)

- explosive but still controlled Concentric phase (lifting)

- leave ego at door, lower the weight, truly try and ISOLATE the muscle you want to train

All that matters is the tension you deliver THROUGH TRAINING to the muscle you want to improve.

Additionally, training this way will lead to less strain and your body and joints overall, keeping you healthier and happier and able to train more often.

If you're training for powerlifting, then this advice obviously goes out the window because you're trying to Lift Pure poundage.

For Hypertrophy, you're better off slowing things down, focusing on movements that feel best for you and pumping that muscle up...

I will be going into more depth in this on the next podcast episode, be sure to subscribe on Gumroad to get it early

Can you gain Muscle on a Cut? = YES

Beginners and people with relatively high fat percentages (i.e. >20% bf for men) CAN GAIN muscle mass & strength in a deficit (aka cut or fat loss program).

There is a prevalent myth in fitness that you need an excess amount of diet calories in order to gain muscle

This is NOT TRUE. Due to the muscle gain process and the fat loss process being treated separately in the body, both are possible if the right conditions are met.

It's probably a good idea to go for deficit gaining if you're overweight, or a beginner/novice. If you're both, even better.

If you are, however, a lean athlete with years of strength training experience, it might work, it might not... Intermediates might be able to as well.

If your body fat is low and you're well trained, it's safer to go for a slow/lean bulk = (10% caloric excess over your needed calories a day)

What do we need to build muscle mass?

1. Water (H₂O): No calories in this so able to be had in enough amounts during a cut

2. Protein: You can eat enough protein on a cut, so no problems here either.

For the DNA and RNA we also need nitrogen and phosphate - can be derived from dietary protein

3. Glycogen and triglycerides. This comes down to energy, as glucose and fat are non-essential nutrients that can be created by the body.

If your intake of these key ingredients are suitable while on a cut, it is still possible to create new muscle tissue while intaking fewer calories + your body can utilise fat for energy.

We need a LOT more energy too due to the protein synthesis for the muscle building process being very energy costly.

A dirty bulk MIGHT lead to quicker muscle gains but also MUCH more fat gains. Yet, the evidence for muscle gains isn't very strong + needs more study

'Dirty' Bulks aren't worth it and if you're an untrained person looking to lose fat but also build muscle,

Go for a lower calorie intake to start with, don't worry about 'bulking'. You will still make muscle gains as your body responds to the new stimulus/other lifestyle changes

Info from: mennohenselmans.com/gain-muscle-an...

Solbrah's Chest Hypertrophy Training Guide (THREAD)

Struggling to put chest meat on?

Do you want huge, thick plates of armour on your chest?

Traditional bench just not pumping your chesticles?

Read on for tips and tricks as well as a sample hypertrophy chest routine:

First: It's imperative to learn what the chest muscles are and how they work:

Pec major

Pec minor

These muscles attach at the sternal head (lower) and the clavicular head (upper)

The sternal head of pec major enables :

- Shoulder extension - Pulling arm from overhead position (dumbbell pullover)
- Horizontal adduction - Pulling arm across body (dumbbell fly)
- Internal rotation - Rotation of shoulder toward front of body

The clavicular head enables:

- Shoulder flexion (raising arm up)
- Horizontal adduction
- Internal rotation

The Pec minor is responsible for scapular anterior tilt; if you look at its attachment on the ribcage, think about it pulling the scapulae up and forward on your ribcage

This movement is essential for proper shoulder health - make sure you understand this

The primary movements of the pecs are to horizontally adduct the arm and to internally rotate the shoulder

Thus to properly train the chest, we need to load weight through and perform these movements, through different angles the greater the incline, the more stress we place on the clavicular (upper) head of the pecs and anterior deltoid.

with flat benches (as well as declines), we decrease the amount of shoulder flexion, and thus place more stress on the sternal (lower) head of the pecs

Much lower weights, and bodyweight movements like dips can be crucial

When Dumbbell pressing, make sure to touch all four bells together and squeeze them at the top of the movement. This will help to mentally cue you for proper pectoral recruitment and mind muscle connection.

My favourite exercises involve adduction of the arm + moving the weight purely from the contraction of the chest muscle, rather than an extension and press of the shoulder.

Obviously the shoulder is always involved in these movements, but we want to focus on the chest muscles.

20 MIN CHEST WORKOUT

The goal is to 'fry' the pectorals and elicit a hypertrophy response without putting too much strain on the shoulder (common w/ bbuilders)

An 'untraditional' chest routine that is focused on pectoral development rather than just lifting big bench weight:

Remember, the goal here isn't to lift more weight for the sake of lifting more weight--it's to work the chest as efficiently as possible

Do the whole thing with intensity, conscious awareness of the muscle functions and mind-muscle connection.

1. DUMBBELL FLIES

2. PARALLEL BAR DIPS (my favourite)

You can do these between chairs, on a corner of a bench, some fencing, anywhere you can place your hands.

3. INCLINE BENCH PRESS

4. INCLINE DUMBBELL BENCH PRESS

This is 90% front delt work if you do not touch the bells together, so make sure to do that. you will notice the difference

5. CABLE CROSSOVER

The hardest part is over. Now it's time for a "finishing" movement- something that will flush blood into the area, enhancing the pump and aiding recuperation.

Although lifting heavy is the way to go, don't be tempted to take longer breaks in an attempt to simply lift heavier poundage.

The goal is to most efficiently stress the muscle to elicit a hypertrophic reaction in the muscle, not to impress the people at the gym.

If you enjoyed the information here, subscribe to my Podcast, Solbrah's Solcast where I discuss similar hypertrophy tips and adjustments

Many factors come into play when deriving intensity from a set and how much you can lift for a single rep is virtually inconsequential to muscular development.

When you show up at the gym, check your ego at the door.

5) Don't Neglect or Overwork the Obliques

Some bodybuilders allow the obliques to atrophy in order to keep the waist as small as possible. Yet, muscular obliques can add a finished look to the torso. But don't go overboard!

Unlike the abdominals, the obliques are a thick muscle which develops quickly.

Multi-sets of side sit-ups on the hyperextension machine and sidebends with heavy dumbbells can cause the obliques to widen, thus impacting your symmetry. A set or two once a week is plenty.

6) Don't Be A Free Weight Snob.

Machines aren't better or worse than free weights. Whilst they shouldn't comprise the entirety of your workouts, unless a machine's movement feels awkward there's no reason why they shouldn't be used.

Some machines enable you to more acutely target the muscle you want to develop by removing the extra effort on the stabilisers. All that matters is the stress on the muscle. It isn't the machine that does the exercise - you do the exercise.

7) Don't Get Thirsty.

Once you're thirsty you're already in a state of dehydration, and dehydration is extremely catabolic! Remember also, muscle is 90% water

If you don't keep up your fluid intake, a pump is nearly impossible. Get a large stainless steel water bottle and SIP

Any one of these mishaps can bring your progress to a halt.

By knowing about them and thus avoiding them, you can sidestep a multitude of pitfalls, plateaus and impediments.

If you enjoyed the thread be sure to subscribe to my Podcast, the Solcast on Gumroad where I discuss bodybuilding tips like

this as well as how to improve mentally, socially and spiritually.

OVERTRAINING + HOW TO FIX IT

One of the most common reasons many disciples of the iron stumble is an inability to recognize overtraining.

How much training should we do to not waste our energy, protect our body as well as get the maximum hypertrophic benefit?

This is different for every individual but by being aware of some simple personal observations, we can be aware of and take steps to avoid it.

- Do you feel enthused towards your training? Or does it feel like a chore?

If you hate your training you may be doing too much.

- Are you feeling tired and cranky between work outs?

If so, cut the duration of your training.

My advice is to stick to 45-60 minutes at most.

Get in, stress the muscle, get out, recover. You want your training to energise you, not tire you out completely.

- Are you getting good blood pumps during your workouts?

If not you may be in an over trained state.

To help with nitric oxide production and better blood flow:

Try Citruline Malate [amzn.to/2W6jYxs](https://www.amazon.com/dp/B000V00001)

or Beetroot powder [amzn.to/2yBbQvs](https://www.amazon.com/dp/B000V00001)

- How is your appetite? Do you have one?

If not, you may be over-training.

- Can you sleep well at night?

Restlessness at night or an inability to rest because of an elevated pulse rate may be a result of overtraining.

WHAT TO DO IF YOU FEEL OVERTRAINED?

- Take a hot relaxing bath with Epsom salts and baking soda added to the water. Magnesium chloride added to the water is also a good option

- Do some extra stretching as well as some light limbering exercise like Tai-Chi or Yoga

- Get a deep tissue massage

- Make sure to drink lots of clean water.

- Try taking an intermittent hot/cold shower alternating the hot and then cold water for thirty second intervals

- Do a 25 min session of light cardio (Walking) to work up a sweat and limber up

Additionally, taking a full week off training, every two months or so is a great way to let your body fully recuperate and

repair.

You will not lose muscle mass in this time frame and coupling this with light walks out in nature will help you to properly rest and recharge.

NECK MOBILITY (THREAD)

- Easy ones to commit to memory
- Can do anywhere
- Undo 'Nerd Neck' Posture

Couple this with regular weighted Neck Training to bulletproof the muscles that keep your brain secure + stay pain free. Do these on the hour.

Shoulder Rolls – warm up the shoulder and neck muscles, prepping them for a good stretch. Do Both Directions.

Chin Tuck – stretches the spinalis muscles in the back of the neck

Hold 5 seconds, relax. 10 reps.

45 degree look down – stretches the upper traps and deep into the levitator scapulae)

Repeat both sides.

lateral neck stretch for the right/left side – stretches the sternocleidomastoid and scalene muscles

Simple one.

Open Chest Stretch:

standing options for this
or against a wall
or lying down

Your muscles are ALL connected. Stretch chest to release other areas of the upper body

Front of the Neck stretch:

Relax into this one, let your head fall back and really release the tension in the front of the neck.

look over shoulder (to the right/left) – Stretches the upper traps, and deep into the levitator scapulae

Look over your shoulder as far as possible, and relax the opposing muscle. hold for a while and feel your neck relax.

Other Neck Tips

- HOURLY FULL ROTATIONS IN EVERY DIRECTION, starting slowly. Feel where you're tight
- Look up, look down
- look left, look right

- keep that neck oiled up boi

Check out Mewing Thread to promote proper jaw, neck and mouth alignment

THE FOUR COMMANDMENTS OF TRAINING FOR OPTIMAL RESULTS

Any quality program needs to take these major 'rocks' into account in order to deliver safe and effective training.

They are critical concepts to wrap your head around if you're interested in weight training.

1. PRINCIPLE OF PROGRESSIVE OVERLOAD

You need to gradually increase the amount of work you're doing in the same amount of time

Whether that's increased weight, or decreased rest times, or performing exercises longer with the same weight.

You need to be pushing yourself over time to elicit muscle gain

Your muscles need to be exposed to new load to demand new muscle growth.

2. PRINCIPLE OF SPECIFICITY

If you want:

- bigger arms - do more arm exercises
- a heavier bench, focus on this exercise
- a better tennis serve, spend more time tennis serving

Simple but true, what you focus on will increase.

Muscles w/ higher ratio of fast twitch fibres - (muscle groups that are capable of great force generation but poor endurance)
e.g. the hamstrings.

The principle of specificity would suggest you train these muscles using heavy weight/maximum speed, as these fibres respond better

3. PRINCIPLE OF VARIATION

Your body eventually adapts to any stress you put it under.

In order to elicit an adaptive response with exercise, you will need to switch up this stressor (your workout routine) through time.

This is more important for advanced lifters.

As a newbie, every exercise is new so your body is constantly adapting to new stressors and making muscular gains because of this.

4. PRINCIPLE OF INDIVIDUALITY

Everyone's different.

If 100 people perform the same routine, there will be 100 different results. Then you take the same 100 people and repeat the program 5 years later, you will get different results.

This is a result of different genetics, different home environments and different body types/proportions.

Some exercises will be felt in the triceps more, other people will feel it in the delts more. It's a result of unique biomechanics.

Variation must be considered.

Really get these into your brain to use as a framework for analysing future weight programs.

IF something ignores one of these factors, its probably not an optimal training program for you.

ESOTERIC ABDOMINAL EXERCISES (THREAD)

The following exercises are a combination of mystical Far Eastern techniques, golden-age bodybuilding secrets and a few novel twists

All of these are believed to tighten the skin, eliminate adipose tissue and tone the internal organs.

THE AB VACUUM

THE RING OF FIRE

THE CIRCLE RUB

THE SQUAT CRUNCH

THE FROG 'SIT-UP'

THE AB PULSE

The synergy of these powerful techniques are invaluable for building a mighty midsection and a wasp-like waist

Can be done anywhere, throughout the day when you remember
Missing some Tweet in this thread? You can try to force a refresh.

[Tweet](#)
[Share](#)
[Email](#)
[Embed](#)

TRICEP WORKOUT (THREAD)

This is a quick tricep workout that will ensure you hit all three main heads of the tricep.

Go get that horseshoe detailing...

STANDING TRICEP PRESSDOWN

SINGLE DUMBBELL TRICEP EXTENSION

KNEELING TRICEP ROPE PULLS

SKULL CRUSHERS

Notes on Hypertrophy / Importance of Caloric Surplus

The rate + amount of muscle hypertrophy associated with resistance training is influenced by several variables:

- training program
- training experience
- gender
- genetic predisposition
- nutritional status of the individual

Various dietary strategies have been proposed over the years to best influence muscle hypertrophy, including manipulation of protein intake, specific supplements + the intake of an 'energy surplus'

While recent research has provided significant insight into optimization of dietary protein intake and the use of proven supplements that benefit muscle growth

- the specific energy surplus required to facilitate muscle hypertrophy is unknown.

However, there is clear evidence that an anabolic stimulus occurs from an energy surplus, even INDEPENDENT of resistance training

This is a result of your body having more energy to dedicate to metabolically expensive processes (building muscle)

Common recommendations for how much energy is needed to build muscle are often based SOLELY on the assumed energy stored within the tissue being created

'X lbs of muscle contains X amount of energy'

But there are other energetically expensive processes assoc w/ hypertrophy

A) Acute metabolic adjustments that occur in response to an energy surplus

B) Individual nuances like training experience and energy status of the individual

Lean Body Mass increased significantly with the normal and high protein diets compared to a low protein diet (all diets had an excess of calories)

ncbi.nlm.nih.gov/pmc/articles/P...

These estimates have never been validated in a resistance training population to confirm the "sweet spot" for an energy surplus that facilitates optimal rates of muscle gain relative to fat mass.

A good number to aim for is a 10% excess over your caloric expenditure.

Despite previous concerns that high protein diets may be harmful, healthy adults with protein intakes of 1.8g per kilo per day show no adverse effect on renal function

ncbi.nlm.nih.gov/pmc/articles/P...

Furthermore, very high protein diets (2.5–3.3g per kg per day) consumed over a year had no deleterious effects

[ncbi.nlm.nih.gov/pmc/articles/P...](https://pubmed.ncbi.nlm.nih.gov/pmc/articles/PMC11447365/)

It is now well-established that energy restriction can significantly influence anabolic hormones in exercising individuals, potentially impairing their ability to gain and maintain Lean Body Mass (our goal)

Given the primary substrate used during resistance training is carbohydrate, it is logical to explore the provision of additional carbohydrates to support training demands.

Effects of Carbohydrate Feeding on Multiple-bout Resistance ... : The Journal of Strength & Conditioning Research
10 percent glucose polymer solution (GP) (one gram CHO per kilogram of body weight) immediately before exercise, while on another occasion a similarly colored and flavored placebo (P) was ingested. T...

https://journals.lww.com/nsca-jscr/Abstract/1991/11000/Effects_of_Carbohydrate_Feeding_on_Multiple_bout.4.aspx

Therefore, larger volume, hypertrophy focused resistance training may necessitate additional carbohydrate to facilitate resistance training work capacity and restore muscle glycogen pubmed.ncbi.nlm.nih.gov/11447365/

Skeletal Muscle Mass gains have consistently been impaired in studies of resistance trained individuals following high fat “ketogenic” diets when compared to moderate intakes

[ncbi.nlm.nih.gov/pmc/articles/P...](https://pubmed.ncbi.nlm.nih.gov/pmc/articles/PMC11447365/)

Given this, it seems reasonable to continue to support carbohydrate intakes within the range of 4–7 g·kg⁻¹·day⁻¹ for strength trained athletes with upper ranges advocated for those undertaking resistance training in to complement sport specific training

Given the energy density of fat is effectively double that of carbohydrate and protein, it is logical to consider increasing fat intake when attempting to increase the energy density of a meal plan.

Insufficient data exists to promote an energy surplus that comes primarily from any specific macronutrient

All that can be recommended is you get a minimum intake of all macronutrients that agree with you personally, while ensuring an appropriate energy surplus.

Factors such as individual preference, allocation of extra energy over the day relative to resistance training, existing energy density of the meal plan and potential for increasing the volume of existing food/ fluid intake may be a higher priority when considering energy surplus

Sign up to my E-Mail List here:

Regular info of this kind + writing I won't share anywhere else

Quick cutting tips:

Live as normal, with these changes

- walk 10k steps a day
- drop the carbs from dinner
- fast until lunch twice a week (non training days)
- sparkling water and black coffee in morning
- quality fats are your friend, satiating + facilitate anabolic hormone

These changes facilitate an enjoyable and reasonable/realistic method of cutting weight that isn't too drastic that it will affect your muscle too much

Other things to consider:

Don't expect the same level of physical performance and recovery

- the reduced calories will mean you probably won't have as much strength

And your body won't have the capacity to recover as well when cutting.

Just keep this in mind while training

I highly recommend taking

Essential Amino acids on the regular when cutting...

Taking a blend of aminos gives your body what it needs to repair muscle without the calories - great!

Nicotine also comes in handy here for its appetite suppressant effects..

a large late lunch followed with Zyn and La Croix to hold you down in the evening is a simple pleasant method to cut cal...

use with common sense of course!

All other things being equal, these cutting strategies are methods of

increasing calories out,

Or

Decreasing calories in

Which is the main aim.

Key to maintain essential nutrition (amino acids, fats) in order to maintain quality of muscle and life (energy levels)

• •

Excerpt from Sol Brah's Training Handbook:

A man's body is a physical manifestation of his will.

His vision, imposed upon reality, a result of years of hard work and discipline. Physical training will have effects on your body and soul far beyond just the physical realm.

Just as lifting weights tones the body, the act of pushing yourself through pain and suffering shapes the mind.

Many friends of mine, having been convinced to start weightlifting by me, report a clearer, calmer mind, increased confidence and a mindset change.

You realise that if you apply consistent, daily work to a clear goal, you can make solid progress. You would do well to remember this.

Physical training should be meditative, concise, exhilarating, focused, consistent, When you're in the gym, try to truly be there.

Think about the muscles you're there to train, think about the function of these muscles and how you can apply the weight to stress the muscle across their plane of movement.

Remember - the body does not know how much weight is on the bar.

It does not know the numbers on the dumbbell.

All it knows is how the weight is being applied to the muscle.

Many people ask me "Sol Brah, what is the best routine?"

My reply is simple: whatever you personally enjoy and will stick to.

If I gave you a routine that was 'the best', but you hate it and dreaded going to the gym because of it, then you're not going to stick to working out.

Fitness and bodybuilding is about years of dedicated work, there is no simple routine that is 'the best'.

There ARE several principles that you must stick to, applying them to any routine that you might come across.

Different exercises will work better for different people, as we are all biomechanically unique in our own ways.

The only way you will figure the best routine and training style for you is months and years of experimentation, failure, blood sweat and tears.

Nothing will replace the learned experience gained from working out and making the mistakes yourself.

The learned physical wisdom you gain from hours and hours of working out will serve you the best.
You go in, you make mistakes, adjust and keep moving forward.

That being said, there are several important principles and ideas that I will touch on that I think are important for any lifter to understand - learn from my mistakes.

Why You Should Keep Your Workouts To An Hour Or Less, Most Of The Time (THREAD)

Testosterone levels (the body's main anabolic hormone) start to decline after about 45 to 60 minutes of intense weight training and muscle destroying hormones such as cortisol start to increase.

Image

This signals the point at which training is theoretically beginning to lose its effectiveness.

Based on the average person's hormonal response to training, it would seem that you'd be better off leaving the gym after about an hour and resting for your next workout

You're not going to stimulate any significant degree of additional muscle growth by training longer anyway.

In addition, prolonged training requires the adrenal glands to produce elevated levels of epinephrine, cortisol and aldosterone.

What do we want? Muscle Growth and Fat Loss.

Most of time (and counter intuitively), longer and harder training does not equal better muscle gain and less body fat.

Get in the gym, stress the muscles intensely, get out, recover.

Over time, excessive training results in:

- Decreased adrenergic receptor sensitivity (making fat loss difficult and fat gain easier)

- Adrenal fatigue (fluctuating average daily body temperatures, decreasing blood pressure, low energy, joint pain and muscle loss)

Image

Not straightaway but over time, adrenergic receptor down-regulation and adrenal fatigue due to overtraining (and psychological stress, lack of sleep, poor nutrition, etc.) is a large reason why many drug-free trainees keep working harder but get less results.

If you've been lifting for a few years, you'll know where your personal limits are based on experience, and what your own body can handle.

This is also 'gated' by how much recovery work you're doing and nutrition, sleep etc

One of the necessities of hard training is a big appetite.

BIG WEIGHTS = BIG EATS. There's no two ways about it.

Train like a maniac and eat like a bird and you'll burn out in no time. This is more of an issue with grills, train hard but eat salads and you'll not get results

Image

Eat like a pig and train like a wimp and you'll get fat. The two - heavy training and heavy eating - feed each other, so to speak, and one without the other just won't work.

You've got 60 minutes to send your body the signal to grow.

Lift the big weights and go home and eat something nutritious (a lot)

That's how strong, impressive drug-free bodies are built.

STAYING LEAN (THREAD)

I get this question a lot - how do you stay lean while still making muscular gains?

I'm of the opinion now that you don't need to go on a disgusting dreamer bulk woofing down domino's under the guise of 'putting on weight'

Here's how I do it:

First of all, the main thing that is going to enable you to stay lean long term is having muscle mass.

When you have a higher amount of muscle on the body - that's more cells in the body that need energy just to exist. This increase your Resting Metabolic Rate - the amount of energy you need to survive AT REST.

Aim to put on muscle lifting weights and increasing the work you're putting in over time

Ideally you only need about a 10% excess of your daily calories in order to put on muscle mass. The only time I did a dreamer bulk I got to 105kgs

But then what happened? I had to lose the extra fat.

Not an ideal scenario, especially when you naturally look and feel better when leaner.

Of course, you still need that excess to optimally recover - and if you're super skinny it might be worth upping this to make sure you're getting enough calories.

But for the long term gainer, you don't need a huge excess of cals to make progress and stay lean. A huge factor that is not really talked about in regards to fat loss is your internal hormonal state.

When your hormones are firing correctly (high test), you naturally have an increased level of muscle mass and decreased body fat, regardless of your eating habits.

To achieve this, return to a natural holistic lifestyle with as little impediments to your health as possible.

George Hackenschmidt 1877-1968

Lean, jacked and powerful

Regular hard training, wholesome diet, no modern garbage to mess up his internal state. Remove any and all processed food.

Beyond the pure caloric negatives of processed foods, a lot of them contain hidden dangers such as seed oils or preservatives, artificial flavourings that wreak havoc on your internal body, + digestive system.

"I can't believe I can eat this much and be leaner than I was before"

I've heard this many times from my coaching clients.

Once you have the framework of eating for optimal digestion and nutrition + eating no garbage

you can eat lots without suffering bloating /major fat gain
Would you like to learn how I eat?

A complete blueprint for optimal nutrition that doesn't compromise on taste OR simplicity...

Check out Cooking with Sol Brah:

Cooking with Sol Brah - Your Complete Guide to Eating with Vitality Cooking with Sol Brah details HOW and WHY to

eat for optimal life and fitness success; this book will set the framework for your eating for the rest of your life. Over 65+ Pages of quality recipes, health tips... <https://gumroad.com/l/HtQbu>
Remove endocrine disruptors:

- ALL plastics
- Unfiltered tap water
- Non-stick cookware
- Most bodywashes/hygiene products
- Most drugs

Endocrine disruption and hormonal imbalances can be also caused by exposure to chemicals such as pesticides

eat organic.
Intermittent Fast

Some rest days I'll push back my first meal of the day to lunchtime.

This intermittent fast helps to keep the body trim and give the digestive system a break.
This has the added benefit of making your body adapt to one day of lower cal - meaning it will utilise the food better reintroducing it.

Nicotine and sparkling mineral water is your friend here.
Destress - If your life is full of stressors that don't benefit you, constantly increased cortisol levels correspond to higher body fat and catabolises muscle.

Check the thread below for tips to lower your cortisol + stress
Unroll available on Thread Reader
<https://twitter.com/SolBrah/status/1221984515515502593>
GET IN THE SUN

- Increased body temp = vascularity from blood flow
- Increased vitamin D = more test
- A tan makes you look leaner
- Better mood = better choices
- More energy = more output

Being outside has a multitude of benefits. DO IT.
Increase the amount of physical work you do throughout the day

Your physical activity shouldn't ONLY be in the gym.

Have your hypertrophy inducing sessions, but then throughout the day do things like bodyweight squats, pull-ups on a tree, WALK MORE.
AVOID TOO MUCH CARDIO

When you perform increasingly hard cardio your body gets rid of muscle + stores fat to prepare for each bout of cardio, while also down-regulating anabolic hormones such as testosterone + growth hormone, as these are paradoxical to extreme endurance.
Maximise Sleep

Minimal sleep causes insulin resistance and high glycemic variability, leading to diabetes, appetite cravings, and weight gain.

IT IS CRITICAL you're getting 9 hours of sleep, EVERY NIGHT.

You will see fat loss and muscle gain from this alone.
EXTREME TEMPERATURE EXPOSURE

Cold therapy

Brown fat is stimulated by cold exposure to burn white fat, so one of your primary fat-burning techniques should be regular cold thermogenesis (cold showers, a cold plunge if you have it, or the local river if you're in a cold area).

Sauna

Sauna use improves insulin sensitivity and decreases muscle protein catabolism.

Both can contribute to maintaining muscle mass and reducing body fat.

IF you can commit to doing all of these things, and stick to it,

You will eventually build the environment within your body that is most conducive to lower body fat and higher muscle. Staying lean while still maintaining muscularity is a result of treating your body with respect, having a no-nonsense approach to life and cultivating an active DAILY lifestyle

There is no real hack to removing bodyfat in the short term that doesn't have any drawbacks.

VASCULARITY TIPS (THREAD)

If you want those POPPING veins there are a few things to consider.

Keeping this info in mind will soon help make you scared of papercuts.

Image

GET LEAN

First and foremost :

Body fat is stored right under the skin, so it's sitting between you and your veiny self.

If you want to see the veins? you have to lose the fat.

Check my fat loss post

Why You're Not Losing Fat — Sol Brah

"Sol Brah, I want to lose fat, how do I do it?" This is a commonly asked question and the answer is relatively simple...

<https://www.solbrah.com/blog/why-youre-not-losing-fat>

TRAIN FOR THE PUMP

The pump is the term given to describe cell swelling and metabolite accumulation.

By consistently 'chasing the pump' via a combination of high-intensity lifting techniques and short rest breaks (one minute or less)

we are increasing metabolic stress

Metabolic stress then causes an increase in Nitric Oxide

this causes an increase in skeletal muscle angiogenic growth factor expression which causes new blood vessels to form + grow.

I've seen my triathlete friends get mad quad veins from high rep biking. same principle.

Acute resistance exercise increases skeletal muscle angiogenic growth factor expression

Aims: Both aerobic and resistance exercise training promote skeletal muscle angiogenesis. Acute aerobic exercise increases several pro-angiogenic pathways, the best characterized being increases in ...
<https://onlinelibrary.wiley.com/doi/full/10.1111/j.1748-1716.2007.01723.x>

BFR TRAINING

If you have access to Blood flow restriction training, which uses cuffs to restrict blood flow to the muscle, then high repetitions exercises are performed

Blood flow restriction training promotes metabolite buildup = better vascularity over time.

Image

REGULAR CARDIO

Consistent aerobic exercise increases capillary density, or the number of capillaries (tiny blood vessels) that reach your muscles + promote the formation of new capillaries.

Regular cardio = more blood flow to the muscles = more veins

SUPPS FOR THE PUMP

One of the major reasons blood flow is amplified during exercise is related to the production and action of nitric oxide (NO).

NO is a potent vasodilator, meaning it relaxes blood vessels to increase blood-flow efficiency.

There are supps to boost this:

My favourites to boost NO production:

Citruline Malate amzn.to/2Hm6HMt (8g with water 30 mins before workout)

Beetroot Powder amzn.to/35ggCuZ (tablespoon with water as above) - this also has high levels of electrolytes which also benefits exercise and thus pump

Pomegranate Juice

"Results of the current study indicate that Pomegranate Extract is ergogenic for intermittent running, eliciting beneficial effects on blood flow"

pubmed.ncbi.nlm.nih.gov/25051173/

Image

Effects of pomegranate extract on blood flow and running time to exhaustion - PubMed

Recent research has shown that dietary nitrate has favorable effects on blood flow and exercise performance. The purpose of this randomized, double-blind, placebo-controlled crossover study was to inv...

<https://pubmed.ncbi.nlm.nih.gov/25051173/>

Sauna - Any time you are heating the body and pushing blood from the interior of the body to the exterior you are getting the same effects as when blood is pushed to the muscle from working out.

Regular sauna means your capillaries and blood vessels are getting a workout

MASSAGE

I've noticed I always have a sickening pump after a deep tissue massage.

Reducing tension, promoting blood flow and increasing mobility is always going to help your body function at its best.

Image

Self massage through Foam rolling is considered as a warm up activity to help improve flexibility,

But it is also an easy and fast way to enhance circulation and blood vessel flexibility, improving vascularity.

Image

REASONS YOU'RE NOT GETTING A PUMP

Could be:

Not enough food (usually carbs)
Not enough recovery
Not enough water
Not enough salt
Overtraining
Lack of Mind Muscle Connection

If you're not getting the pump you usually do, it could mean you are not addressing one of these factors

Grounding

GROUNDING - SUPERCHARGE YOUR RECOVERY/SLEEP NATURALLY

Grounding is the theory that barefoot contact with the earth can produce changes in a variety of physiological measures, including:

- Better sleep
- Reduced stress
- Better recovery

It's real. Interested why? Read on below:

Humans evolved in direct contact with the Earth's subtle electric charge, but have lost this beneficial connection thanks to inventions of the modern world such as office buildings, furniture and shoes with insulated plastic-soles. Everything, including humans, is made up of atoms.

These microscopic particles contain equal numbers of negatively charged electrons, which come in pairs, and positively charged protons.

So an atom is neutral – unless it loses an electron.

When an atom has an unpaired electron, it becomes a “free radical” with a positive charge, capable of damaging our cells and contributing to chronic inflammation, cancer and other diseases.

Our ancestors didn't need to know about grounding; they were barefoot or wore conductive footwear.

Grounding puts you in contact with the earth's surface which has a negative charge and is constantly generating electrons that can neutralise free radicals, acting as antioxidants.

When you stand barefoot on the ground, the Earth is negative 20-50 millivolts.

Research has shown barefoot contact with the earth can produce nearly instant changes in a variety of physiological measures, helping to improve sleep, reduce pain, decrease muscle tension and lower stress

"Grounding was shown to result in faster recovery and/or less pronounced markers of muscle damage and inflammation"

frontiersin.org/articles/10.33...

"Grounding promotes significantly autonomic nervous system control of body fluids and peripheral blood flow = improve blood circulation in the torso and face, facial tissue repair, skin health and vitality and optimize facial appearance"

scirp.org/html/14-820339...

Physical contact with the Earth's surface can help regulate our autonomic nervous system and keep our circadian rhythms – which regulate body temperature, hormone secretion, digestion and blood pressure, among other things – synchronised with the day/night cycle.

Desynchronisation of our internal (circadian rhythm) clocks has been linked to a number of health problems.

"Grounding significantly reduced the loss of Creatine Kinase from the injured muscles indicating reduced muscle damage."

[Full text] Grounding after moderate eccentric contractions reduces muscle damage | OAJSM

Grounding after moderate eccentric contractions reduces muscle damage Richard Brown,¹ Gaétan Chevalier,² Michael Hill³ ¹Department of Human Physiology, University of Oregon, Eugene, OR, ²Developmenta...

<https://www.dovepress.com/grounding-after-moderate-eccentric-contractions-reduces-muscle-damage-peer-reviewed-fulltext-article-OAJSM>

The Earth has negative ions from lightning, the sun

- Noon is the high point for the sun exciting the electrons on the earth

- Imbalance in charge beginning 2 pm

- The air feels amazing after a thunderstorm because of the negative charge in the atmosphere

"Pleasant and positive moods statistically significantly improved among grounded—but not sham-grounded—participants. It is concluded that the 1-hr. contact with the Earth improved mood more than expected by relaxation alone"

The Effect of Grounding the Human Body on Mood - Gaétan Chevalier, 2015

Earthing (grounding) refers to bringing the body in contact with the Earth. Health benefits were previously reported, but no study exists about mood. This study...

<https://journals.sagepub.com/doi/10.2466/06.PR0.116k21w5>

HOW TO GROUND

Simply allow your skin to be in contact with any natural conductors of the earth's electricity, working up to at least 30 minutes at a time

I recommend DAILY.

You can walk barefoot on grass, moist soil, sand, gravel or concrete (but not asphalt)

You can swim in the ocean, a lake or other natural body of water.

You can sit under a tree, leaning against the trunk.

My favourite is swimming in the ocean as you get a hit of minerals too

Gut and Digestion

ANTINUTRIENTS - THREAD

Antinutrients are chemical compounds that you can find in some foods, including ones that are otherwise considered 'healthy', - ESPECIALLY grains, beans, legumes and nuts, but also some plant roots, vegetables, leaves and fruits.

These antinutrients can block the absorption of critical vitamins + minerals or create holes in our intestinal walls.

In nature, plants use antinutrients to protect themselves from predators. They help repel pests, bugs so the seeds are able to live + reproduce.

Think about it this way - a vegetable exists like any other organism, and does not want to be eaten.

Because the vegetable can't 'run away' from predators, they have developed internal defences to predation.

The consumption of antinutrients can also lead to mineral deficiencies — particularly if you have a diet low in wholesome foods.

Not ALL antinutrients are entirely bad and you can help lower the content of the kinds that are.

Examples include heat treatments such as boiling, roasting, microwave cooking and autoclaving. Others include processing

methods such as dehulling, soaking and fermentation.

Some antinutrients can be beneficial in appropriate doses (polyphenols and flavonoids).

Even positive antinutrients can inhibit mineral absorption to some degree but are relatively harmless (and even beneficial) as long as you don't OVERconsume them.

When eaten in very high concentrations, even "good antinutrients" can inhibit digestion of copper, iron, zinc and vitamin B1, along with enzymes, proteins and starches found in plant foods.

It all depends on someone's unique reaction, so it's key that you tune in to your own reactions to different foods so you can adjust your diet accordingly

When you sprout foods that contain antinutrients, the concentration of the antinutrients usually goes way down
The same can happen when fermenting foods, which produces incredibly beneficial probiotic foods.

Soaking, sprouting and fermenting are the simple practices of germinating seeds

They become easier to digest and your body can access their full nutritional profile.

Sourdough!

Top Foods with Anti-Nutrients to Avoid

Legumes: cowpeas, peas, kidney bean seeds and peanuts contain antinutrients such as tannins, phytic acid, lectins and trypsin inhibitors.

During sprouting or germination, the seed coat is metabolized, thus eliminating the lectins.

There's a particularly problematic lectin (agglutinin) that is found in soybeans (and thus, in soy products like soy protein isolate)

Deep soy strikes again...

Grains - The hulls of WHOLE grains contain the antinutrients phytate and saponins.

Certain grains — wheat, barley and rye — contain the antinutrient gluten.

Fermentation breaks food down with the help of beneficial bacteria. These bacteria digest and convert antinutrients.

Vegetables - RAW cruciferous vegetables such as kale, radishes, cauliflower and broccoli, as well as leafy greens such as spinach and parsley, contain the antinutrient oxalic acid.

Oxalic acid can prevent the body from absorbing calcium.

Ditch the raw kale smoothies!

Phytic acid is found in the hulls of whole grains and seeds.

Dehulling thus decreases the antinutrients found in these foods.

That's also why white rice is healthier than whole rice;
it doesn't have the hull!

EVERY food has varying degrees of pros and cons.

Evolution has shaped human bodies so that we can eat and metabolize certain foods better than others.

Humans are perfectly capable of thriving on pastured meat, animal fats, wild-caught seafood, seasonal vegetables and fruits.

Based on scientific evidence, antinutrients are a real thing and can cause health issues.

However, you should note that the benefits of eating certain healthy foods far outweigh the disadvantages of the antinutrients found in them.

Overall, the effort of preparing foods to lower the anti-nutrients inside outweighs the nutritional content within. If you have the time, great.

If not, it's likely more bang for your buck to avoid most of these foods.

Antinutrients are not something to worry about excessively, as long as the bulk of your diet is made up of the more bioavailable and nutritious animal fats/meats.

Problems occur when your diet is majority made up of these anti-nutrient containing foods eaten RAW and unprepared.

Missing some Tweet in this thread? You can try to force a refresh.

Tweet
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Gu

Posture

FIXING ANTERIOR PELVIC TILT (APT)

No it's not just an Insta-Thot's favourite pose...

APT = Forward tilting of the pelvic girdle where

- Hips will be pushed back
- Glutes will stick back to a greater than normal extent
- Abdomen sticks out in front

Read on to correct!

Do you have APT?

Common Symptoms include:

- Lower back pain / tightness
- Knee hyperextension when standing
- Low activation of glute muscles
- Tight hamstrings

CAUSES:

- Prolonged Sitting With Poor Posture
- Physical Inactivity
- Weak Glutes/Abs
- Tight Hip Flexors

FIXING APT:

Principle 1: Stretching The Overactive/Tight Muscles

This means stretching the Hip Flexors, as often as possible. See the yoga poses for examples of these stretches.

Tightness in the erector spinae and hamstrings is a consequence of, not a cause of APT

Principle 2: Strengthening The Underactive/Weak Muscles

This involves strengthening the glutes and the abs

- Bodyweight/weighted Hip Thrusts
- Certain Yoga Poses
- Frog Pumps
- Weighted Ab Work

Frequency and discipline are the most important factors that will determine your success in correcting your pelvic tilt.

The more you do these exercises the more you will see improvement into better athleticism and performance on the compound lifts (squat, deadlift).

Reproductive Organs

THE BIOLOGICAL BENEFITS OF SEX (THREAD)

Everyone enjoys the physical side of sex, but there are inherent, far-reaching physiological, spiritual and mental benefits to the act as well

Read on to discover what sex does for us, and esoteric tips for enhancing the sexual experience

I think its important to mention that the best sex comes from a loving and trusting committed relationship - whatever this may mean for you.

Being closer with your girl will lead to both of you being able to let walls down and connect on a deeper level = better sex
Additionally, its important not to value sex as the be all and end all of your life - usually this leads to frustration and emotional turmoil.

That being said, Sex is a meditative, emotional and energetically interesting act that has many positive benefits to your life and body

BETTER BRAINPOWER

A study on rodents found that sexual activity increases neurons in the hippocampus, the section of the brain that stores memories.

In addition, sex may also increase analytical thinking capabilities.

REDUCED PAIN

Sex causes a release of oxytocin, serotonin, endorphins, and phenylethylamine, which are all hormones that generate intense feelings of pleasure while at the same time killing pain.

Studies show sex can stop migraines and lower the discomfort of arthritis.

IMPROVED OVERALL FITNESS

Depending on how you do it, sex burns calories and can be a decent workout (any extra physical movement is a bonus)

Frequent physical exercise has been shown to enhance sexual performance (more stamina, better cardiovascular flow)

LESS DEPRESSION AND STRESS

Contact with semen during intercourse actually acts as an antidepressant for women (ur welcome ladies)

Regular intercourse makes blood pressure more resilient to stress, reduces overall psychological stress, and reduces plasma and salivary cortisol.

IMPROVED SLEEP

Following an orgasm + during sex, the brain releases hormones including norepinephrine, serotonin, oxytocin, and vasopressin, all of which trigger lower 'sleep latency' and higher deep sleep percentages.

ANTI-AGING

Studies have shown that couples who had intercourse 3+ week appeared on avg ten years younger than their chronological age.

Orgasms also trigger the release of estrogen in both men and women, which improves hair and skin quality, making you look more aesthetic

LOWER BLOOD PRESSURE

High BP can cause erectile dysfunction in men and reduced arousal and ability to orgasm in women.

Studies show a link between low test and high BP, with spikes in testosterone assoc with sex may actually help lower blood pressure in both men and women.

Men's sexual energy seems to be gated by the ejaculation of semen, whilst women's is not limited through orgasm in a similar way.

If you have sex as a man but purposefully don't ejaculate, you can unlock UNTOLD new levels of sexual power. The essence of Tao spiritual literature states a guideline:

'A man must "preserve and retain his semen in order to enhance his strength, health and longevity"

Any guys can attest to the feeling of the post-nut slump - Taoist theory gives reasoning to avoid this feeling

Men do experience a significant loss of zinc with each ejaculation...

which is probably why eating foods such as shellfish is considered an aphrodisiac (high zinc content)

Thus, it follows that without the loss of these minerals, higher sexual energy is retained

There is also some evidence that shows when ejaculation frequency exceeds the capacity of the body to fully replenish semen, men can experience:

- chronic fatigue
- low resistance to stress
- loss of sexual drive
- loss of focus
- irritability

Such is the fate of the COOMER

As a man, when you can learn to really focus on the inherent act of sex itself as the basis of sexual pleasure,

rather than focusing on the end result of ejaculation,

You unlock new levels of sexual desire, stamina and higher spiritual connection to your partner

If you're going to experiment with reduced ejaculation frequency, this does not mean less physical interaction or even less sex.

It simply means that you may want to consider the other option of not busting during the act.

Try it out, I guarantee you'll notice a difference

If you enjoyed this thread, be sure to subscribe to the SOLCAST where I discuss further in-depth topics like the Biological Benefits of Sex

SEX: Sacred Energy Exchange.

Every interaction you have with your significant other can be 'sex'

Beginning with the energy you put out during the day, texts you send, eye contact.

It Doesn't necessarily have to be physical.

This is also one of the benefits of semen retention - when you remove the outcome based 'end' of sex of the male orgasm...

You can extend the period of sex - it becomes more about the process and being in the moment.

Coincidentally, when you focus more on the moment and the individual movements rather than the end

- this is usually when it feels better for the girl

- who are much more energetically tuned in to the act of sex by nature.

Girls can reach those upper levels of energy without ANY physical contact, if you know what mental buttons to press.

Try and feel the energy coursing through you during sex and manipulate that to mix with your girl - guarantee you it will feel much more intense than you've felt before.

So much so that you can feel fully satisfied and sexually spent without orgasm as the guy - but still retain that masculine energy and drive.

Sauna

SOL BRAH

SAUNA HEALTH BENEFITS - THREAD

What if there was a magical room you could go into that would extend your life, reduce muscle soreness, decrease stress and much more?

Well there is, and it's called the Sauna. Read ahead for the many reasons you should be 'Sauna-ing' every day.

INCREASED STRESS RESILIENCE ئ

The sauna triggers the production of heat shock proteins, which are used by your cells to counteract harmful stimulus, including environmental stress from pollutants, toxins, heat, cold, exercise stress and more.

INCREASED CARDIOVASCULAR PERFORMANCE *

With regular sauna use, you not only train your heart muscles and improve your cardiac output, but you also help the body's regulatory system move blood around the body to areas that need cooling.

- You can enhance this cardiovascular conditioning even more when your sauna is combined with alternating sessions into a cold environment (cold shower, lake, snow)

The switch between hot and cold is a potent treatment for hangovers too!

HEART HEALTH AND LONGEVITY ẽ

Researchers from the University of Eastern Finland tracked 2,300 middle-aged men for an average of 20 years. The more sessions per week men spent in the sauna, the lower their risk of sudden cardiac death and fatal coronary heart disease.

- The sauna also extended the life of participants with other illnesses, including cancer. The benefit to cardiovascular health was likely due to the decrease in blood pressure and an increase in blood vessel diameter that both infrared exposure and heat exposure can provide!

BETTER SLEEP ¶

Researchers have found that a sauna can help provide a deeper, more relaxed sleep, and also relief of chronic tension, and relief of chronic fatigue issues, most likely due to a release of endorphins from the sauna.

- As endorphins are released into your body, they create a soothing, nearly tranquilizing effect that can not only help to minimize chronic pain caused by arthritis and other muscle soreness + also help with relaxation and sleep.

ARTHRITIC + MUSCULAR PAIN RELIEF ض

Pain relief induced by a sauna was attributed to an increase in the release of anti-inflammatory compounds such as noradrenaline, adrenaline, cortisol and growth hormones, as well as an increase in positive stress on the body - causing it to release natural pain-killing endorphins.

Increases in mobility also occur, due to the fact that tissues comprised of collagen, such as tendons, fascia, and joint articular capsules, become more flexible when exposed to increased temperatures.

SKIN REJUVENATION 8

When your body begins to produce sweat via the type deep sweating you experience in an infrared sauna, the rate at which dead skin cells are replaced can be increased.

Heavy sweating also helps to remove bacteria out of the epidermal layer of the skin and the sweat ducts .

By continually flushing waste through skin cells via the use of hyperthermia, you can increase skin health, tone and color, and more effectively cleanse your pores.

ATHLETIC RECOVERY □

Research has shown sauna use elevated growth hormone levels significantly over baseline. This increases with hotter temperatures, and regular use. There is a synergistic effect with exercise (bodyweight exercises in the sauna). Sauna also increases blood flow to the skeletal muscles, which helps to keep them fueled with glucose, amino acids, fatty acids, and oxygen, while removing by-products of metabolic processes such as lactic acid and calcium ions.

DETOX OF CHEMICALS + HEAVY METALS L

The body is very effective at eliminating PCB's, metals and toxins via the skin, but it only works if you make your body sweat. Sitting in constant climate controlled environments has reduced our bodies' abilities to really sweat it out.

MUSCLE GAIN + FAT LOSS ⇐

Sauna use improves insulin sensitivity and decreases muscle protein catabolism. Both can contribute to maintaining muscle mass and reducing body fat.

I can personally also say that you look shredded to the bone after a strong sauna sesh.

Immune System Boost B

An increased number of white blood cells, lymphocyte, neutrophil and basophil counts were reported in the white blood cell profile of sauna users, both Finnish and German studies show that regular sauna bathing leads to a 30% less chance of getting a cold

Most of this info taken from the great Ben Greenfield, please go see his work if you don't follow him already,

Sleep

SOL BRAH

☯ HOW TO GET SUPER SLEEP - THREAD

Do you wake up in the morning with the sun as if you've been recharged by Zeus himself?

If not, you probably need to update/improve your sleep hygiene.

This is the biggest HACK there is to improving overall health, musculature and wellbeing.

Being able to sleep well is a huge advantage in life!

Sleep is the most effective thing we can do to reset our brain and body health each day.

Don't try and do it all at once - pick one or two of these habits and try to incorporate at a time, so they stick!
Did you know? The average duration of the developed nation sleeper is now less than seven hours. Not enough!

Visit cultures that are untouched by electricity and you often see something rather different. Hunter-gatherer tribes sleep in a

biphasic pattern.

Both these groups take a similarly longer sleep period at night (seven to eight hours of time in bed, achieving about seven hours of sleep), followed by a thirty to sixty minute nap in the afternoon.

Very good if you can get this nap in - unfortunately modern world not helpful.

When we do not practice biphasic sleep, our lives are shortened.

It is perhaps unsurprising that in the small enclaves of Greece where siestas still remain intact, such as the island of Ikaria, men are nearly four times as likely to reach the age of ninety as American males.

As an athlete/bodybuilder, you really should be getting 9 hours of sleep consistently, 8 being the bare minimum. I do 9.30pm-6.30/7am. On weekends I'll do ten hours.

Remember! Muscles are made DURING SLEEP.

SLEEP LESS = LESS MUSCLE.

DYK? After ten days of just seven hours of sleep, the brain is as dysfunctional as it would be after going without sleep for twenty-four hours.

First of all, remove all social programming of sleeping being 'lazy' or the 'sleep while you're dead' nonsense. This is shaming talk; good-quality sleep being productive and as important as working out.

To identify a sleep deficiency:

- If you didn't set an alarm clock, would you wake up on time?
- Do you find yourself re-reading things?
- Can you function optimally before noon without caffeine?

BI Circadian Rhythm.

This determines wake and sleep times. Having regular consistent bed and wake times helps your body plan for sleep and fires the correct chemicals at the correct times.

Sticking to sunset to sunrise is natural and best for your body.

Melatonin helps regulate the timing of sleep, but has little influence on actual sleep process.

Sleep pressure is caused by a buildup of Adenosine in your brain. This is the second factor that affects sleepiness.

▯ Try and not eat large meals right before bed.

Have small snack to keep blood glucose high for brain repair (banana) but otherwise do the bulk of your eating throughout the day where you can process and digest before sleep.

Intermittent fasting synergises with this.

ψ Drink most of your liquids in the morning and early afternoon, scaling back your liquid intake two hours before bed.

A cup of camomile tea is fine, 2L water will have you dreaming of going to the toilet or waking up in the middle of the night, both bad outcomes for sleep.

BLACKOUT ☒

Ensure your sleeping environment is as dark as possible. Throughout history there have been no sources of light other than fire once the sun goes down, so any light source in your room is picked up and processed by the eyes and brain (yes, even through the eyelids).

I personally use the MZOO sleeping mask to ensure complete darkness. Bought off Amazog. Iz very comfortable.

- SHHHHHH ☺

The closer to complete quiet the better - I understand in today's modern world this is nigh on impossible - pickup some earplugs for a good way to eliminate a lot of the noise that usually can affect us.

⇐Sleep Drive @TJRicks_TSP

This is the natural sleep deficit that you create from doing things.

Have you ever noticed how tired you are after an all day hike, or moving house?

I bet you didn't need your sleep meds on those nights.

Takeaway? Make sure you're active.
NO ALCOHOL BEFORE BED ☐

I know this is going to be a big one for a lot of people, but part of the reason you feel so shit after a night out is because:

Alcohol is one of the most powerful suppressors of REM sleep that we know of.
Not only does alcohol suppress sleep, but you're also staying out late because of it. Double no-no.

If you're regularly drinking, eliminating drinking (or at least reducing it) is truly one of the best ways to improve all aspects of your health, not just sleep.
NO CAFFEINE PAST MIDDAY β

Due to the half-life of caffeine, it is still present in your body long after you feel the effects, blocking the adenosine receptors that create sleep.

My rule is not to have any caffeine or similar stimulants past midday as a good rule of thumb.
Temperature change !

Due to our temperature controlled climates, there is no signal in our environments now to tell our body to start the retiring for the night.

Usually the sun would set, temperature would drop and our body would prepare itself for sleep

Cold shower b4 bed!
No Blue Light in the Evenings ⚡

DYK? iPad reading delayed the rise of melatonin by up to three hours versus a normal book.

This translates to looking at your phone before bed too.
This one has been done to death but it truly is one of the biggest factors in optimising sleep. No screens or harsh lights as the sun begins to set until bedtime. If you must (you shouldn't) then use a redlight filter on your phone or wear blue light blocking glasses.
Condition your brain

Only use your bed/bedroom for Sleeping and Sex. That's it. Don't lay in it watching netflix while you're chilling during the day.

This will condition your brain to become sleepy when it is introduced to its regular sleeping environment = better for sleep

SOL BRAH'S SLEEP TIPS (THREAD):

Implement this info to drift off to sleep easier, wake up with a spring in your step or better the quality of your sleep.

III Let's get snoozy! † ⚡

1. Go to sleep and rise at the same time each day.

Your Circadian rhythm facilitates the rise and fall of the hormones which wake us, and make us feel tired at the end of the day.

Your routine is most important in ensuring you feel tired before bed, and wake up naturally

2. Don't use an alarm

If you need an alarm to wake you up, chances are you're not getting enough sleep.

Go to bed earlier.

3. No Screens / Electronic light 2 HRS Before Bed

Blue light blocking glasses work to a degree, but you're still taking in light, activating the areas of your brain that need to be resting prior to sleep.

Finish your work beforehand so you don't need to be working later.

4. As an athlete/bodybuilder, you really should be getting 9 hours of sleep consistently, 8 being the bare minimum. I do 9.30pm-6.30/7am. On weekends I'll do ten hours.

Remember! Muscles are made DURING SLEEP.

SLEEP LESS = LESS MUSCLE.

5. Candlelight Only In the Evenings

If you only use candles in the home (electronic candles also good) you will naturally feel much more tired before bed.

Aim to do this when the sun goes down or when you switch off computer/phone/tv.

Reading by candlelight before bed >>

6. Remove all social programming of sleeping being 'lazy' or the 'sleep while you're dead' nonsense.

Good-quality sleep should be seen as productive and as important as studying or working.

With good sleep, your energy and motivation will be higher to work during the day.

7. No Caffeine 10 HRS before bed

Caffeine takes a while to be processed in the body.

Even if you don't consciously feel the effects of caffeine stimulating you, it is still within the bloodstream and will impact sleep quality.

8. Try and not eat large meals right before bed.

Have small snack to keep blood glucose high for brain repair (banana) but otherwise do the bulk of your eating throughout the day where you can process and digest before sleep.

+ Walk off your dinner!

9. Drink most of your liquids in the morning and early afternoon, scaling back your liquid intake two hours before bed.

A cup of camomile tea is fine, 2L water will have you dreaming of going to the toilet or waking up in the middle of the night, both bad outcomes for sleep.

10. Ensure your sleeping environment is as dark as possible.

Throughout history there have been no sources of light other than fire once the sun goes down, so any light source in your room is picked up and processed by the eyes and brain (yes, even through the eyelids).

11. Similarly, The closer to complete quiet the better

I understand in today's modern world this is nigh on impossible - pickup some earplugs for a good way to eliminate a lot of the noise that usually can affect us if you live in apartment building or in a city.

12. NO ALCOHOL

Alcohol is one of the most powerful suppressors of REM sleep that we know of. Even if you're getting a good number of hours, the quality of your sleep will be impacted.

12. Temperature Change

Due to our temperature controlled climates, there is no signal in our environments now to tell our body to start the retiring for the night.

Usually the sun would set, temperature would drop and our body would prepare itself for sleep

Cold shower!

13. Condition your Brain

Only use your bed/bedroom for Sleeping and Sex. That's it. Don't lay in it watching netflix while you're chilling during the day.

This will condition your brain to become sleepy when it is introduced to its regular sleeping environment.

14. Stretch Before Bed

Releasing your body's physical tensions is a great way to wind down before bed, preparing your body and mind for relaxation

Stretching/Yoga before bed is a great way to relax, unwind and contribute to quality rest.

15. Morning Sunlight

To help time your circadian rhythm:

Upon waking, expose your body and eyes to sunlight and something to eat.

This tells the body that this is the time where we should be rising and getting started for the day.

16. Glycine, ZMA + Camomile Tea Sleep

Camomile is a natural sedative that will help relax you and make you feel tired,

Glycine + ZMA both increase quality of your deep REM sleep once you are asleep.

Keep your eyes peeled for US-Made Highest Purity Sol Supplement's Glycine!

17. Tape Your Mouth

Nasal breathing is much more optimal for oxygen intake, sympathetic nervous system arousal and restores the

You can tape your mouth with a piece of tape to keep the mouth closed + ONLY nasal breath throughout the night.

This also fixes snoring/sleep apnea

18. Nasal strips for opening nasal passages

In a similar vein, opening the nasal passages with these nasal strips ensure you're getting deep quality breathing throughout the night.

This and taping the mouth is a noticeable SLEEP GAMECHANGER

19. Magnesium Oil massaged onto neck/ brainstem before bed

Magnesium 'oil' is magnesium chloride dissolved in water. Applied to the neck, it has a relaxing effect that will have you dreaming in no time.

[amazon.com/gp/product/B00...](https://www.amazon.com/gp/product/B00...)

19. Air Purifier

The quality of the air you're breathing has a significant effect on the restorative nature of your sleep.

If you're like me and live in the city, clearing the air of particulates in your room has a noticeable effect on sleep.

CK ETERNITY

FIXING YOUR CIRCADIAN RHYTHM

Your body runs on it's own adaptive clock, research shows that when your internal clock is running smoothly as much as 6 years may be added to your life, I want to go over how to reset your internal clock and keep it on time

THREAD //

Circadian essentially means "daily," your circadian rhythm is the technical name for the different processes your body goes through every 24 hours

You sleep and wake up, eat food, go to work, etc, these activities are all part of your daily rhythm
If you do these things at different times every day it throws this cycle off and puts stress on your body

You might get stuck digesting food instead of taking tims to detox while you're asleep, or not being tired when it's time for bed and you have to work early the next day

When you're in this state of internal disorganization you're left at greater risk for many longterm health issues, including heart disease, obesity, and even mental issues like depression

I want to go over the top five factors that have the biggest influence on circadian rhythm, and a few changes you can make to get each one back on track and improve your health:

1. LIGHT EXPOSURE

Sunlight is often the first thing that comes to mind when we think about circadian rhythm, it is also one of the most well research influences on it

We need to be exposed to sunlight near daily (there may be cloudy days or other exceptions occasionally)

The best times to get sunlight are sunrise, the middle of the day, and sunset, bonus points if you can get all three

Your body senses the light and triggers the production of different neurotransmitters to help you wake up in the morning and sleep deeply at night

The issue we face here is artificial light exposure, our bodies use blue light to gauge daylight, so using your phone in being under flourescent light disturbs this cycle

Red glasses or changing your phone/lightbulbs to a warmer tone helps improve sleep and stimulate melatonin

2. SOCIAL INTERACTION

Humans are social creatures, stressful interactions reinforce alertness, while comfortable interaction calm us down

Any stressful social interactions are best kept during daylight, otherwise they disrupt circadian rhythm

Interestingly research shows that seeing human faces in videos or pictures triggers the same response, so in some cases

using social media or watching movies/tv late at night can disrupt your internal clock

The biggest thing to remember is to avoid stress late in the evening

3. SLEEP

While sleep is one of the most integral parts of your circadian rhythm, good sleep hygiene is thankfully not too complicated

Essentially you should go to bed and wake up at the same time each day, it's best to time this around the natural night/day light cycle

It's best to let your body rest for a natural cycle, getting only five hours of sleep and being woken up by a blaring alarm clock throws your body off for the whole day

4. EATING

Research shows that the most beneficial meal cycle consist of 2-3 meals within an 8-12 hour window, though getting enough nutrition daily is still more important

Eating too late at night impairs your body's rest and detox and should be avoided ideally

5. EXERCISE

The requirement for exercise is actually fairly simple, you need at least 30 minutes of moderate intensity exercise ideally while the sun is up

This can be anything from dancing to going swimming or playing a sport, you just need to get moving!

I know it won't be possible for most people to do everything listed, unfortunately our society is no longer structured in a way our bodies are adapted to

Thankfully doing even just one of the things I mentioned will be beneficial, doing more than that may add years to your life

Testosterone

SOL BRAH

Testosterone Boosting (THREAD)

Are people calling you a soyboy?

Perhaps you feel you're missing out on that extra masculine energy in life?

If this is you, read ahead for proven tips to MAXX OUT your natural testosterone levels

Testosterone is one of the most potent naturally secreted androgenic-anabolic hormones. It stimulates protein synthesis (anabolic effect) and inhibits protein degradation (anti-catabolic effect)

There are many factors that affect natural testosterone production in the body:

SLEEP - One of the biggest factors affecting test, if you're not getting minimum 8-9 hours of good quality sleep, work on this - won't go into depth as tweeted about it before:

DIET - a typical high cholesterol diet increases testosterone production.

Saturated fat is a building block for cholesterol, which in turn is used for testosterone production.

Consume more high quality, fatty animal meats, eggs, butter, coconut/olive oils

NoPorn/NoFap/NoCumō - You should already have cut out porn, this leads to huge differences in sex drive/test production.

Additionally, if you incorporate some Taoist Ejaculation principles, test levels have been shown to increase along with reduced ejaculation.

LIFT HEAVY ⇐ The acute endocrine response to a bout of heavy resistance exercise includes increased secretion of various catabolic and anabolic hormones including testosterone.

When you lift heavy, + train the larger muscle groups (legs) this is assoc w/ an increase in test

AVOID EXCESSIVE CARDIO † - Chronic endurance exercise such as cycling or running for hours — has been shown to decrease testosterone, due to the increase in excess cortisol levels.

MINIMIZE STRESS/CORTISOL LEVELS † - chronically elevated cortisol levels can produce impotence and loss of libido by inhibiting testosterone production in men.

Cortisol can be increased by a number of things, notably excess stress levels.

GET MORE SUN B - In a study, a significant increase in total testosterone levels was observed in a vitamin D supplementation group

The best way to get more Vitamin D is to be exposed to the sun.

Additionally, sunning your balls directly boosts Test production as all test production occurs here.

If you're in a low sunlight area/season, consider red light therapy (Joov is good brand).

AVOID ENDOCRINE DISRUPTORS ‡ - such as BPA. Occur in receipts, plastics, some household products such as air fresheners, hair dyes, sunscreens.

Many observations suggest that endocrine disruptors contribute to cancer, diabetes, obesity, the metabolic syndrome, and infertility

SUPPS - google yourself

Zinc/magnesium complex (major key)

DHEA: helps to make male and female sex hormones within the body

Creatine

Maca root powder

Eurycoma Longifolia Jack

Fenugreek

Ashwagandha

Pycnogenol (

pine bark extract)

Tribulus Terrestris

In men healthy hormone balance means keeping estrogen and testosterone at a 1:50 ratio, too much estrogen/not enough testosterone is toxic

In women testosterone is constant, it's actually the estrogen to progesterone ratio that matters, it should be roughly 200:1

The single biggest factor causing estrogen dominance in both cases is xenoestrogens

These include things like GMO's, phthalates, BPA, heavy metals, and chemicals found in tap water (i.e. birth control residue), these should be considered literal poison

After xenoestrogens the biggest causes are lack of daily exercise and sunlight, and certain nutrient deficiencies specifically magnesium, zinc, B6, and in women the antioxidant vitamins C + E

Our hormonal system is under attack from all sides, it's crucial that we're vigilant in avoiding toxic endocrine disruptors

I'll be putting out more in-depth threads on this subject soon

The Major Supplements

Acetyl-L-Carnitine (ALCAR) is a true multi-purpose supplement that benefits both brain and body.

It is a powerful nootropic and a potent neuroprotectant:

- enhances cognition
- boosts energy production within the brain
- protects against effects of aging

Read on for more info

ALCAR is a naturally-occurring micronutrient, + a highly bioavailable form of L-carnitine

Unlike other forms of L-carnitine, which act primarily in the body, ALCAR easily crosses the blood-brain barrier to act WITHIN the brain itself

ncbi.nlm.nih.gov/pubmed/14595704

ALCAR's primary nootropic function is as a precursor of acetylcholine; the neurotransmitter most closely associated with memory and learning

ALCAR has repeatedly been proven to improve and enhance brain function

ncbi.nlm.nih.gov/pubmed/17658628

BOOST ENERGY OF THE BRAIN:

Studies indicate it influences cerebral energy metabolism by increasing levels of noradrenaline and serotonin whilst decreasing levels of the inhibitory neurotransmitter GABA

ncbi.nlm.nih.gov/pubmed/22549035

PROTECT THE BRAIN:

ALCAR's potent antioxidant properties make it a powerful neuroprotectant, preventing and even repairing damage caused by free radicals that scavenge and damage brain cells

ncbi.nlm.nih.gov/pubmed/26643543

TREATMENT FOR AGE RELATED DISEASES:

It has been shown to effectively slow decline in Alzheimer's patients and reduces age-related memory loss

ncbi.nlm.nih.gov/pubmed/11854529

STRESS PROTECTION

It has also been shown to prevent brain deterioration during periods of stress.

ncbi.nlm.nih.gov/pubmed/7708926

PAIN RELIEVER

In studies involving over 1770 patients with pain related to diabetic neuropathy, HIV, compression, and injury, subjects taking ALCAR saw decreased pain + increased nerve function

ncbi.nlm.nih.gov/pubmed/23965166

ALCAR has also been shown to be particularly effective at reducing hypertension

ncbi.nlm.nih.gov/pubmed/19620516

LOWERS INSULIN RESISTANCE

ncbi.nlm.nih.gov/pubmed/17396066

HOW TO TAKE / DOSAGE

Recommendations for the standard daily dosage of ALCAR range from 1,000–3,000 mg daily

ALCAR is safe, cheap, well tolerated and easy to get your hands on.

Dissolve your dose in a juice/or water. Drink.
So if you're interested in

- improvements in your health,
- supercharged cognitive abilities
- a defense against aging

give ALCAR a go, below is a good/pure brand

SUPPLEMENTATION MEGATHREAD

Ideally you would get all of your nutrients from real food - however, due to nutritional lack in the modern mass-produced world, some supplements can be a great way to supercharge your body and/or fix certain problems you may have.

As always, do your own research before taking, these are recommendations and suggestions.

You don't have to take everything here, but I do recommend you take some of them.

If you see any adverse effects from taking these, stop taking it. Every body is different.

If you can buy locally then I recommend this, but if not then find the brands I've used below:

They are in no particular order so have a read through to see if there's anything that interests you.

Special thanks to @grimhood for some suggestions.

CREATINE - amzn.to/2XXI3J3 5/6g a day, with water. You've heard of it before, the most researched and effective supplement. Increase muscle strength, general energy and cognition.

GLYCINE - amzn.to/2S2h4aB The Simplest Amino acid- TAKE THIS. Promotes muscle recovery, and if you take before bed it increases sleep depth/quality and gives you vivid dreams. I take a tablespoon dissolved in camomile tea before bed every night.

ZINC - amzn.to/2xDeEb9 essential mineral involved in numerous enzymes. when zinc levels are low, insulin sensitivity and testosterone can decrease. High does to reduce duration of common colds. I take in ZMA form.

BEETROOT POWDER - amzn.to/2yBbQvs - Super high value supplement to take. It's just dried beets. Electrolytes, nitric oxide boost. mix in water, add to a shake. I have this before workout + notice I get less thirsty.

GLUTAMINE - amzn.to/3cIUzPY - building muscle and alleviating a decrease in muscle mass for those with muscle wasting conditions. found in whey and casein - not essential to supplement.

IODINE - amzn.to/2R3X32Z mineral for thyroid function. found in seafood and seaweed but useful if you dont regularly consume these (good for pregnancy)

D-ASPARTIC ACID - amino acid regulator of testosterone synthesis, aids male fertility. Boosts in testosterone (temporary for fertile males, persistent for infertile men)

VITAMIN E - amzn.to/3aBIKKp Helps to prevent harmful effects of oxidative vegetable oils within the body. Helps support antioxidation in the body. particularly important for the elderly (higher risk of bone fractures).

DHEA - amzn.to/2XVtbtA is a naturally occurring hormone and either exerts benefits on its own, or can convert into both testosterone or estrogen depending on the body's need. DHEA supplementation is potent for reducing the 'effects of aging'

NIACIN (vitamin B3) amzn.to/2yDmqC4 - is an essential B-vitamin. nad+ support Supplementation results in improved cholesterol and triglyceride levels. Can help to prevent suicidal ideation.

L-DOPA - amzn.to/2w4Y8jx is a direct precursor to dopamine, and its supplementation can increase dopamine levels in the body. + beta endorphins and phenylethylamine. An increase in penile girth has been noted in the flaccid state at rest

INOSITOL Vitamin B8 - Anti anxiety, can prevent suicidal ideation. effective in treating insulin resistance and PCOS with standard doses tinyurl.com/vqzogh

BETAINE HCL - amzn.to/2X0KNUD Digestive Support, I take before large meals. Modulates the stomach's PH in anticipation of digesting the meal. Activates digestive enzymes, and support vitamin and mineral absorption.

SEA SALT - amzn.to/2ykmW7U Not a supplement as such, but a good quality salt w/ minerals is essential for health and makes all your savoury food taste much better.

VITAMIN D3 + K2 - [amzn.to/3bOqqhl](https://www.amazon.com/dp/B0009VJ100) - Vital supplement if you're not getting regular sunlight - has been known to reduce symptoms of "Seasonal Depression"

BIOGAIA PROBIOTIC [amzn.to/3aDKeUB](https://www.amazon.com/dp/B0009VJ100) - I will always recommend eating kefir and sauerkraut to promote healthy gut biome, but this brand I've heard great things for a probiotic that you can take in tablet form to boost your digestion, and take every now and then myself.

ALCAR -

Unroll available on Thread Reader

BIOTIN - [amzn.to/2R2Ljh9](https://www.amazon.com/dp/B0009VJ100) - essential B vitamin used by the body primarily as an enzymatic cofactor. I noticed my hair grow thicker which makes sense as it plays an important role in the health of your hair, skin, and nails. Found in EGGS so not imperative to supplement.

L-THEANINE - [amzn.to/2xHtAW7](https://www.amazon.com/dp/B0009VJ100) an amino acid that acts as a relaxing agent without sedation.

Reduces the perception of stress and slightly improves attention. High value supp for mood support and can be taken with coffee to reduce the jitteriness w/ caffeine.

ASHWAGANDHA - [amzn.to/2XZXvTY](https://www.amazon.com/dp/B0009VJ100) - One of the best adaptogenic supplements out there. An Ayurvedic root powder that reduces stress/anxiety, modestly enhance strength performance, improves glucose metabolism, and increases testosterone levels. I feel the difference w/ this.

MACA ROOT - [amzn.to/2KtEmSx](https://www.amazon.com/dp/B0009VJ100) - Another Ayurvedic root powder that promotes sexual vitality - can notably increase libido and I've definitely felt this as well.

TRYPTOPHAN - [amzn.to/34V9Ryg](https://www.amazon.com/dp/B0009VJ100) is an essential amino acid that serves several important purposes such as creating niacin, which is essential in creating the neurotransmitter serotonin. Anxiety, tension and feelings of nervousness are higher w/ low tryptophan levels.

LIVER PILLS [amzn.to/2QYZHa7](https://www.amazon.com/dp/B0009VJ100) I recommend ANYONE take dried liver. A lack of organ meats in Western diets has lead to a lot of the malnutrition we see. Liver is one of the most nutritious form of foods + boosts your essential vitamin/mineral + amino acid intake.

BCAA CAPS - [amzn.to/2xDXGJJ](https://www.amazon.com/dp/B0009VJ100) Self explanatory, Amino Acids are the building blocks of the muscle and supplying your body with a constant flow of these helps to promote muscle recovery without adding calories. I recommend to take if training in a fasted state often.

CITRULINE MALATE - [amzn.to/3asGyEb](https://www.amazon.com/dp/B0009VJ100) - A phenomenal non-stimulant preworkout supplement. 8g dissolved in water 30 mins before a workout - Massive nitric oxide boost = phat pumps and blood flow. Can take before sex for thicc boners too.

L-LYSINE - for muscle, tendon, connective tissue repair. It is depleted by exercise, stress, sex, drugs so a good one to top up with.

TRIBULUS TERRESTRIS - [amzn.to/2yzwX1d](https://www.amazon.com/dp/B0009VJ100) the root and fruits are used for male virility and general vitality, respectively. The roots enhance libido and sexual well being without affecting testosterone while the fruits are potentially protective of organ function.

PINE BARK EXTRACT; Pycnogenol - general health and anti-diabetic properties, enhances Nitric Oxide, improved blood glucose control.

Helps to limit symptoms associated with chronic inflammation in autoimmune disease.

MYOINOSITOL - [amzn.to/2znSmuM](https://www.amazon.com/dp/B0009VJ100) is a small molecule structurally similar to glucose that is involved in cellular signalling. Potent anxiolytic (anti-anxiety).

BORON

LONG JACK - Eurycoma (Tongkat Ali) is a pro-fertility agent and aphrodisiac that appears to have a large body of evidence supporting this role and some evidence suggesting it may be an anti-estrogen and pro-erectile agent.

CACAO - [amzn.to/3dOtnAw](https://www.amazon.com/dp/B0009VJ100) provides cardiovascular and cognitive benefits through improved blood flow and antioxidant effects. Can Mix in a smoothie, or have with turmeric, cinnamon, pepper, honey and coconut milk for a delicious healthy hot chocolate drink.

AGMATINE - metabolite of L-Arginine. It shows promise for alleviating neuropathic pain and drug addiction and shows some potential in protecting against strokes and benefitting cognitive health. for cannabis and opioid tolerance prevention and neuroprotection.

MAGNESIUM CHLORIDE SPRAY - [amzn.to/2KocvmL](https://www.amazon.com/dp/B0009VJ100) magnesium directly into the muscle. Apply topically and massage into any muscles that have soreness. I also spray and rub into the neck/brainstem before bed and upon waking for absorption into the brain. Great massage oil too.

TAURINE - [amzn.to/2KwX2R7](https://www.amazon.com/dp/B0009VJ100) organic acid which acts as a lipid/membrane stabilizer in the body and can aid various anti-oxidant defense systems, increased strength for lifts, increased blood flow.

HCP [amzn.to/345AaRV](https://www.amazon.com/dp/B0009VJ100) - a peptide and component of joint cartilage. Oral ingestion reduces autoimmunity to the body's

own CII, resulting in less inflammation in instances of osteoarthritis and rheumatism and benefits to joint health. A great way to increase your collagen

VITAMIN C - essential vitamin with potent antioxidant properties. Vit C is able to reduce the duration of a cold by 8-14% in any population, when it is taken as a daily preventative measure. Taken postworkout it can minimize the catabolic stress response and speed recovery.

OREGANO OIL - [amzn.to/3aBLze0](https://www.amazon.com/dp/B000000000) Potent antioxidant, antifungal and antibacterial properties. Can cure dandruff when applied 2-3 drops w/coconut oil topically and massaged into scalp (not these capsules)

IRON - [amzn.to/3bH2Y5R](https://www.amazon.com/dp/B000000000) I've noticed a lot of girls have iron deficiency due their extra needs and not consuming enough red meat.

Good one if you're vegetarian/if you're not eating red meat.

MSM - [amzn.to/2Vt3gry](https://www.amazon.com/dp/B000000000) Methylsulfonylmethane is a small sulfur-containing molecule used for its antioxidative and anti-inflammatory properties. Super good for your skin, joints, connective tissue, cheap.

Will be adding more as time goes on and I discover new and important things to add to the diet.

Thanks for reading and if you have any particular questions please DM me for clarification.

Much love ü

With supplements make sure to add in one at a time so you know what exactly it is that is that's making you feel good/worse.

— GLYCINE (THREAD) —

The simplest amino acid, with a KEY role in numerous bodily processes...

GLYCINE is one amino acid that is truly important to SUPERCHARGE biological processes and take your body and mind to the next level.

Read on to become part of the Glycine Gang...

Image

The name comes from the Greek word γλυκύς "sweet tasting"

Glycine has a naturally sweet taste so can be added to Coffee and tea, Oatmeal, Protein shakes, Yogurt

My favourite is to dissolve in Camomile Tea, 30 minutes before bed (for sleep quality).

Image

Image

Glycine is an important component and precursor for many macromolecules in the cells.

Glycine is involved in the body's production of DNA, phospholipids and collagen, and in the release of energy
Don't worry about a glycine overdose.

The safety of glycine supplementation has been confirmed at doses of 0.8g/Kg dose for up to five years!

Not only is it safe, but glycine supplementation has been shown to yield numerous health benefits, of which I will describe here:

Image

ANTIOXIDANT

Glycine helps to make glutathione, a powerful antioxidant that helps protect your cells against oxidative damage (the cause of many diseases)

With low glycine, your body produces less glutathione, which negatively affects how your body handles oxidative stress
Many people experience the clearing or improvement of migraines and seizures due to Glycine supplementation for this reason

Glycine is also one of three amino acids that your body uses to make a compound called creatine!

Image

MUSCLE GAIN

Experiments have shown that taking a single bolus with a high dose (22.5 grams) of glycine caused a 60% surge in growth hormone release from the pituitary gland in under five minutes

pubmed.ncbi.nlm.nih.gov/622050/

Glycine is found in connective tissue, tendons, ligaments, skin, cartilage, and bones — all of which are usually absent from most western meat.

If you are consuming a lot of only muscle-meat, Glycine is imperative to supplement to support healthy processing of this
BETTER SLEEP

Research in people with sleep issues has shown that taking 3g of glycine before bed decreases how long it takes to fall asleep, enhances sleep quality, lessens daytime sleepiness and improves cognition

Subjective effects of glycine ingestion before bedtime on sleep quality

The effects of glycine on sleep quality were examined in a randomized double-blinded cross-over trial. The volunteers, with complaints about the quality of

<https://link.springer.com/article/10.1111/j.1479-8425.2006.00193.x>

Image

I use this glycine which is the free-form powder, which is best for dissolving and taking with tea or in other foods

amzn.to/2UbPKYC

With regular supplementation, glycine reduces muscle soreness, decreases inflammation +enables your body to facilitate biological process

"The glycine ingestion significantly improved the following elements: "fatigue", "liveliness and peppiness", and "clear-headedness""

Glycine ingestion improves subjective sleep quality in human volunteers, correlating with polysomnographic changes

In human volunteers who have been continuously experiencing unsatisfactory sleep, effects of glycine ingestion (3 g) before bedtime on subjective sleep qua

<https://link.springer.com/article/10.1111/j.1479-8425.2007.00262.x>

Glycine also increases the depth of your sleep, which seems to lead to more vivid and esoteric dreams.

Take glycine before bed to be treated to an ancestral dreamscape the likes you've never experienced before.

Image

"Glycine improved subjective sleep quality and sleep efficacy + shortened PSG latency both to sleep onset and to slow wave sleep without changes in the sleep architecture. Glycine lessened daytime sleepiness and improved performance of memory tasks."

Glycine ingestion improves subjective sleep quality in human volunteers, correlating with polysomnographic changes

In human volunteers who have been continuously experiencing unsatisfactory sleep, effects of glycine ingestion (3 g) before bedtime on subjective sleep qua

<https://link.springer.com/article/10.1111/j.1479-8425.2007.00262.x>

IMPROVED MEMORY

"These findings revealed that dose dependent concentration of glycine can be useful for memory loss and behavior deficits."

pubmed.ncbi.nlm.nih.gov/30150193/

IMPROVED HEART HEALTH

"Higher (levels of) glycine is associated with favorable levels of blood fatty acids in men and women, lower blood pressure and risk of type 2 diabetes, and fewer risk factors for suffering a heart attack or ischemic stroke"

journals.physiology.org/doi/full/10.11...

Glycine may also lower heart disease risk factors by preventing the build-up of a molecule associated with heart disease and

by increasing your body's ability to use nitric oxide.
Glycine Dreams Merch Available Here:

Solbrah's Solarium

Teespring is the free and easy way to bring your ideas to life. Design your product, set a price, and start selling. Teespring handles the rest - production, shipping, and customer service - and you ...
<https://teespring.com/stores/solbrahs-solarium>

Image

Overall Glycine is one of my MUST-supplement amino acids, with far-reaching benefits that will improve your life many times over.

Your body just works better when supplying it with Glycine.

THREE SUPPLEMENTS I'D RECOMMEND TO ALMOST EVERYONE:

(thread)

MAGNESIUM

Easily my favorite mineral in the body, magnesium is used as a cofactor in over 300 processes in the body

It's typically depleted in soil and as a result levels in food are low, it's estimated more than 80% of the population is deficient in it

Magnesium modulates glutamate receptor function, and acts as a cofactor for the synthesis of GABA and other neurotransmitters

It also plays a key role in the utilization of B-vitamins in energy production

The best form to use are magnesium chloride and magnesium glycinate

Magnesium chloride is best for doses above 500 mgs at a time, start low and work your way up, don't increase to the point of a laxative effect

THIAMINE

Also known as vitamin B1, thiamine is the most essential B-vitamin in the body

It is a cofactor for the enzyme pyruvate dehydrogenase, one of the first steps in ATP production, (magnesium is a cofactor for a complimentary enzyme so the two should be used together)

Thiamine is also a cofactor for part of the citric acid cycle, a-ketoglutarate dehydrogenase, once again it's essential for energy production here

It is also required for proper glutamate breakdown and synthesis of GABA

When using the thiamine HCl form, dosages as high as 500-1500 mgs are often needed to kick start metabolism after deficiency

Allithiamine (TTFD) is the most potent form of thiamine as it bypasses standard absorption, 50 mg doses are a good starting point if you use this one

Note: allithiamine can bind to heavy metals such as mercury and remove them from the body, for some this may cause side effects as the body adapts when they first start using this form, cycle or reduce dosage if necessary

VITAMIN K2

Vitamin K2 is essential for proper calcium management, without it calcium can build up in soft tissues like the tonsils,

muscles, or even pineal gland, impairing their function

It also plays a key role in the formation of testosterone and other hormones

Vitamin K1 (the form produced by plants) can be converted into K2 but many people convert it poorly, grass-fed butter or dairy contains decent amounts of K2 but most people do better with added supplementation

Daily dosages should be split between the morning and evening

Glycine is a co-activator for the glutamate receptor

This means that for glutamate receptors to be activated, glycine has to be sitting next to it

Most of the time this is not an issue, but in cases of glutamate excess, supplementing glycine may make symptoms worse

Image

This is why you see me and @Grimhood recommend sticking to lower doses (600-800 mgs) when using magnesium glycinate (magnesium bound to glycine)

Too much glycine on its own or even in this form combined with magnesium goes from calming to stimulating after a certain threshold

There is a trick with this however, l-theanine binds to the glutamate receptor site, but much weaker than glutamate itself

Taking l-theanine and magnesium glycinate in a 1:1 ratio prevents excitation while still retaining benefits, it also support GABA production and brain detox

For anyone who hasn't already I highly recommend this combination, taken in higher doses before bed it promotes deep and restful sleep

You can also use high doses of another form of magnesium (magnesium chloride, l-threonate, taurate) also works to help modulate NMDA activation

And of course, s/o to @Grimhood for putting me onto this combo

Follow him if you aren't already

There's honestly no reason anyone should be taking synthetic vitamin C supplements like ascorbic acid, there are numerous food sources

The RDI is 90 mgs, but it's fairly easy to hit twice that or more with these foods

(I'd avoid spinach/kale but everything else on here is good)

Image

Acerola cherry or rosehip extract are some of the highest vitamin C sources and should be listed here as well

Food source vitamin C contains tyrosinase which activates proper iron metabolism, whereas synthetic vitamin C inhibits it causing inflammatory free iron oxidation

Fructose and vitamin C share a similar structure and compete for absorption, so a diet high in added sugar may reduce vitamin C uptake

This works both ways however, meaning high vitamin C fruits are likely better tolerated sugar sources than other fruit/processed carbs

Spinach and kale are low quality vegetable vitamin C sources, and are some of the highest food sources of oxalate, which damages mitochondria and forms calcium oxalate deposits in tissue

Eating spinach especially can easily cause oxalate to build to toxic levels over time

Note: compared to spinach, kale is 15-20x lower in oxalate so it's definitely the better choice between the two, but it really

isn't as much of a super food as it's advertised to be so I don't personally think it's worth using

SOL BRAHJust bought a Red Light Lamp Bulb

Light therapy is a natural, non-invasive therapy that delivers beneficial wavelengths of light to your skin and cells.

- Boosts testosterone and sex drive
- Improves Skin Health & Anti-Aging
- Better Muscle Recovery & Physical Performance

- Reduces Joint Pain & Inflammation
- Increased Cognitive Function
- Melatonin & Sleep

you need the right spectrum of light to be clinically effective: 600-950 nm range

There are cost-effective solutions. Dont need to spend \$000s!

will do a thread on this soon if ur interested

super high value incorporating this therapy if you're in an area with low-none natural sunlight.

100% will improve 'seasonal depression' symptoms from lack of sunlight

This isn't me btw lol random pic

Red Light

§ RED LIGHT THERAPY (THREAD) §

= the practice of using LEDs to deliver therapeutic wavelengths of light to the body that have been proven to be beneficial at the cellular level

It helps:

Skin Repair
Muscle Recovery
Pain/Inflammation
Test production

Read on to see the light!

HOW DOES IT WORK?

Red light enables the breaking up of the major roadblock to ATP and water production, which is excess nitric oxide (NO)

During the creation of ATP, NO competes with oxygen, stopping ATP production. This also increases oxidative stress = cellular death

The photons in red and NIR light excite electrons, which helps break up nitric oxide bonds so H⁺ ions can move through the process more effectively, resulting in more ATP (Adenosine triphosphate) energy that powers your cells and your entire body.

The more efficiently your cells create ATP energy through cellular respiration, the better your body feels and performs.

Red and NIR light stimulates mitochondria and works against nitric oxide & oxidative stress that weakens our cells and slows us down.

Not just any red light will do.

The best light therapy devices use these proven wavelengths: red light in the mid-600 nanometer range, and near infrared light in the mid-800s.

Apply RLT several inches away from the chosen area, for 5-20 minutes at a time.

I've recently started using this red light bulb, which is the perfect starter bulb for those looking to incorporate Red Light Therapy into their life stack, without breaking the budget.

great reviews, proven wavelength emission, I recommend. [amzn.to/2xPCKj5](https://www.amazon.com/dp/B08PCKj5)

If you're in a country that doesn't get much sun, or you don't have the opportunity to sunbathe due to the weather

I highly highly recommend you get some Red Light Therapy in your life, it will go a far way to improving Seasonal Affective Disorder from lack of sun.

RED LIGHT ON BALLS BOOSTS TEST

Similar to the sun, RLT directly on the balls increases the activity of the Leydig cells in your testes, which are the cells that produce test.

But, RLT emits light but not heat, so don't worry about frying the fellas. Do 5-20 mins each day.

I can also anecdotally back up that I feel more aroused and vibrant after a good red light session on the balls each morning.

The blood flow and general feeling of warmth that follows is pleasant and I definitely notice the difference

INCREASED CIRCULATION: Studies have also identified an increase in circulation following red light therapy, indicating tissues are receiving more oxygen and other nutrients important for healing—while also ridding themselves of toxic byproducts.

I've felt this massively already

RED LIGHT HELPS IMPROVE WRINKLES

"Combination red and near-infrared LED therapy delivered from a small portable handheld unit represents an effective and acceptable method of photo rejuvenation"

Apply RLT to the face to look younger!

pubmed.ncbi.nlm.nih.gov/19146602/

RED LIGHT HELPS TIME CIRCADIAN RHYTHM

Red and near-infrared light does the opposite to fluorescent and blue light and helps reset your internal clock.

pubmed.ncbi.nlm.nih.gov/8979406/

RED LIGHT IMPROVES ARTHRITIS PAIN/INFLAMMATION

"In patients with RA, relative to a separate control group, LLLT reduced pain by 70% relative to placebo and reduced morning stiffness by 27.5 min"

ncbi.nlm.nih.gov/pubmed/10955339

RED LIGHT HEALS THE BRAIN

"Significant improvements in cognitive performance post-transcranial, red/near-infrared light-emitting diode treatments in chronic, mild traumatic brain injury"

ncbi.nlm.nih.gov/pmc/articles/P...

RED LIGHT HEALS WOUNDS

"According to our results, LED significantly improves healing of chronic diabetic wounds and prepares the wound bed for further coverage options"

pubmed.ncbi.nlm.nih.gov/29668397/
IS IT SAFE?

ncbi.nlm.nih.gov/pmc/articles/P...

"The non-invasive nature and almost complete absence of side-effects encourages further testing in dermatology"
SO in summary, RLT is a natural, non-invasive way to

- Better skin health
- Quicker healing
- MORE energy
- Higher Sex Drive
- More Test!

If you want to try it out, I have this one which fits into most lamp fixtures (feels amazing so far)
amzn.to/2xPCKj5
RT the below to share the POWER OF LIGHT with more people!

The Minor Supplements

SOL BRAH

я USING SHROOMS TO ENHANCE YOUR LIFE - THREAD я

These fantastic fungi have a lot to offer, if you're looking for:

- A natural mental boost
- Extra pep in the gym
- Supporting general health and wellbeing

Then read below to see how mushrooms can help you:

- Mushrooms are the fleshy, spore-bearing fruiting body of a fungus
- rich source of B vitamins (riboflavin, niacin and pantothenic acid, selenium)
- source of phosphorus, zinc and potassium

Some mushrooms to start with:

Lions Mane я

- stimulates growth of brain cells + protects from damage caused by Alzheimer's
- contains powerful antioxidant + anti-inflammatory compounds
- study in older adults found that consuming 3 grams of lion's mane daily for 4 mths improved mental functioning

Reishi Ъ

- benefits focused on moderating the immune system
- increases the amount of active immune system cells.

- anti-cancer and anti-tumor, anti-microbial, anti-fungal, and anti-viral as well as anti-inflammatory
- pro-longevity

3. Chaga ⁻

- promotes beneficial cytokines, thus stimulates white blood cells
- prevents harmful cytokines, which trigger inflammation + assoc with disease
- lowers Blood Sugar
- lowers Cholesterol
- packed with antioxidants

The Workout Mushroom - Cordyceps [⇐]

- general sexual tonic and libido/performance enhancer
- increases lactate threshold, promoting sport performance
- possesses a potent anti-oxidative effect

Psilocybin Mushrooms (Psychedelic)

Now this is a special topic I will create thread on later...

VITAMIN K2 (THREAD)

Vit K2 is an ESSENTIAL vitamin that acts as a hormone:

- ↑ Jaw Development
- ↑ Bone Growth and Density
- ↓ Redness/Bruising
- ↑ Growth Hormone Production
- ↑ Testosterone Production

Supplementing Vitamin K2 results in stronger bones + optimum hormone signaling

It is one of the four fat-soluble vitamins, along with vitamin A, vitamin D, and vitamin E.

Menaquinone-7 (MK7) is a long chain menaquinone + the most bioavailable form of Vitamin K2

Vitamin K2 serves as a molecular 'link' between hormonal receptors + intracellular signalling
The 'RDI' of vitamin K is sufficient to support healthy blood coagulation.

However, higher levels of vitamin K provide benefits for cardiovascular and bone health.

Unfortunately, it is difficult to obtain high levels of vitamin K from food alone.

VIT K2 BOOSTS TEST

"Testosterone levels in the plasma and testes of MK-4-fed rats were significantly increased compared to those of control rats,"

ncbi.nlm.nih.gov/pubmed/21914161

This is the best brand of Vitamin K2 in the form of MK7 on the market right now.

amzn.to/3bKEoAG

Optimal levels of vitamin K are associated with improved bone circumference and diameter.

Vitamin K can also protect cardiovascular health. It reduces the calcification and stiffening of arteries, which reduces the risk of cardiovascular-related mortality.

This vitamin regulates 'bone remodeling', an important process necessary to maintain adult bone.

This involves the removal of old/damaged bone by osteoclasts and its replacement by new bone formed by osteoblasts

VIT K2 BOOSTS JAW GROWTH

Vit K2 deficiency is one of the reasons children need braces/have crooked teeth.

The most common observation in kids that need braces is that they often mouth breathe.

Vitamin K2 impacts facial development in 4 ways:

- Nasal septum deviation
- Bone growth and density
- Growth hormone and insulin-like growth factor
- Testosterone and sex hormone levels

Vitamin K2 + GROWTH HORMONES

Vitamin K2 also directs the hormonal signals of bone growth with three other factors:

- Growth hormone (GH)
- Insulin-like growth factor (IGF-1)
- Vitamin D

VITAMIN K2 DECREASES FRACTURE RISK

"Epidemiological studies and clinical trials consistently indicate that vitamin K has a positive effect on bone mineral density and decreases fracture risk"

ncbi.nlm.nih.gov/pubmed/17906277

Vitamin K is often taken w/ vitamin D, since vit D also supports bone health.

Taking them together will improve the effects of each, since they are known to work synergistically.

Excessive vitamin D can lead to arterial calcification, but vitamin K reduces this buildup.

Unroll available on Thread Reader

If you enjoyed this thread make sure to RT the first tweet to ensure everyone finds out about the benefits of Vitamin K2

BORON - THE NATURAL CURE FOR ARTHRITIS BANNED BY BIG PHARMA

A HUGELY important trace mineral that is most depleted from conventional modern farming soils,

Boron strengthens bones, boosts test AND removes fluoride from your body

So WHY was this miracle mineral illegalised?

Boron improves the natural ability of the human body to absorb calcium and magnesium.

It removes fluoride from your body and in conjunction with magnesium and iodine makes an excellent fluoride detox.

Magnesium synergises phenomenally with boron - they both work better together

You can get boron from Borax.

Borax is a salt, like pink rock salt.

1/32 teaspoon of Borax provides you with roughly 15mg of Boron, one box will last you years.

Dissolve in a litre of water.

Supplement with Borax and rid your body of fluoride, while replacing the freshly freed halogen receptors with lugol's iodine.

Boron also boosts testosterone in men

Bone analysis shows that arthritic joints and nearby bones have only half the boron content of healthy joints.

Equally, synovial fluid that lubricates joints and provides nutrients to the cartilage is boron deficient in arthritic joints.

The use of boron to treat arthritis was discovered by Dr Newnham, who was looking for a way to cure his arthritis after conventional methods failed

- and he noticed that vegetables in his area were mineral deficient.

He knew that boron had a role in calcium metabolism in plants so he started taking 30 mg of borax a day, and in three weeks all pain, swelling and stiffness had disappeared.

Within five years and only by word of mouth he was selling 10,000 bottles a month.

He could no longer cope and asked a drug company to market it. That was a major mistake.

They saw that this natural remedy would replace more expensive drugs and reduce their profits.

It so happened that they had representatives on government health committees and arranged that in 1981 Australia instituted a regulation that declared boron and its compounds to be poisons in any concentration.

He was fined \$1000 for selling a 'poison', and his business stopped

You must consider that some things have been made illegal because they challenge the powers that be.

It is not necessarily because they are 'bad' for you.

Learn the difference.

Boron via Borax is an essential mineral to supplement in the modern world, one that will see you multiple health benefits.

MAGICAL MYCELIUM AND FANTASTIC FUNGI (THREAD)

Did you know there is a natural underground network that plants use to communicate between each other that uses the SAME neurotransmitters that our brains do?

Learn about the world of mushrooms and the fungi that create them...

When we think of fungi, we think of mushrooms.

There are an estimated one to two million species of fungi, of which about 150,000 form mushrooms.

A mushroom is the reproductive structure of the mycelium, which is the network of thin, cobweb-like cells that infuses all soil.

Mycelia perform critical ecological roles:
nourishing, repairing and creating ecosystems.

The fungi's exquisitely fine filaments absorb nutrients from the soil and then trade them with the roots of plants for some of the energy that the plants produce through photosynthesis

Mycelia have been called the "grand disassemblers of nature" because they break down complex substances into simpler components. Everything that breaks down in nature is being taken apart by mycelia. They enable the circle of life to continue.

The largest organism in the world is a mycelial mat in eastern Oregon that covers 2,200 acres and is more than two thousand years old.

The mycelial network is the 'internet' of the natural world. It functions similarly and one node dying off cannot destroy the whole thing.

Only 14,000 of the 150,000 species of mushroom-forming fungi estimated to exist have been discovered - which means that more than 90 percent have not yet been identified.

Species are being discovered each day, you never know when one could change the world.

In 1941 a housewife in Illinois, found a mouldy cantaloupe at a market and sent it in to a government lab in response to an official request for moldy fruit.

From her mouldy cantaloupe came a strain of *Penicillium chrysogenum* that allowed for mass production of penicillin!

SOME fungi can even break up the hydrogen-carbon bonds that hold petroleum products together, holding the potential to clean up the world.

Similarly, some plastics have been shown to be broken down by certain strains of fungi...

Recent discoveries suggest that humans are more closely related to fungi than we are to plants.

We inhale oxygen and exhale carbon dioxide; so do fungi.

About 600 million years ago, the branch of fungi leading to animals evolved to capture nutrients by surrounding their food with cellular sacs — essentially primitive stomachs.

We share a common ancestry with these organisms.

Mycelia took a different evolutionary path, going underground and forming a network of interwoven chains of cells, a vast food web upon which life flourished.

These fungi paved the way for plants and animals.

Without fungi, the cycle of nature stops as we know it.

Matter does not decompose and nutrients are not made available for the next generation.

I encourage anyone interested to watch the film *Fantastic Fungi*, a visually stunning and engaging film that goes into detail about some of the concepts I've gone into.

One of my favourite documentaries since viewing recently.

Watch here:

Watch The Film *Fantastic Fungi* a Film about the Mycelium Network -

Film *Fantastic Fungi* covers mushrooms for wellness, Mycology, super mushrooms, medical mushrooms & the mycelium network.

<https://fantasticfungi.com/watch/>

The topic of Psychedelic Mushrooms is raised in the film where they show footage of The Johns Hopkins Psychedelic Centre's trials in giving psychedelic mushrooms to terminal cancer patients to enormous benefit.

They promote neurogenesis, creating new pathways in the brain

The moving footage shows the validity of using these powerful medicines to deliver spiritual and life-changing experiences.

This is an untapped resource that we in the west have culturally shunned due to misinformed governmental policies that group mushrooms with 'drugs'.

Fungi and mycelium are the key to producing a resilient and strong nature and we should aim to spread the knowledge about these incredible organisms and protect / discover them.

They could well hold the cure to some of the pressing issues of the modern world.

Phosphatidylserine - Boost your Memory, Exercise Performance and Cognition (THREAD)

Phosphatidylserine (PS) is an amino acid derivative compound that is fat-soluble and found in high amounts in the brain, where it contributes to cognitive functioning.

Image

I tried PS on a recommendation from a friend - my memory has noticeably improved as well as feeling generally more fluid in my cognition.

PS is vital for cognitive function, and supplementation in individuals seems to improve memory and cognitive capacity.

Studies in children and adolescents for the purpose of attention improvement tend to use 200mg, and a dose of 200-400mg has been used in adults.

The interactions of supplemental PS with cognition in healthy persons show a positive influence.

This is a result of a reduction in stress and excitation (the latter resulting in an increase in attention), with increased glucose utilization as an unexplored possibility

Phosphatidylserine improves memory function of the elderly Japanese subjects with memory complaints

Soybean-derived phosphatidylserine improves memory function of the elderly Japanese subjects with memory complaints - PubMed

Soybean-derived phosphatidylserine (Soy-PS) is a phosphatidylserine made from soybean lecithin by enzymatic reaction with L-serine. A double-blind, randomized controlled study was conducted to investi...
<https://pubmed.ncbi.nlm.nih.gov/21103034/>

I take 200mg twice a day of the Jarrow Formulas non-soy version found here:

[amzn.to/32kvfNH](https://www.amazon.com/dp/B000000000)

There appears to be a protective effect against cognitive decline with PS supplementation above 300mg when using the bovine cortex form;
pubmed.ncbi.nlm.nih.gov/1609044/

PS is thus a promising candidate for study in the early stages of Alzheimers.

Effects of phosphatidylserine in Alzheimer's disease - PubMed

We studied 51 patients meeting clinical criteria for probable Alzheimer's disease (AD). Patients were treated for 12 weeks with a formulation of bovine cortex phosphatidylserine (BC-PS; 100 mg t.i.d.)...
<https://pubmed.ncbi.nlm.nih.gov/1609044/>

An increase in time to exhaustion has been noted in cycling at 85% of VO2 max.

The Results show ergogenic (enhancing physical performance) properties of PS

Effects of phosphatidylserine on exercise capacity during cycling in active males - PubMed

This is the first study to report improved exercise capacity following phosphatidylserine supplementation. These findings suggest that phosphatidylserine might possess potential ergogenic properties.
<https://pubmed.ncbi.nlm.nih.gov/16394955/>

A decrease in exercise-induced cortisol has been noted with PS supplementation. Good for recovery!

Blunting by chronic phosphatidylserine administration of the stress-induced activation of the hypothalamo-pituitary-adrenal axis in healthy men - PubMed

The effect of chronic administration of phosphatidylserine derived from brain cortex on the neuroendocrine responses to physical stress has been examined in a placebo-controlled study in 9 healthy men...
<https://pubmed.ncbi.nlm.nih.gov/1325348/>

I encourage you to try supplementing PS and let me know if you see any improvements from it, I know I did!

•••

This interaction with selenium is part of the reason why excessive iodine taken longterm often causes issues

It requires plenty of selenium, magnesium, vitamin C, riboflavin, and niacin to be utilized properly in the body

Image

Ideally you'd get your daily dose of iodine from seafood, but if you do supplement I recommend an organic source (ie kelp capsules), as these include many of these cofactors

It is possible to overdose on iodine if you consume high doses of supplements or certain seaweeds

If you take iodine daily it's typically best to stick to roughly 200 mcgs per day, higher doses or highly concentrated seaweed sources work best if used intermittently

Make sure you have a surplus of nutrient cofactors, eating 1-2 brazil nuts per day is a good source of selenium

Meat, organ meat, and seafood contain the most b-vitamins and are good sources of magnesium, hemp seeds are a great source of magnesium as well

You should only get vitamin C from whole food sources, acerola cherry or rosehips are my preferred sources

The idea that we only need sunlight to get vitamin D is ridiculously harmful

This reduces the numerous benefits of sunlight exposure and the hundreds of compounds created by it down to a single supplement you can take (and even the vitamin D pill often does more harm than good)

The vitamin D we supplement is just one of more than a dozen forms the body actually uses

Some people may not be able to convert between these forms properly, and taking one in isolation depletes crucial nutrients like magnesium and retinol and can even crash calcium homeostasis

The bottom line is that there is no replacement for sunlight

It is the single most beneficial factor influencing human health, whether you get it through your eyes or skin or both, whatever the weather, wherever you live, GET SOME SUN

More on sunlight and mitochondria:

Unroll available on Thread Reader

https://twitter.com/ck_eternity_/status/1281679017372872704?s=19

More on melatonin:

Melatonin: the master antioxidant

I want take some time here to delve into what I consider to be the single most important antioxidant in the human body, that's right... melatonin. For those that don't know, antioxidants are a type of...

<https://www.multiflora-herbs.com/blogs/news/melatonin-the-master-antioxidant>

More on vitamin D forms and functions:

Why You Shouldn't Supplement Vitamin D with Jim Stephenson Jr and Morley Robbins - Mitolife Radio

What if that vitamin D test you got was bunk? Which of the 12 forms of 25-hydroxyvitamin D did they measure in your serum? Was it sulfated or unsulfated? Who determined what the "low" values are? What...

<https://open.spotify.com/episode/3K08j9D4bsDUwMevkhiZBK?si=S3vODi6GRDOMwAAYMTF2fg&nd=1&nd=1>

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Diet and Recipes

SOL BRAH

THE INESCAPABLE SCOURGE - VEGETABLE OILS (THREAD)

Did you know you are likely consuming industrial lubricants that have been repurposed for human consumption through global dietary propaganda and a corrupt seed oil lobby?

Info from raypeat.com/articles/artic...

Some examples of unsaturated oils are soybean oil, corn oil, safflower oil, canola, sesame oil, sunflower seed oil, palm oil, and any others that are labeled as "unsaturated" or "polyunsaturated."

You will see these oils in MOST IF NOT ALL PROCESSED FOOD.

Even 'artisanal' breads will have canola oil or vegetable oil in them, if they are mass produced and stocked for shelves.

YOU MUST CHECK INGREDIENTS. It's wild how many "foods" actually have it in them.

Almost any modern restaurant/fast food place will use these oils as the base for frying, cooking in frying pans, creating sauces or oils for marinading; it is impossible to avoid them as they are so much cheaper than using high quality olive oil or animal fats.

Unsaturated oils: When an oil is saturated, that means that the molecule has all the hydrogen atoms it can hold.

Unsaturation means that some hydrogen atoms have been removed, which makes it susceptible to attack by free radicals. Free radicals are reactive molecular fragments that occur even in healthy cells, and can damage the cell.

When unsaturated oils are exposed to free radicals they can create chain reactions of free radicals that spread the damage in the cell, and contribute to the cell's aging.

Unsaturated oils, especially polyunsaturates, WEAKEN the immune system's function in ways that are similar to the damage caused by radiation, hormone imbalance, cancer, aging, or viral infections

The material that makes these oils very toxic is the polyunsaturated fat itself.

These unsaturated oils are found in very high concentrations in many seeds, and in the fats of animals that have eaten a diet containing them.

These oils are now fed to pigs/animools in the form of corn and soy beans, which causes the animals' fat to be chemically equivalent to vegetable oil.

In the 1940s, chemical toxins were used to suppress the thyroid function of pigs, to make them get fatter + eat less.

When that was found to be carcinogenic, it was then found that corn and soy beans had the same anti-thyroid effect, causing the animals to be fattened at low cost.

The animals' fat becomes chemically similar to the fats in their food.

Ultimately, ALL systems of the body are harmed by an excess of these oils.

There are two reasons for this. One is that the plants produce the oils for protection, not only to store energy for the germination of the seed.

To defend the seeds from the animals that would eat them, the oils block the digestive enzymes in the animals' stomachs.

Digestion is one of our most basic functions; as a result, all of the bodily systems are damaged by the substances which damage the digestive system.

The second reason is that the seeds are designed to germinate in early spring, so their energy stores must be accessible when the temperatures are cool, and they normally don't have to remain viable through the hot summer months.

Unsaturated oils are liquid when they are cold, and this is necessary for any organism that lives at low temperatures.

These oils easily get rancid (spontaneously oxidizing) when they are warm and exposed to oxygen.

Seeds contain a small amount of vitamin E to delay rancidity. When the oils are stored in our tissues, they are much warmer, and more directly exposed to oxygen, than they would be in the seeds, and so their tendency to oxidize is very great.

Oxidative processes damage the body.

SEED OILS CAUSE HORMONAL IMBALANCES

Unsaturated oils block thyroid hormone secretion, its movement in the circulatory system, and the response of tissues to the hormone. When the thyroid hormone is deficient, the body is generally exposed to increased levels of estrogen.

Vegetable oil is recognized as a drug for knocking out the immune system. Vegetable oil emulsions were used to nourish cancer patients, but it was discovered that the unsaturated oils were suppressing their immune systems.

The same products, in which vegetable oil is emulsified with water for intravenous injection, are now marketed SPECIFICALLY for the purpose of suppressing immunity in patients who have had organ transplants.

Coconut and olive oil are the only vegetable oils that are really safe, but butter and lamb fat, which are highly saturated, are generally very safe (except when the animals have been poisoned)

Q: What can I do to offset the harmful effects of polyunsaturated oils?

A small amount of these oils won't kill you. It is the proportion of them in your diet that matters.

A little extra vitamin E (100 units per day) will take care of an occasional American restaurant meal

Unsaturated fats cause aging, clotting, inflammation, cancer, and weight gain.

Avoid foods which contain the polyunsaturated oils, such as corn, soy, safflower, flax, cottonseed, canola, peanut, and sesame oil.

Use vitamin E.

Use coconut oil, butter, and olive oil.

I recommend all of you to read the ingredients of your parent's/your food stores and see how many of them contain some manner of vegetable oil.

In salad dressings, baked goods, margarine, sauces, ready-made meals.

THROW THEM OUT. Is poison, not food.

Vince Garonda's Diet for Muscle Tissue Growth

Breakfast:

2 oz. Half & Half
2 eggs or whatever you can tolerate
1 Tablespoon Milk and Egg Protein
1 oz. Amino Acids

Mix the contents together in a blender

Supplements to be taken with this drink

3 Hydrochloric Acid Tablets
3 – 4 Enzyme Tablets
1 R.N.A Tablet
1 Organic Iron Tablet
3 Tri-Germ Oil Capsules
3 Vio-Gamic B-15 Pangamate Acid – Calcium

Lunch:

Hamburger Patty and Cottage Cheese

Raw Vegetable Salad

Supplements to be taken with lunch

3 – 4 Enzyme Tablets
3 Chelated Organic Minerals

Snack:

Natural, not processed, cheese

1 oz. Amino Acids

4 Alerphan tablets

Dinner:

Fish, steak, or hamburger, up to 1 pound

Cottage Cheese or Chicken

Supplements taken should be the same as breakfast.

Before Retiring:

3 - 4 Arginine Ornithine Tabs
3 - 4 L-Tryptophane
3 - 4 Calcium

Between Meals:

Every three hours take 6 Liver Tablets and 6 Amino Acid Caps.

Before workouts take the following:

4 Orchic Tissue Tablets 1 hour before workout and 4 more directly after workout

NOTE: I haven't fully researched all the stuff in this, just thought it was interesting to share.

I can attest to the validity of having cottage cheese, liver tablets, amino acid caps, cheese, half & half, eggs. High fats and quality proteins.

SOURDOUGH BREAD (THREAD)

One of my favourite foods, a staple in my diet and humankind's diets for thousands of years

If you're going to be eating bread, have sourdough!

Read on for sourdough history, nutritional info and some recipes of how I eat Sourdough Bread....

Sourdough bread is made by the fermentation of dough using naturally occurring lactobacilli and yeast.

Sourdough bread has a more sour taste and better inherent qualities than breads made with baker's yeast, due to the lactic acid produced by the lactobacilli
This fermentation process is pre-digesting the carbohydrates in the bread and the bacteria produce loads of nutrients while fermenting.

These nutrients will be in the bread.

This is why sourdough is inherently better for you than other 'breads' which don't deserve the name.
The sourdough preparation actually IMPROVES the ability of your body to absorb the nutrients provided (bioavailability).

In comparison to regular bread, the Magnesium, Zinc, and Iron are better absorbed by your body from a sourdough bread.
A simple one. Sourdough dipped in Extra Virgin Olive Oil, sea salt and pepper. A great entree to a meal. D

This is the result of the breakdown of phytate by the sourdough.

Phytate is an 'antinutrient' which reduces the availability of zinc, protein and other nutrients.

So the less phytate there is in your bread, the more nutrients you get
Sourdough Toast with Honey. A classic.

Ingredients in Proper Sourdough Bread

Flour
Water
Sourdough Culture
Salt

That's it. NO toxic vegetable oils, no fillers, no preservatives or stuff to make the bread last longer!

Some storebought 'sourdoughs' hide extra ingredients, so check the label!

Go to a legit bakery.

Sourdough:

- less gluten than other types of bread
- modifies the structure of the carbohydrate for a better glycemic index

Info to make sourdough

The Sourdough School | Sourdough bread & fermentation courses

Sourdough Bread Making Courses: The Sourdough School is based in Vanessa's beautiful Victorian Kitchen. Classes are small tutorial size.

<https://www.sourdough.co.uk/>

'Toad in the Hole'

Sourdough with a hole cut out, fried egg, cooked in EVOO, sea salt / pepper

Until the time of the development of commercial yeasts, all leavened bread was made using naturally occurring yeasts – i.e. all bread was sourdough, with it's slower raise.

Bread is older than metal; even before the bronze age, our ancestors were eating and baking flat breads.

One of the oldest sourdough breads dates from 3700 BCE and was excavated in Switzerland

Sourdough Toast used as a crunchy complement to a soft meal of scrambled eggs, brie and honey roasted macadamias

The centrality of bread to the Roman diet is shown by Jevenal's despair that all the population wanted was bread and circuses (panem et circenses).

My standard breakfast.

Eggs, avocado, espresso, sourdough

Overall a great thing to have in the kitchen, tastes delicious with butter, no preparation time other than toasting to quickly add to a meal

making your own is obviously best but finding a quality local baker is also an option (its what I do).

SALT - WHITE GOLD (THREAD)

Wars have been fought over it, animals trek for miles to find small amounts of it... but what makes Salt so valuable?

Salt comes in the form of sodium chloride, two elements that combine to create something CRUCIAL to optimal biological performance

Salt has been unfairly demonised by certain 'health organisations', when it in fact serves the body in a number of key roles:

The essential minerals in salt act as important electrolytes in the body. They help with fluid balance, nerve transmission and muscle function.

Salt has antibacterial and antiseptic properties allowing healing to take place in conditions such as eczema, acne, or psoriasis.

It also helps improve circulation. Your skin will not wrinkle in a salted bath because the salt allows the skin to hold hydration.

Not all salts are equal... You want a natural, unprocessed version (usually comes in flakes or rocks)

NOT the fine plain table salt you see in most fast food restaurants or diners. (second pic)

- Salt is vital to the extraction of excess acidity from the cells of the body, particularly the brain cells

- Salt aids in balancing blood sugar levels

- Salt is needed for the absorption of food through the intestinal tract

- Salt helps to clear the lungs of mucus and phlegm

- Salt is a strong, natural antihistamine

- Salt helps to prevent muscle cramps

RULES FOR HEALTH SALT INTAKE

1. Use unprocessed sea salt.

Celtic, French or New Zealand are good sources. Due to pollution, some sea salts can contain mercury and other toxic heavy metals. Redmond salt is also a great (USA) option

I use this TASTY: amzn.to/2zBfgPP

2. Always salt your food after tasting it to avoid adding too much salt.

If you have a good diet of raw, organic produce and quality free-range animal meats, using a quality sea salt to taste will add nutrition for your bodily needs

Taste can be an important barometer for salt

3. If you drink adequate amounts of water, adding a pinch of quality sea salt to each litre of water you drink will assist in maintenance of electrolyte and energy levels.

If you salt your foods liberally or eat processed foods, salting your water may not be necessary

4. Athletes who experience electrolyte loss through sweating may find that using a quality sea salt on their foods and in their water improves energy levels.

Becoming light-headed upon standing (due to low blood pressure) is a symptom related to low electrolyte levels.

RULES FOR HEALTHY FAT CONSUMPTION (THREAD)

Fats are important for numerous processes in the body, and low fat consumption is a leading cause of low test.

But which fats are good to eat, and why?

Read on for a summary of what fats to eat, what to avoid and how to eat them!

1. Good sources of quality fat include: olive oil, coconut oil/butter, palm oil, butter (raw is best), ghee (clarified butter), organic, grass-fed animal fats (lard, tallow), fish oil (be careful of source), some seeds (flax), avocados and nuts (raw, organic).

2. Always choose organic foods for safe fats.

Take note, MANY industrial chemicals and commercial farming chemicals are fat soluble and are stored in the fats of animals, fowl, fish and plants.

Buy local + organic where you know the farmer if possible

3. Fats to AVOID :

- Trans-fatty acids,
- hydrogenated or partially hydrogenated oils,
- vegetable oils (the high temperatures used to produce such oils will destroy the nutrients in the oil),
- fats from factory farm raised animals/fish

4. When purchasing Essential Fatty Acid supplements, make sure to determine the carrier oil if it isn't listed on the label.

Soy oil is commonly used because it's cheap. The carrier oils are often rancid and draw the antioxidant qualities from the good oil in the capsules.

When you open a new bottle of EFA supplements, bite one capsule open to taste and smell the oil.

You would be amazed at how often brand new bottles contain a batch of rancid oils. SAD!

5. Avoid eating roasted nuts because the roasting process causes the fats and oils to go rancid, increasing free-radical damage in your body.

In other words, they make you age faster. (vegetable oils do the same thing)

6. Avoid non-organic dairy sources. In many cases milk is loaded with the same sort of fat-soluble chemicals you find in meats.

If you can't get raw, and you can't find organic, avoid dairy.

7. Avoid any and all deep-fried foods unless you prepare them yourself and you use lard or coconut oil —even then frying and deep frying should be kept to a minimum!

I never personally deep fry anything

8. Always use heat stable fats and oils for cooking

Avoid using the polyunsaturated oils commonly recommended by diet 'health organisations'

9. MY advice is to NEVER eat from fast food restaurants.

They use low quality foods and fats, many of which are highly processed.

The temporary mouth-pleasure is never worth harming your body.

10. Mothers must go out of their way to assure their children get adequate omega-3 EFAs. Whatever it takes, feed your children organic food.

Anything that you eat is going to nourish the baby!

BOOST YOUR APPETITE - DESSICATED LIVER PILLS

Due to liver containing high doses of vitamin B12, regular consumption has a substantial influence on appetite.

Not to mention the high concentration AND bioavailability of different nutrients that will lead to increased vitality...

Image

The absolute best quality Liver Pills on the market are made by Ancestral Supplements, from grassfed cows in New Zealand, check out the link here.

Ancestral Supplements - Buy Now Through Shopify Or Pay With Amazon

Ancestral Supplements - Buy Now Through Shopify Or Pay With Amazon

<https://ancestral-supplements.myshopify.com/?>

[rfsn=3975599.5976c7&utm_source=refersion&utm_medium=affiliate&utm_campaign=3975599.5976c7](https://ancestral-supplements.myshopify.com/?rfsn=3975599.5976c7&utm_source=refersion&utm_medium=affiliate&utm_campaign=3975599.5976c7)

Liver also contains hemme iron, which is the natural state of iron found in animal tissue.

Hemme iron will increase your count of red blood cells, which has a myriad of benefits.

If Ancestral Supps is a bit out of your price range, UniLiver also do a great product I've used before. I definitely notice the difference when I'm taking this vs when I'm not.

The BIGGEST mindset change to help with diet...

Start viewing food as FUEL, Your body as a machine
put the wrong fuel in your car = the engine fucks up

Your body is no different. The human body is resilient,
SO much so that you can get away w/ eating garbage...

for a while..

Image

Once you learn the basics, take charge and start to respect your body.

it changes your perspective.

you see food for the nutritional quality
you see processed stuff as poison (which it is)

no longer do you crave junk food,
why would you crave something that harms you?

Image

From now on, you're not someone who treats their body like an amusement park

no longer trading cheap temporary mouthfeel for negative health benefits and dysfunction

eat only whole foods, prepared yourself
minimal processing
nothing packaged
cut alcohol, seed oils
making these changes alone will result in physique improvements...

no toxic estrogenic byproducts
no empty calories not giving your body what it needs

emphasising high quality fats to synthesize crucial hormones,

quality amino acids (animal protein) to repair muscles

Image

Making sure you're eating enough or not too much now this might seem daunting for some.

But I personally have never counted calories or macros.

It's an tedious step not needed for most, ONCE you have a rough idea.

As long as you're in the ballpark of calories

(usually for muscle building, this means EAT MORE)

Your body's metabolism runs hot

lifting weights means the calories go to good use

organic and locally sourced if possible

translates to lower body fat, improved mental faculties

So where do you start if you don't know what to eat?

Discover how I eat the way I have to create my physique.

WITHOUT the headache of measuring food

WITHOUT 20-step recipes

WITHOUT compromising on taste

Food you can cook in 15 minutes

Food you can be sure is helping you WIN

The typical bro-diet neglects micronutrients and taste

With no mention of probiotics or gut health,

My diet framework contains essential digestive enzymes that help break down what you eat

+ Whole food probiotics that support neurotransmitter production

Check out 'Cooking with Sol Brah' - your complete guide to eating food that will take your physique to the next level.

It's simple, It's wholesome

Above all, it's delicious and will support your athletic endeavours.

The issue of eating 'bad' quality food is not just one of calories and fat gain.

The quality of food you're consuming has a direct and measurable effect on your quality of life ACROSS THE BOARD:

- Muscle quality
 - Mood
 - Energy Levels
 - Fake flavours/preservatives
 - Digestion
- Image

Stop only thinking in terms of calories when you cheat on your diet. Don't even think in terms of cheat meals.

Have a meal consisting of whole foods sourced well. Don't 'cheat' with fake garbage.

To illustrate my point further - The quality of animal meat increases when the animal is raised free range, has a great diet, shown love, raised outdoors etc.

We want our animals treated well, respected and loved while they are alive and thus the meat will be better quality.

IF you want YOUR MEAT to be higher quality, then follow the same approach and don't disrespect your body by giving it doritos my guy.

This is CLEAR evidence that the quality and health of YOUR muscle is influenced by your diet, mental health, time spent outdoors AND exercise.

BULKING / WEIGHT GAIN TIPS (THREAD)

LET'S GET BIGGER:

1. ditch the fasting

optimal hypertrophy is not gonna happen when eliminating a large part of the day from eating

not only does it make it harder to get calorie goals, fasting = not optimal hormonally for putting on muscle

good for losing weight, not for putting on weight

2. Extra virgin olive oil on every savoury meal

drizzle that shit, really soak it. Extra calories and a healthy 'sauce' for all of your meals that doesn't affect stomach space (your limiting factor)

3. drink your calories

liquid = fits in stomach easier

precisely why they tell you not to do this when eating for weight loss = the reason we employ this strategy to get yuge.

fresh orange juice with a meal, glass of milk, smoothies etc are great ways to up the calories

4. Eat every 1.5 hours

doesn't have to be a huge meal, but make sure you're supplying your body with what it needs to build muscle.

Additionally, this constant influx of nutrients tells your body it has the excess needed to produce the metabolically costly muscle cells.

5. digestive enzymes

it's all well and good to eat a load of food, but if it's not being absorbed then what's the point?

Pineapple with animal protein for bromelain

Betaine HCL before large meals

Liver Pills with meals to promote digestion

6. bulk clean

don't reach for the domino's bro. It's never worth it to dirty bulk and you'll just end up feeling bloated and gross, fucking up your body's insides.

7. eat foods you like

when you're enjoying your meals, the more likely you are to eat them. Sounds simple, but some people forcefeed

themselves dry chicken breast and broccoli because they read it was good on bodybuilding . com

stay clean though!

if you're unsure as to what clean foods to eat and how to prepare them deliciously, check out Cooking with Sol Brah: Your Complete Guide to Eating with Vitality:

Cooking with Sol Brah - Your Complete Guide to Eating with Vitality

Cooking with Sol Brah details HOW and WHY to eat for optimal life and fitness success; this book will set the framework for your eating for the rest of your life. Over 65+ Pages of quality recipes, he...

<https://gumroad.com/l/HtQbu>

8. take a walk kid

walking after a meal will help move the food through the digestive system.

This goes a long way to reducing the possible bloating and feeling of lethargy from smashing a big meal.

9. Raw Eggs and OJ // Cream

The perfect snack of quickly made carbs, test-boosting cholesterol and protein.

Equal parts fresh OJ to Raw Egg

Dash of cream

whisk together. smash it down.

10. Take a breather

before every meal, settle your body and activate the parasympathetic nervous system by taking 10 deep breaths through the nose and bring your mind to the meal.

Blood flow will move to the appropriate parts of the body and digestion will be enhanced

11. Eat quickly

for those that struggle to eat a lot, we want to get the food in and maximise the 'use' of our hunger before anti-hunger hormones are released in response to the food.

Of course, ensuring you're chewing appropriately and not forcing it down.

12. Pre 'chew' your meals

what I mean by this is to, as much as possible, break down the food into bite size pieces

e.g. eating ground beef or slicing up steak into small pieces on the before consuming.

We want to make the job of eating as simple as possible.

13. Use a large bowl

with an increased volume of food, a practical tip is to eat out of a large salad bowl instead of a plate

if you can fit your main meal on one plate, chances are you should bump it up

14. Your stomach and appetite will adjust to whatever you make it do

While at first, you may need to forcefeed yourself a bit,

once your body gets used to the new volume of food, the stomach will expand,

it'll get easier and you'll get hungrier.

15. Prep your meals

Spend the extra time on the weekend preparing wholesome meals and locking them in glass tupperware containers for the days ahead. It is worth the extra time.

Doing this ahead of time is more convenient but also gives you less chance of bitching out of eating

WHY YOU SHOULD EAT ORGANIC (THREAD)

Scientific studies show that unequivocally that there is far more nutrition in food raised organically.

Additionally, there are detrimental effects to the consumption of any commercially raised food.

There are two reasons for this.

Image

1. Commercially raised food carries the residues of the toxic chemicals within and on them.

2. The soil microorganisms responsible for generating the nutrition to feed the plant + provide the immune system of the plant are killed by chemical fertilizers/pesticides

In the year 1900, the amount of organic food being consumed was dramatically higher than it is today.

In the year 1945 they sprayed 200,000 pounds of pesticides and herbicides on American farming soil.

Image

In 2002 they sprayed two billion pounds, yet crop losses were double what they were comparatively in 1945.

What does this tell us? The toxic pesticides and chemicals they spray in the name of crop yield isn't working; yet they continue to use the same leverage to sell chemicals

One of the things commercial farmers do is put huge amounts of salt on the ground so the plants have to suck up huge amounts of water to neutralize the salt to live.

This makes for bigger, lovely looking produce, but in reality you get produce that is big but nutritionally empty

Image

The people who say organic food is not worth it are people who don't have enough mental capacity to ask and answer their own questions.

They are puppets for the media, regurgitating information that's been fed to them by people who have a strategic plan to SELL THINGS.

A problem in western culture is an excess of calories without any nutrition.

Your brain tells you to stop eating when you have adequately given the body appropriate nutrition.

If you're eating empty processed garbage with nothing in it, your brain tells you to just keep eating

This is why a fatty steak or eggs are so satiating - they contain so much nutrition of the key things that satiate the body that you inevitably have to eat less to get the same fuel for the body.

Red meat isn't bad for you, but commercially raised and poisoned meat is.

The quality of food you eat is directly related to your energy, mood, physical performance and life in general.

It's worth the extra money to spend on organic and quality food; you're also contributing to the larger societal issue to defund the mass produced garbage.

Once you have your quality food sources figured out, put it all together in easy and quick, delicious recipes that will support your digestion, bodybuilding goals and give you the energy you need to smash life.

There are changes that occur in the cells of the body over a long time period,

E.g. Fat cells take about 8 years to be fully replaced within the body

This means it will mean years of eating quality fat sources for your body to replenish itself.

This is also why you can experience a slow decline in health over months on a Vegan diet, not straight away.

it takes a long time of proper nutrition to see upper end performance benefits

And this is why it's crucial to see changes to the diet as a consistent, irreversible lifestyle change, rather than just "eating well for a few months to get fit".

You will of course see benefit every single day you make better choices, but keep in mind that this is a lifetime shift in sourcing wholesome, quality nutrition across the board.

proper dieting mindset (thread) :

it's not a 'strict' diet

its eating the food that're gonna give you the most energy, the most health + utmost potential for life

it's completely stopping consuming mass-produced garbage that's actively harming you

I always laugh when people ask 'don't you ever just wanna wolf down some Domini's icecream and pizzas?'

no, not in the slightest.

It literally doesn't even taste good. I can feel the processed nature of it - it's spiritually wrong.

I'll choose a wholesome, homecooked meal that will energise and heal me every time.

But the thing is, you don't have to eat dry chicken breast and broccoli.

when I cook my meals for people they will say that its delicious, not like traditional bodybuilders food.

It's just bodybuilder amounts of quality food.

yeah, EVERY meal that I cook I'm enjoying - which makes it so much easier to stick to eating that way.

The argument that people tell themselves as why they don't eat healthy is because

'aw but this food tastes so much better'

gets destroyed when you see how you can prepare food that you look forward to.

As long as you know the basics - what to avoid, what flavours go together , eating quality foods and avoiding some core metabolically costly ingredients

You CAN eat delicious, large portioned meals and stay lean when its coupled with heavy resistance training

And you don't have to dedicate an exorbitant amount of time to it.

It doesn't have to be this 17-step marathon.

The way to consistently eating healthily is to get quality ingredients, stick to a certain group of well digested and nutritious foods + cook meals you enjoy

we also tend to think that eating stops in the mouth, so once its gone inside we forget about it.

you can think of the human body as a large donut,

with the digestive tract being the donut hole

when you truly conceptualise what you are doing with foods when eating and placing it inside you

your desire to eat this weird chemical laden approximation of food goes out the window

its as simple as that

not the mention the other aesthetic qualities to eating the Sol Food way

Improved musculature, clearer skin,
higher energy = more attractive energetically

its this multistage carry-on effect that doesn't end with just what you're eating
so when you have a honest, logical look at what 'eating badly' is really doing to you

+ couple it with incredibly tasty, simple alternatives

the choice AND the discipline becomes easy.
Discover exactly how I eat...

how I cook, simply
how I look forward to my meals every day
how I support my lifting with natural foods

CARBOHYDRATES (THREAD)

Organic compounds that includes sugars, starches, celluloses, and gums and serves as a major energy source in the diet of animals.

The best sources of carbohydrate for the bodybuilder are white rice, sourdough bread, fruits and potatoes.

Image

Image

This is because they are easily stored as muscle glycogen (the primary fuel source for skeletal muscle tissue during prolonged strenuous exercise).

Energy Content - 4 calories per gram

Recommended Intake - 1.5g per pound of body weight

Carbohydrates are in general good for getting calories in, they tend to be very palatable and relatively cheap.

This makes them a great food source for the beginning bodybuilder.

Glycogen is the main component in the anaerobic glycolysis mechanism of ATP (energy) production and ATP is what fuels intense muscular contractions.

Each set you do decreases the muscles' momentary ability to produce ATP and the substrates required to produce more ATP

Image

Time is then needed for stores of these substrates to be replenished so that intense muscular work can be performed again

If muscle glycogen levels are low you won't be able to produce sufficient ATP and you'll be weaker and have less endurance for strength and size training.

The relationship is quite simple: Low glycogen = low ATP availability = poor workouts = poor results.

How do we most effectively "top up" our muscle glycogen stores?

By the proper selection, quantities and timing of dietary carbohydrates.

Loosely, consume simple carbohydrate (fruit, milk) quickly after your workout to decrease cortisol levels and replenish glycogen.

Within an hour, have a larger meal of more complex carbs and proteins.
This is an excerpt of the diet information in Cooking with Sol Brah

Not only is it full of glorious recipes...

It sets the framework for why and how you should eat
for health AND bodybuilding success.

CK ETERNITY

Alcohol is a perfect example of how two substances can interact after they are consumed

On it's own alcohol fails to induce severe liver damage when fed to animals as 25-30% of their dietary calories
However, when it's combined with polyunsaturated fats the subjects develop liver scarring and fail to recover even after the alcohol is removed

In a separate group where the polyunsaturated fats are swapped for saturated fats after the alcohol is removed, the liver heals rapidly

Multiple variations of this experiment have been tested with the same results

I've also come across one studying correlating reversal of liver disease with increased beef consumption (red meat contains primarily saturated fat)

What concerns me here is that polyunsaturated fats are the primary fats/oils consumed in the average american's diet, it's no wonder we're seeing more and more non-alcoholic fatty liver disease

Saturated fats: found in coconut oil, butter/ghee, cocoa butter, beef tallow, red meat, etc

Polyunsaturated fats: found in corn/soy/vegetable oil, sunflower oil, most nuts, seeds, grains, etc

*I want to clarify that consumption of many foods containing PUFAs is a pro/con scenario

Personally I think the benefits of some like seafood or olive oil outweigh the risks, the biggest to watch out for are industrial oils/grains, especially if you plan to be drinking

Here are the studies if anyone is interested:

[pmid.us/7615205](https://pubmed.ncbi.nlm.nih.gov/7615205/)

[pmid.us/16108051](https://pubmed.ncbi.nlm.nih.gov/16108051/)

[pmid.us/15051845](https://pubmed.ncbi.nlm.nih.gov/15051845/)

Beta carotenes have many health benefits, but I don't recommend them as a primary vitamin A source for two reasons:

1. most people convert them poorly, so if you get "100%" of the rdi for vitamin A from eating carrots you only absorb as little as 5%
2. there are a few different isomers of carotene and multiple enzymes that convert them to retinol (active vitamin A), some of these form an "anti-retinol" that takes up receptor sites but blocks them instead, this can result in vitamin A deficiency if they are consumed in excess

Image

These issues are linked to multiple gene variations present in a significant portion of the population, consuming retinol is essential for many people

This is why it's extremely irresponsible to recommend a 100% vegan diet, nutritional deficiency needs to be taken more seriously

This is your reminder to DRINK WATER ☺

Water goes into every single process in your body, in a sense it's the ultimate nutrient, you can't detox or support a healthy mental state without it

If you're new to nutrition and trying to get healthier start here

Don't use juice or milk to hydrate, these should be treated as nutrient dense foods, not a replacement for water, juice especially is way too high in sugar and shouldn't be used to replace fruit

Soft drinks are literal poison and should be avoided at all cost

You need to drink water first thing in the morning to properly get your body started for the day, putting some electrolytes (sea salt, magnesium chloride, etc) in it can be a great way to boost your mind + body as well

Herbal tea is good way to add nutrients and medicinal herbs to your diet as well

Caffeinated tea and coffee should only be consumed in moderation, and adding sugar to either only spikes your blood sugar and hinders any benefits they have

The connection between elevated inflammatory cytokines and depression was actually first discovered in cows

Many farmers noticed that sometimes individual cattle would isolate, stop eating, etc, essentially showing symptoms of depression

When researchers began investigating this phenomenon they found that the cattle had no physical illness to explain the symptoms

What they did find was that if they drew blood from a depressed cow and injected it into a healthy cow the latter began showing symptoms as well

The bloodwork showed that the common denominator was cytokine elevation

For those that don't know, cytokines are how the body controls inflammation, they should only be elevated during infection

When they are chronically high it causes a huge range of health issues

Ketamine therapy actually works by resetting the cytokine system, however if inflammatory triggers are not removed booster doses are necessary and it often doesn't work longterm

Inflammation may well be the root cause of almost all mental illness

THE NAD⁺/NADH RATIO

How the balance between the two can positively or negatively affect your health, and how to utilize NAD⁺ to promote longevity and reduce inflammation

THREAD //

NAD is an abbreviation for nicotinamide adenine dinucleotide, a compound formed in the body that is used as a cofactor for tons of different processes in the body

Essentially NAD comes in two forms, NAD⁺ and NADH

NAD⁺ is missing an electron, which give it a (+) charge

NADH has an electron, represented by the extra H, giving it a neutral charge

This property makes NAD very useful in the body, as many chemical reactions that occur there require either the gain or loss of an electron

When a reaction puts off an extra electron NAD⁺ picks it up, when a reaction needs an extra electron NADH provides one

Of the two forms, NAD⁺ is the one you need more of, as it plays a role in energy production and mitochondrial function

Studies show that higher NAD⁺ levels are correlated with reduced chronic inflammation, and intravenous NAD⁺ has even been shown to alleviate drug withdrawal

Symptoms of low NAD⁺ include:

- chronic fatigue
- atrophy
- inflammation
- certain signs of aging
- neurological issues

Overall NAD⁺ is beneficial to health and promotes longevity, but studies show that most people have more NADH especially those with severe health issues or addictions

So how does the ratio become imbalanced towards NADH?

- Since NAD⁺ is primarily used to metabolize energy, high carb consumption causes almost all of it to be converted and it takes the system some time to reset, if this is a chronic issue the lack of NAD⁺ begins to impact other processes in the body

- NAD is primarily created from niacin, in cases of niacin deficiency, the body adapts to produce it from the amino acid tryptophan, which is far less effective and results in the production of neurotoxic byproducts like quinolinic acid and reduced serotonin levels

- Inflammatory/oxidative stress is another factor that burns through NAD⁺, in cases of addiction, as we age, and even as a result of certain foods (i.e. wheat), our systems become inflamed and burn through cofactors trying to prevent this from causing damage over time

So what are some ways to increase NAD⁺?

- Fasting, allows the body more time to produce cofactors like NAD⁺ between meals and reduces inflammation overall

- Eating foods rich in niacin, which promotes efficient production of NAD⁺, niacinamide is best suited for this purpose

- Avoiding inflammatory triggers, I've spoken on this elsewhere, but the biggest are sugar, GMO's, wheat, smoke, and excess alcohol

- Black seed oil, an amazing herb that promotes the conversion directly through the SIRT1 -> AMPK pathway (@grimhood first pointed this out)

- Ketogenic diet, ketones reduce the production of free radicals, which results in higher NAD⁺ levels

There are a few other supplements such as NMN that are believed to increase NAD⁺ but as far as I can tell they are still under some debate, so do your own research

This effects of different shifts in this ratio are complex, and I couldn't cover everything here, but this should act as a good introduction to the topic for those interested

If you have any further questions feel free to reply or DM me!

Save as PDF My Authors

I've been studying the chemical composition of breast milk and it's actually quite fascinating

For example: most of the protein in milk is in the form of casein, when casein is digested it forms a group of proteins called casomorphins which imitate endorphins

I have a theory that they create a sense of comfort and play a role in physical bonding (if they cross the BBB)
Breast milk also contains a type of soluble fiber known as human milk oligosaccharides (HMOs)

HMOs are the preferred food of Bifidobacteria, a genus of beneficial organisms in the gut, breast milk contains bacteria as well and is the first probiotic infants consume

Oddly the macronutrient ratio of breast milk (specifically lactose/lipids) shifts throughout each feeding and even over time as the infant grows

I don't know whether this happens to fulfill changing energy requirements or if it's just random, but it is interesting
Update: apparently these changes happen as a result of what's called the "mother-infant dyad"

Nursing mother develop a symbiotic relationship with their child and their milk adapt accordingly, different milk is produced for girls vs boys, premature vs on-schedule, etc

Breast milk produced at night actually contains a significant dose of melatonin

Studies show that because of this breast-fed babies are more likely to sleep through the night

Eczema is actually a symptom of omega-6 deficiency, there are two ways such a deficiency can occur

1. Not consuming adequate PUFA in the diet, this is extremely uncommon but possible

2. Excess oxidation of PUFAs preventing them from being used by the body, which is most likely

Oxidation can occur outside the body in cases of poor storage or high temps used in cooking (a common issue with restaurant food), but in many cases the oxidation occurs within the body

Fatty acid oxidation is used by the body to create inflammation and fight off infection

When omega-6 fats aren't able to be used effectively in the body it indicates that the body is either fighting off chronic infection or baseline inflammation is dysregulated as a result of triggers like sugar, pesticides, wheat/corn/soy, etc
If chronic infection/inflammation is present consuming NAC, zinc, copper, selenium, vitamins C + E, and sunlight is helpful

Choline, serine, and inositol are also important as they fuel production of phosphatidyls which help prevent fatty acid oxidation

This is a more detailed explanation of how fatty acid oxidation works

This is a good overview of inflammation and how to manage it

Psoriasis is a result of cytokine elevation, generally a result of chronic inflammation, toxin exposure, and in some cases genetics or coinfection

Angiogenesis (malignant vascular growth) also plays a role, it's essentially caused by:

Omega-3 + Vitamin A derived proteins + chronic oxidative stress

Excess of the first two is rare, so management of chronic oxidative stress and inflammation is the primary focus

The same nutrient supplements apply, though in this case excess omega-6 can contribute to inflammation so it should be balanced (omega-3/6 ratio at 1:1)

Sunlight is CRUCIAL, light therapy is actually a medically recognized treatment for the disorder
This thread on inflammation is also important

Unroll available on Thread Reader

Some herbs broadly inhibit cytokines and may reduce symptoms including:

- skullcap
- magnolia bark
- black seed oil
- oat straw
- astragalus

There are some pharmaceutical drugs (interleukin-23 inhibitors) that are also available in self-injections with good results

At the most basic level, acne is caused by excess keratin and sebum production which blocks your pores

The lower oxygen level in blocked pores allows the bacteria *P. acnes* to grow there, causing inflammation and pain as the immune system responds

One of the biggest factors that increases sebum/keratin production is high insulin, which is why diets high in certain carbs are often associated with acne

Insulin also increases androgen receptor sensitivity in the skin, this results in what's known as "hormonal acne"
Sebum contains a number of protective fatty acids

Deficiencies in certain nutrients or a chronic inflammatory state cause these fats to be oxidized, making them inflammatory and further worsening acne
So what can you do?

Nutrients that protect against fatty acid oxidation on the skin include zinc, selenium, vitamin C, and especially vitamin E

Topical treatments containing retinol or DHEA have also been shown to have some benefits for acne/scar treatments
Keeping carb consumption to a minimum will also likely help reverse chronically high insulin

Insulin resistance can also be reversed to some extent through the use of AMPK activating herbs, such as jiaogulan or berberine

Chromium is a mineral that helps regulate insulin as well

Aside from that, taking good care of your gut and doing what you can to manage excess inflammation will be helpful for acne and numerous other health issues longterm

This is a good intro to inflammation if you're new to the subject

Unroll available on Thread Reader

The causes of acne are numerous and complex, so the supplements and information listed may not be helpful in every case, but it is a good framework to start from that will improve general health and well-being either way

ATP (or adenosine triphosphate) is what the mitochondria creates and breaks down to make energy to fuel the body

It is still a physical compound however, and actually serves as an activator/cofactor for many reactions, almost like a vitamin or mineral

For example, ATP is required for the activation of what are called protein kinases

These are a class of enzyme that alter protein structures throughout the body by adding phosphate groups to them

ATP contains three phosphate groups and donates them to fuel kinase reactions
Let's look at one example:

You may have seen me mention the AMPK pathway before, AMPK has many beneficial effects including restoring insulin sensitivity, triggering fat breakdown for energy, limiting fat storage, and promoting ketosis
AMPK is activated by ADP and AMP, two of the byproducts of ATP metabolism

What does that mean?

When there's a shortage of ATP and an abundance of ADP/AMP (i.e. during fasting) the body will switch to burning fat for energy, the process is entirely governed by ATP
Other processes are activated only during an abundance of ATP

We are naturally adapted for varying states of energy, likely as a result of seasonal availability of carbs/fats, this cycle has many benefits

This is why I advocate for things like cycled ketosis or fasting

HOW TO OPTIMIZE YOUR MITOCHONDRIA

I've been working on a protocol for the last few weeks designed to fully enhance mitochondrial health, and as a result overall health and energy production

This is the basic framework that I'll be adding to over time

THREAD //

Mitochondria are the primary cellular organs in humans and most all non-plant species

At one point they existed as independent bacteria, but were absorbed by larger organisms and formed a symbiotic relationship, with the mitochondria making energy and the cell protecting it
All the energy in your body is produced in the form of ATP (adenosine triphosphate), which is broken down and recycled throughout the day

ATP also serves as a cofactor for protein kinases, which modulate most of the body's functions through altering protein structures

ATP is produced through a combination of two mechanisms:

The first is a proton gradient, on one side of the mitochondria there are a large number of protons while on the other there are only a few, this keeps protons constantly flowing in one direction driving energy production

The second is the flow of energy as electrons across the surface of the mitochondria

These electrons are harnessed through the electron transport chain, which is the other energy driver and how the body maintains proton flow

If you've recently taken a biology class or studied cellular function most of this likely hasn't been new information to you

However this is where we get into what I've found through the last few weeks diving deep into the literature and work of many mitochondrial researchers

It seems that melatonin is the master regulator of mitochondrial and overall bodily function

Based on everything you've heard about melatonin this will likely sound crazy, but I predict it will be a widely accepted fact within a decade or two

Even now if you go to PubMed or another research database and search "melatonin mitochondria" you'll find hundreds of papers from which I've pulled this information

I have no idea why all this isn't being widely discussed, but here goes:

We typically think of melatonin as being produced in the brain at night, but it's likely produced in every mitochondria in the body, and the brain, throughout the day

In both places it serves different functions, and in all cases it's produced in response to red light
In the mitochondria melatonin is the master antioxidant

Free radicals are mitochondrial waste products, they are used to signal to the nucleus but in excess they damage DNA and become toxic

Melatonin modulates free radicals and keeps the cell functioning
Melatonin also downregulates NF-kB, the master inflammatory gene pathway

It activates SIRT3, a pathway associated with anti-aging benefits

It protects gene expression and prevents cellular injury, it modulates calcium channels

It even been shown to generate new mitochondria
Melatonin also stimulates a process called oxidative phosphorylation, the burning of fat for energy

This essentially undoes any damages done by carb consumption, converting inflammatory NADH to beneficial NAD⁺, and boosting ATP production

I believe this shows that carb consumption is not necessarily the issue, perhaps the greater problem is the loss of seasonal eating and lack of time spent in the sun

More sunlight = more melatonin = less inflammation/toxicity from carb consumption
In the brain melatonin has even more benefits

It still maintains all the effects listed above, but beyond that it is the master regulator for circadian rhythm, and even most hormone function

Do NOT supplement melatonin as it reduces your body's production, this is important
When red light hits the eye it triggers melatonin synthesis, just like in mitochondria

But while cell melatonin is active throughout the day, circulated brain melatonin is released progressively until it triggers sleep

Just remember, melatonin production starts in the morning
Melatonin increases testosterone activity by triggering the release of luteinizing hormone, it also inhibits aromatase, blocking testosterone -> estrogen conversion

It reduces cortisol, modulates dopamine and beta endorphin release, and increases sleep cycle stability
One of the most important functions of melatonin is to increase levels of DHEA

DHEA is the precursor to both testosterone, estrogen, and progesterone, and therefore the cornerstone of the hormone system, it is actually the most abundant hormone in the body

DHEA is also key for ATP production, it activates a mitochondrial receptor class called the sigma receptors

When sigma receptors are activated they have a protective effect on mitochondria by blocking calcium channels, to put it simply this increases ATP production
Sigma receptors also promote free radical signalling to the nucleus

In moderation this increases ATP production, DHEA serves as the perfect counterbalance for melatonin's antioxidant effects

There's so much more I could go into here, but I want to shift focus to what I believe are the three pillars of optimal mitochondrial function, they are:

- SUNLIGHT

- WATER

- EMF
SUNLIGHT

Our bodies are entirely optimized around light exposure, we get mostly red and infrared light in the morning, a mix of blue and red light around noon, and more red and infrared light around sunset

Now remember that red spectrum light stimulates melatonin

This means that upon waking we need sunlight exposure, and optimally red spectrum light, this stimulates melatonin production throughout the day which equals more ATP and better sleep that night
Blue light (i.e. almost all artificial light) stimulates cortisol production, blocks melatonin production, and causes nitric oxide to pool in cells

Excess nitric oxide blocks the enzyme cytochrome C oxidase, which is part of the electron transport chain, crashing ATP production

Blue light = a mitochondrial toxin

When it's paired with sunlight the red and infrared light balances this out

Turn off your lights at night, spend as much time as possible in the sun, and watch the sunrise and sunset, you'll sleep better and live longer

WATER

The body is only able to produce a fraction of the ATP it needs per day from food, so where does it get the rest of it's energy?

From sunlight and water

That's right, humans photosynthesize, just not in the same way plants do

When sunlight hits water it causes protons and electrons to split off, these are used by mitochondria to make more energy
This process is enhanced by what's known as exclusion zone water, or EZ water, which forms in the body and pools electrons

The concept is too complex to explain here but look into the work of Gerald Pollock if you want to learn more
Dehydration is the biggest threat to this process, as it lowers the ability of mitochondria to form a proton gradient, which results in impaired ATP production

Which means DRINK PLENTY OF WATER
EMF

Electromagnetic fields can be both good and bad, we are perfectly adapted for the earth's magnetic field, and being closer to the earth actually has benefits

The practice of walking barefoot on the earth is known as grounding

Sunlight hits the earth resulting in buildup of free electrons, our bodies absorb these when we walk on it, this results in less inflammation and free radicals, and more ATP production

Unroll available on Thread Reader

EMF from your cellphone, computer, wifi, etc disrupts your natural adaptation to the earth

It dehydrates your cells, and stimulates calcium channels and nitric oxide release, both of which lower energy production by blocking the electron transport chain
This is just the basic framework, but it's a good start

I offer consultations, if you want me to walk you through everything I know about this subject, this thread is just the beginning

Homocysteine is a intermediate in part of the methylation cycle, a pathway that provides carbon groups and regulates gene expression throughout the body

When the cycle becomes imbalanced it builds up, causing cardiovascular issues, neurotoxicity, and other damage longterm
Image
Homocysteine is normally converted into methionine or cysteine, but deficiency of certain nutrient cofactors halts this process

The biggest ones are folate, B6, B12, and choline
Image

Certain genetic issue also cause elevated homocysteine, the most well-known is mutation in MTHFR, which occurs in about half the population

MTHFR is the enzyme that activates folic acid, this means that the synthetic folate from fortified foods or most supplements isn't absorbed
On top of that, most people don't get enough choline from their diets, so the body synthesizes the rest from methionine

Many people can't do this as a result of mutation in PEMT, one of the enzymes in this pathway
While the effect on cardiovascular health is well-documented, I think elevated homocysteine may also play a negative role in mental illness and addiction, both of which are strongly associated with nutrient deficiency
If you're concerned and want to make sure your B-vitamins are being absorbed, just buy the form sold as "activated B-complex"

Getting foods high in choline also helps support homocysteine metabolism, neurotransmitter function, and general detox, you need at least 550 mgs per day

Thiamine is a cofactor for the enzyme carbonic anhydrase which facilitates oxygen uptake, thiamine deficiency induces mild hypoxia

The increased level of CO₂ in the blood increases acidity (and therefore free protons) in the body, which destroys redox potential
Thiamine deficiency = less oxygen = less negative charge in the mitochondria = less energy production, which sets the stage for illness
Thiamine is also a cofactor for the single most reducing pathway in the body, the pentose phosphate pathway

The PPP helps synthesize cofactors for ATP production, and maintains the redox potential which further supports the potential for energy creation
Thiamine is also a cofactor for pyruvate dehydrogenase, one of the "gateway" enzymes in ATP production

Thiamine also acts as a cofactor for α -ketoglutarate dehydrogenase, which supports the citric acid cycle, also a core component of energy production

Less thiamine = less ATP

This is why I say thiamine is the most important mitochondrial nutrient, most anyone dealing with health issues should

consider supplementing it

Just be aware when you replete deficiency in thiamine the jump start to mitochondrial function can increase demand for other nutrients

This results in a set of symptoms called "refeeding syndrome," if you have side effects at first adding an activated B-complex and magnesium can help immensely

Focusing on eating nutrient-dense foods like meat and seafood is crucial

Symptoms usually pass in a few weeks

And of course, supplementation only goes so far without sunlight, proper hydration, and spending time outdoors (preferably barefoot)

These three practices are essentially how the body keeps the water in it charged like a battery

Finally, I'd like to remind you all that proper nutrient status is the best way to insure your immune system can handle Covid smoothly if it needs to

Thiamine is important here too, but niacin, zinc, vitamin C, vitamin K2, and especially vitamin D are as well

There are still many mysteries left when it comes to understanding the human body

For example, many of the capillaries in the vascular system actually have a smaller diameter than that of red blood cells, they shouldn't be able to move blood through but somehow they do

Also, if you look at the energy exerted by the heart and compare it to how much it takes to move blood there's an offset, almost as if there's some other force pushing bloodflow as well

New theories on EZ water may help explain this but we aren't certain

Unroll available on Thread Reader

https://twitter.com/ck_eternity_/status/1284592094011695104?s=19

Even ATP has been called into question, when it was first discovered many scientists claimed the idea was ridiculous because breaking its phosphate bonds couldn't possible produce the amount of energy that it was claimed to

So far no one has actually proven either way

On top of that, even the amount of ATP that can be produce by food is as much as 3,000 times less than the body actually needs

I personally believe electrons that split off when light hits water in the body make up the difference, but there may be other still unknown sources too

One of the biggest dangers of flouride consumption is that flouride is a mitochondrial toxin

Flouride naturally has 7 out of the eight possible electrons in it's valence shell, the closer to eight an atom's valence shell is, the more drawn it is to electrons

Flouride is an electron magnet, and as a result of this it lowers the mitochondria's ability to produce ATP

Image

On top of this, flouride is usually split off into individual ions in the body

It's smaller than water and the body isn't adapted to transport it, so it leaks readily into cells, mitochondria, and even forms deposits bones and teeth

It's toxic effect on mitochondria crashes melatonin production throughout the body, the calcification of the pineal gland many people associate with flouride is actually a result of impaired melatonin production, which results in calcium buildup in the pineal

More recent research has also shown that flouride is a definite neurotoxin

It also damages DNA, again likely because it impairs production of melatonin and other antioxidants
There are other toxins besides flouride in water so if you can afford one a charcoal water filter works best, first and foremost try to insure that any filter you use filters flouride

I've heard good things about the Berkely brand, though they sell flouride filters separately

It blows my mind that I've had more people get pissed off by me saying FRUCTOSE is toxic than any other statement

It's been linked to obesity, heart disease, fatty liver disease, insulin resistance, and potentially even cancer, there's literally thousands of studies on this

That said, there does seem to be a tolerable limit, most people can handle roughly 15g without ill effect

Fructose has to be converted to glucose to become active, it may be that more than a certain amount overwhelms the liver causing it to be circulated

I'd also like to point out that fruit, honey, and many alternative sugar sources are typically between 40-60% fructose

There's not some magical property of fructose in food vs. isolation that suddenly makes it non-toxic, it's still harmful above a fairly low amount

This is the biggest reason I recommend people stick to 1-2 serving of fruit per day, you want lower sugar higher nutrient fruits like citrus, berries, avocado, etc

For bulk carb sources root vegetables are king, as starches are metabolized primarily into glucose

Simple/processed carbs like wheat/bread, white rice, pasta, etc should be kept to a minimum or avoided, as they cause a huge spike in blood sugar, inflammation, and various metabolic issues longterm

Starches are metabolized more slowly, though moderation is still key

•••

Two lectures on the relationship between fructose and metabolic disease I would recommend to everyone:

Part I

Part II

It goes deeper than this of course, but these are a good introduction, if you only watch one start with Part I

For those that don't watch the second this is the "take home" slide, Lustig and his team established without a doubt that sugar is the only factor that causes diabetes

The study was international and on humans, using 10 years worth of data

Image

Imo the work of Lustig and other researchers presented in these two lectures proves the toxicity of fructose without a doubt

I'm not here to try to change people minds on this, I don't care what anyone chooses to eat, I'm here to help those who want to improve their health

Glyphosate residue in our food supply is one of the worst dietary toxins

Among many other effects, it actually binds to and removes sulfate/sulfur from the body, those who read my sulfur thread know that this impacts nearly every process in the body, but especially detox

Stephanie Seneff, one of the leading authorities on this issue, has pointed out that this could be a factor in increased autism

rates

I think there's some truth to this, especially since one of the primary features of autism is oxidative stress overload
Sulfur funnels into production of antioxidants like glutathione and metallothionein

Deficiency in zinc and selenium are also common in autistic individuals, another sign of low metallothionein/glutathione production

Full lecture by Dr. Seneff for those interested

THE TRUTH ABOUT ATP

Up until now I've referred to ATP as synonymous with energy in the body, but this actually isn't true, in this thread I'll reveal ATP's true function, and the impact it has on human biology

THREAD //

ATP is an abbreviation for adenosine triphosphate, it is the most abundant compound synthesized in mitochondria

It is widely believed that ATP is also the body's carrier for energy, and that by breaking off its phosphate groups the body powers all of its chemical reactions

Mitochondria follow a general pattern of turning a small amount of ATP into a larger amount

This is done through a combination of different processes, the main fuel for ATP production is glucose, though fats and ketones can be used under certain conditions

I have no dispute with anything so far, but now let's get into why I don't believe ATP is the primary source of energy at all, the true source of energy, and what the body actually produces so much ATP for in the first place

I was first alerted to this idea when I began reading the work of a researcher named Dr. Gilbert Ling

Ling calculated that it would actually be IMPOSSIBLE for the body to produce enough ATP to run even just a single enzyme... the sodium-potassium pump

Cells require specific concentrations of electrolytes to function, one example of this is the sodium/potassium ratio

Too much sodium causes the cell to fill with water and burst, too much potassium dehydrates the cell, a delicate balance is needed

To explain how each cell maintains this balance, researchers in the 50's proposed that an ATP-powered enzyme called the sodium/potassium pump did all the work

When Ling saw this he realized something was fundamentally wrong, the pump essentially broke the cell's energy bank!

The cell can only produce ~1/30th of the ATP it would need just to run this enzyme from daily caloric intake

Besides that, ATP's phosphate bonds are nowhere close to the highest energy bonds available, it's likely that if one enzyme breaks the bank others could too

So how does the cell really make all this energy?

I'm sure many of those reading are familiar with Occam's razor, the idea that the simplest explanation is the best one

It seems that an enzyme can't be necessary here, almost as if the cell has figured out a few short cuts

I believe this is definitely that case, as did Ling, and to offer a better explanation he devised something called the association-induction hypothesis

Essentially he believes that the main function of ATP wasn't to carry energy at all, that it actually served to unfold proteins! Cellular and mitochondrial DNA both code for thousands of proteins all over the cell, naturally these proteins bunch together

The phosphate chain that protrudes from ATP has the ability to bind to these proteins, ATP's spread out negative charges force the proteins to straighten

So what does this have to do with sodium and potassium?

Ling pointed out that unwinding these proteins exposes a number of interesting structures, including carboxyl groups (-COO) which Ling found seem to bind to potassium more often than sodium!

This still leaves sodium ions floating around the cell, but Ling proposed a mechanism the cell might use to expel sodium without using any ATP at all

You may have seen me mention the work of Dr. Gerald Pollock who first characterized EZ water
Pollock essentially found that when water met a hydrophilic surface it formed a flexible "structure," where all the positive and negative poles in the water molecules lined up

He called this exclusion zone (EZ) water because it pooled negative charge and excluded positive charge

Interestingly, Ling had proposed the same idea decades earlier!

He also realized that if the polarities of water molecules aligned it would push any free-floating positive ions out of the cell, and that the unfolded proteins would serve to orient this propulsion
This seems quite complex but it really is the simpler explanation, cells evolved in water and naturally took advantage of its tendency to structure

This also give the cell a massive source of free energy and energy conduction, I'll briefly lay out how this works
We've all heard that water conducts electricity, interestingly though, if you have pure water without any ions dissolved in it it blocks electric conduction

However, when water is structured AND contains ions it actually becomes even more conductive
So we have:

- a network of protein coded for by DNA
- structured water surrounded them that conducts energy
- potassium ions holding the structured water and proteins together
- ATP maintaining proper protein structure

So where does most of the energy come from?
I believe the simplest answer is light interacting with water

As I've already mentioned, when sunlight hits water it causes protons and electrons to split off, these are used to power the electron transport chain and other processes in the cell
I've also mentioned chromophores, molecular structures that capture light energy as photons

Three of the most abundant light-catching molecules in the body are tryptophan, tyrosine, and phenylalanine, amino acids found in... that's right, proteins!

As cells evolved in water, they were also evolving in light, this is why I'm so adamant about proper light environment, it's the strongest energy source for the entire body

The red/infrared spectrum of light has even been shown to spin ATP synthase with 100% efficiency

Beyond sunlight, the chemical reactions happening in every cell have also been found to put off a small amount of UV, infrared, and visible light internally

This is referred to as biophoton emission, and was originally characterized by Dr. Albert Fritz Popp

I've already laid out how the cell captures and transports light energy throughout its structure, but EZ water also has the ability to store it

The alternating positive and negative charges resemble the structure of a battery, which likely stores some energy for future use

So what is ATP actually used for?

Besides maintaining protein structures, ATP actually modifies them as well by acting as a cofactor for a large group of enzymes called kinases

Kinases modulate biological activity by adding phosphate groups to different protein structures

Ling himself even pointed out that ATP may still be an alternative source of fuel in suboptimal conditions

For example, during winter humans may have gone into ketosis as a result of more meat consumption or food shortage, burning fat produces 4x more ATP

We also maintain body temperature through cellular heat production, which increases the amount of light created internally, especially beneficial infrared light

It seems most likely that light is the body's preferred fuel, but that ATP may be used as a backup

I'm sure some of you may not take my word for this, especially when it goes against everything you've ever been taught, but I invite you to read some of the experiments Ling did to prove his theory:

physiologicalchemistryandphysics.com/pdf/PCP40_ling...

The biggest thing I want you to take away from all this is that light and water are the two most important aspects of cell function

Proper hydration and a good light environment is the best thing you can do for your health

I don't believe Ling was 100% correct on everything, but I do believe he got far closer to the truth than anyone else at the time

Modern research and education has pointed itself in the wrong direction by ignoring his work, hopefully we wake up to this soon

Hydrogen in nature is found in two forms (aka isotopes), the majority of hydrogen atoms are made up of one proton one electron, but a small percentage have one proton one electron and one neutron instead

The second isotope is known as deuterium

Image

Since electrons weigh almost nothing, adding a neutron to hydrogen's nucleus actually doubles its mass!

This actually has some interesting implications for health, remember the proton pump? Essentially it runs on hydrogen atoms with their electrons removed, aka protons

Image

The proton pump is actually the last step in how mitochondria synthesize ATP

But what happens if a deuterium atom ends up entering the pump?

It slows it down or stops it completely, basically crashing ATP production, because of this the body naturally tends to expel deuterium

Despite that, some deuterium will still enter the body, and more in the body means less mitochondrial function

Interestingly water can have deuterium removed from it, and studies show deuterium-free water may be able to treat many mitochondrial illnesses

Purification is done through evaporation, since deuterium is heavier it is less likely to evaporate, this has some interesting

implications

It means that the ocean has the most deuterium concentration, and the further inland water is sourced from, the less deuterium it contains

So we shouldn't be eating food grown along the coast? Does this mean rainwater has health benefits? I don't think we know enough yet to be sure, but it's something interesting to consider

Dr. Laszlo Boros has some fascinating research on the subject if you want to learn more

Free radicals, aka reactive oxygen species (ROS), are most often formed through energy production, they are essentially waste products

The real issue with ROS is that they bind promiscuously to fats, proteins, and DNA, altering their structures and often damaging them

This is why omega-6 fatty acids in seed oils are so inflammatory compared to whole food sources

The extracted fats are oxidized during heating or storage and the oxidation causes them to become damaging, sugar can increase ROS production so the two together are even worse

Certain conditions like autism are actually caused in part by overload of oxidative stress, which can disturb gene methylation causing the condition to appear genetic

In the case of autism, this is also how small environmental triggers during childhood may cause a lifelong issue

Oxidative stress and elevated glutamate go hand in hand too, many free radicals such as H₂O₂ (hydrogen peroxide) break down GABA receptors, causing calcium channel excitation in the brain to go unchecked

This also contributes to neurodegeneration over time

Not all ROS are a bad thing however, mitochondria use them in moderation to signal to the cell nucleus, oxidation is also necessary to burn fat or build muscle

As with many things in the body, balance is key

I do want to be clear that I don't advocate for taking exogenous antioxidants to combat this issue, it causes temporary improvement but worsens oxidative stress over time

Antioxidant nutrients are the exception to this, these include vitamins C, E, zinc, and selenium

The amino acids cysteine and methionine, along with glycine, also funnel into production of the body's antioxidants (check my thread on sulfur)

Hint: both of these are especially high in animal products, cysteine can also be supplemented as NAC but should still be cycled

Cholesterol isn't toxic!

In fact, it's important for synthesis of vitamin D, cholesterol sulfate, and the entire hormone system

The real issue is oxidized cholesterol, which only forms under specific conditions in the body which are created by inflammation

While insulin resistance gets a lot of attention, when it comes to energy balance in the body the hormone leptin is really the true master

When muscles are leptin resistant they redirect calories back into the liver, essentially running normal energy balance backwards

In severe cases when the liver also becomes leptin resistant, it downregulates its LDL cholesterol receptors, causing LDL to spend more time in the blood

In an inflammatory state (which is also tied in to leptin resistance), the cholesterol becomes more and more oxidized. Inflammation means the veins become porous allowing small dense LDL to become trapped in the vascular wall, high blood sugar and oxidized PUFAs are some of the primary culprits here

A high carb diet results in more small dense LDL, while more fat/protein creates much safer VLDL

All of these factors create a huge amount of both oxidized small dense LDL cholesterol, and inflamed porous vascular walls that allow plaque buildup in the arteries

These are the real heart disease culprits!

In my opinion blue light is the biggest trigger for this cascade, as it induces leptin/insulin resistance, and causes an increase in both oxidative stress and inflammation

It creates a perfect storm for the body to go from being able to handle carbs, to being destroyed by them

The excess of carbs consumed year round in the American diets acts the trigger here

Increased fructose consumption has made all this even worse, fructose produces the most small dense LDL of any sugar, and blocks the activity of leptin! (see the work of Dr. Lustig for more info)

Low sodium diets only work in studies because they inadvertently increase potassium/sodium ratio

I wonder if we'd even have most major Neolithic diseases if our food supply wasn't so depleted in potassium and magnesium, while sodium intake has remained constant

It's illogical to reduce the dietary levels of one of the only minerals most people get enough of (sodium) to maintain mineral ratios

It's far more simple to increase those that are deficient (magnesium, potassium, etc)

Unroll available on Thread Reader

For further reading on optimal salt consumption:

I think one of the reasons many people feel really good when they first start a vegan diet is that the caloric restriction induces autophagy, the breakdown of damaged cells

Unfortunately in most people it's very easy for nutrient deficiencies to develop after the honeymoon phase

I think we can all agree that any diet is better than the SAD, but personally I recommend people focus on nutrient density first and foremost

(these two lists aren't 100% accurate, but taken together are a good approximation)

Image

Image

If you still want to get the benefits of autophagy, there are plenty of ways to induce it without risking nutrient deficiency, including:

- exercise

- intermittent fasting

- a ketogenic diet
- cold exposure
- sauna/sweat lodge
- full nights sleep (1 blue light)

Many foods may also help promote autophagy in the brain and/or body, including:

- olive or coconut oil
- dark berries
- seafood
- green tea
- broccoli sprouts
- ginger
- tumeric

If you want to introduce more animal foods into your diet, eggs are the perfect place to start

They're filled with a full range of fats, proteins, and almost every nutrient the body needs, while at the same time are very easy to find local, organic, and pasture-raised

Image

When eaten raw eggs also rebalance the microbiome through their antibacterial effects against various pathogens, and help re-establish oral tolerance

This can potentially even reduce food autoimmunity, source eggs careful if you plan to eat them raw as there is still some risk

The downsides of raw eggs are mainly that their proteins and biotin aren't as well-absorbed, and for many the texture is off-putting

A good happy medium is leaving the yolks soft, or doing raw yolks on their own and scrambling the egg whites, but you can fully cook them as well

I recommend consuming 3-5 eggs per day on average, mainly because this amount contains the full RDI of choline (and loads of other nutrients)

Choline is an essential nutrient for building neurotransmitters and cell membranes, as well as being necessary for detox and methylation

Image

If eggs are organic, and from chickens raised in pastures or your neighbor's

backyard, they are even good sources of nutrients like vitamin K2 and omega-3's like DHA

These nutrients are difficult to find in most other foods, but are essential for dozens of functions in the body

For further reading:

[mdpi.com/2072-6643/11/3...](https://doi.org/10.3390/foods11030388)

Ceruloplasmin, the main copper dependent protein that allows the body to use iron, is inhibited by:

- isolated ascorbic acid/citrate
- retinol/copper deficiency
- calcium/iron/zinc supplements
- vitamin D supplements
- blue light exposure
- HFCS/sugar
- industrial seed oils

Zinc, vitamin D, vitamin C, calcium, and iron from non-fortified food sources are great, but when taken in isolation they crash iron metabolism

The body needs copper, retinol, and vitamin C from food sources to be able to use iron correctly, otherwise iron becomes inflammatory

Inositol, choline, selenium, and omega-3's from both seafood and plant foods (hemp, flax, and chia seeds), prevent oxidized inflammatory free iron from forming and damaging fats proteins and DNA in cells and mitochondria

Artificial light breaks down retinol and DHA, so it should be avoid, whereas sunlight forms vitamin D and its other beneficial analogs which are essential

These factors all work together to load iron into the heme proteins and Fe-S clusters that cells need to function properly

Acidity in the mitochondria resulting from poor electron transport chain function crashes transferrin, the main free iron binding protein

The acidity reduces iron's ability to bind to transferrin, causing transferrin to fixate onto its receptors putting it out of commission

Less transferrin = more ROS formation, less macrophage activity, more inflammatory free iron, and increased likelihood of infection or tumor formation

This cascade starts with mitochondrial dysfunction and ends with serious diseases like cancer

The initial mitochondrial dysfunction can be created by a number of factors including:

- magnesium or thiamine depletion
- too much blue light/not enough sunlight
- deficiency in copper, or especially retinol, the primary cofactor for transferrin
- diet high in processed food

If you want to prevent this take care of your mitochondria

Drink plenty of water and get lots of sunlight, supplement thiamine and magnesium, get retinol and copper from whole foods like liver and seafood, and avoid artificial light as much as possible

Wisdom

MEDITATION AND THE ART OF MINDFULNESS (THREAD)

'The greatest thing in the world is to know how to belong to oneself' - Michel de Montaigne

Meditation is one of the greatest life-skills I wish to impart to you, dear reader.

If you'd like to know more about it, read on...

Image

Meditation is a practice where an individual uses a technique to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

This can be mindfulness, or focusing the mind on a particular object, thought, or activity ...

The word meditation stems from meditatum, a Latin term that means 'to ponder.'

The first documented evidence of the practice of meditation are wall arts in the Indian subcontinent from 5,000 to 3,500 BCE, showing people seated in meditative postures with half-closed eyes.

Image

Meditation can come with a mystique that is commonly dismissed by busy workaholic types as 'woo-woo' or something they don't have time for.

If you are 'too busy' for meditation, then you need to meditate.
I personally recommend Meditation for a number of reasons.

It literally changes the structure of the brain, is applicable to any person's life and has numerous mental and physical health benefits, as well as being a path to higher spiritual experiences.
Meditation is crucial because it eliminates stress from your brain and body.

This will help you to:

- sleep better
- have sharper focus,
- improve decision-making skills
- strengthen the immune system
- increase productivity
- have better relationships/sex

The Stoic philosopher Epictetus in Meditation

Image

In the modern world of constant, instant stimulation, noise and emotional stressors, meditation can become a bulwark for you to navigate this quagmire.

A return to our natural, animalistic state of pure presence, as much as is possible.

Image

Meditation is a method to experience the present moment.

If you have ever found your mind racing, + become aware that you are going down the rabbithole of following a thought - this is mindfulness.

Stop there, breath, bring the attention to the senses.

Mindfulness can be ANYTHING that brings your attention to NOW:

- focusing on the feeling of the breath
- paying attention to sounds arriving at your ears
- lifting a 1RM squat that takes all of your concentration
- passionately making love with someone you care about

Image

Many people yearn for extreme situations because it DEMANDS your full attention. The absence of 'thinking' is a flow state people are naturally drawn to.

Navy Seals speak of the crystal clear intuition and mindspace that combat naturally results in.

Image

Jumping out of a plane into a hostile area pretty much thrusts you into a flow state where your brain is 100% focused on the task at hand.

Similarly, a Wingsuit jumper flying down a mountain is 100% locked in to not smashing to pieces.

Image

This forced presence to the current moment gives a peace of mind like no other, and the principles are the same for the art of meditation.

Ideally we want to practice our meditative skills to the point that it becomes the natural default reaction to stimuli.
"The past is already gone, the future is not yet here. There's only one moment for you to live."

- Buddha

The past has happened, and now exists only as a mental object in your mind.

Image

Similarly, the future has yet to happen, and only exists as an object in your mind.

Worrying about the past = regret
Worrying about the future = anxiety

Logically then, worrying about things that don't exist seems pretty foolish. This is called 'time-traveling'.
If you can catch yourself time-traveling, simply bring your attention and awareness to now.

There is a space between a thought arriving in your head

- and then your reaction to it.

You must realise that you can choose your reaction to events.

Image

When fiery hot anger rears its head - pause. Where did this anger come from?

Was it you who consciously decided to feel angry?

No. Let the thought disappear to the same place that it came from.

Simply watch the thought, take note of it, then let it go.

Recognise that you are not your emotions.

Recognise that you are not your thoughts.

You are that which watches your thoughts.

It is your mind, rather than circumstances themselves, that decides the quality of your life.

This is why some people with nothing are content, and those who seemingly have everything are still depressed.

Your mind is the lens through which you experience everything.

St Francis in Meditation

Image

Your mind and body is all you have, and all you will ever have.

If you are perpetually in a state of anger, depression or your attention is elsewhere, it won't matter what success you achieve or who is in your life—you won't enjoy any of it.

Meditation contributes to the enjoyment of life because it enables you to experience it.

When you 'time-travel', your mind and awareness is no longer with the present.

Regular meditation enables you to more easily return to the present moment. to truly EXPERIENCE it.

MEDITATION FOR STRESS

It's not inherently bad for you to get stressed, as we need some level of stress to encourage growth.

For example, we would never grow muscle if not for the physical stress we put ourselves under.

However, it IS bad news to stay in a CONSTANT state of stress.

Work deadlines, your passive aggressive relative, someone cutting you off in traffic.

All of these things send us into a fight or flight stress reaction and arouses our sympathetic nervous system.

Meditation is a tool to mitigate the constant onslaught of stressors (both real and imagined) + return to the healing and restorative nature of the parasympathetic nervous system.

Note: I've hit thread tweet limit, will be continuing within the hour

Some Scientific Studies:

Increased functional connectivity between the amygdala and a region implicated in emotion regulation after an 8 week Mindfulness-Based Stress Reduction course

Impact of short- and long-term mindfulness meditation training on amygdala reactivity to emotional stimuli
Meditation training can improve mood and emotion regulation, yet the neural mechanisms of these affective changes have yet to be fully elucidated. We ...

<https://www.sciencedirect.com/science/article/abs/pii/S1053811918306256>

Reviewing 47 trials with 3515 participants:

Mindfulness meditation programs had moderate evidence of improved anxiety, depression and pain, low evidence of improved stress/distress and mental health–related quality of life

Meditation for Psychological Stress and Well-being

Goyal et al determine the efficacy of meditation programs in improving stress-related outcomes in diverse adult clinical populations. See the Invited Commentary by [IIC130096].

<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/1809754>

Mindfulness-Based Cognitive Therapy significantly decreased depression severity and improved treatment response rates

tinyurl.com/tjjz36w

An 8 week stress reduction program based on training in mindfulness meditation resulted in:

- (1) reductions in overall psychological symps;
- (2) increases in overall domain-specific sense of control
- (3) higher scores on a measure of spiritual experiences

tinyurl.com/tagqmwn

Meditation to slow cellular aging?

"Some forms of meditation may have salutary effects on telomere length by reducing cognitive stress and stress arousal and increasing positive states of mind and hormonal factors that may promote telomere maintenance."

ncbi.nlm.nih.gov/pmc/articles/P...

Image

HOW TO MEDITATE

The simplest of ways to meditate is to focus on the breath.

Deep breaths, focusing on the feeling of the breath moving in and out of your body.

When you find that thoughts take you away, simply return back to the breath.

Start with 5 min, increase slowly

1. Have a seat with your back supported and your head free.

Close your eyes and pay attention to each of the five senses.

Notice what you hear, what you feel, what you see, what you taste and what you smell—one at a time.

For each one, notice the most prevalent and the most subtle sensations.

Then, begin to stack all of your senses on top of one another, holding all of them in your awareness at one time.

Start with 5 minutes, increasing up to 8-10.

2. Transcendental Meditation is a specific meditative practice, which involves the repetition of a sound called a mantra in your head.

Make up a nonsense word in your mind, for example "sharanta". Repeat this in your mind and if attention wanders, return to the word.

3. Yoga - One practice that I love as a route to meditation is yoga.

Yoga in its more ancient roots involved very little reference to movement or postures and placed a greater emphasis on stillness, a focus on breathing, and being present with the body at that moment.

Image

This in itself is a meditation, as you are bringing the focus back to 'centre'.

Yoga is a structured way to not only meditate, but to stretch and release tension in the body.

Go to a class near you, or watch a youtube video for a guided class.

4. Muscular Meditation

When you are so deep into a set that the pump and the burn of the muscle is the only thing in your mind

Same goes for runs, sprints, etc.

The only thing that exists is getting the weight up, finishing the movement.

That is meditation.

If you would like some further video information, these below are some useful Guided Meditations to get started with:

Body Scan Exercise with Jon Kabat-Zinn

Body Scan Exercise, Jon Kabat-Zinn

Jon Kabat-Zinn is Professor of Medicine Emeritus and creator of the Stress Reduction Clinic and the Center for Mindfulness in Medicine, Health Care, and Soci...

https://www.youtube.com/watch?v=15q-N-_kkU

3 Minute Mindful Breathing Meditation (to Relieve Stress) with Stop, Breathe & Think

3-minute Mindful Breathing Meditation (Relieve Stress)

Feel more settled and calm by spending a few minutes focused on your breathing. A 3-minute Mindful Breathing mindfulness meditation created by Stop, Breathe ...

<https://www.youtube.com/watch?v=SEfs5TJZ6Nk>

Two Minute Guided Meditation – The School of Life

Two Minute Meditation

Take a little moment to restore calm and confidence. If you like our films take a look at our shop (we ship worldwide):

<http://www.theschooloflife.com/shop/a...>

<https://www.youtube.com/watch?v=Z4rRjGhN-gs>

YOUR WORDS ARE SPELLS

"Negative information given verbally can convert typically painless stimulations into pain and induce nocebo responses as strong as those by direct experience of negative outcomes"

... now what are the implications of this?

ncbi.nlm.nih.gov/pmc/articles/P...

If you go to a Dr and they misdiagnose you:

- you can start to feel symptoms of the phantom diagnosis.

If you are constantly told by other negative people that you can't achieve something, that you're "broken" or weak - this can and will affect you.

CUT TOXIC PPL OUT

There are biological impacts of mindset on your health

There are impacts of mental state on your capability to succeed

VISUALISE, ASSUME POSITIVE RESULTS,

ASSUME CAPABILITY ONLY LIMITED BY YOUR EFFORT + FOCUS

"Whether you think you can or you think you can't, you're right. "

- Henry Ford

DON'T:

- Call yourself stupid
- Call yourself weak
- Tell yourself you can't do something
- Any NEGATIVE self talk, even self deprecating

DO:

- Positive self talk
- Affirmations
- Believe your body can heal itself
- Believe you can overcome

If something 'bad' happens to you.

Relentlessly and doggedly assume that this was MEANT to happen to you

Assume you will GROW and strengthen from every adversity that life has forced you to undergo

AND YOU WILL

Amongst friends, if they say "god I'm such an idiot"

STOP THEM

They are casting negative spells on themselves.

Whether you believe the biological rationale or believe the words put out into the world have their own vibrational frequencies which in turn attract similar freq

The placebo effect is real, the nocebo effect is real,

what this should tell you is that BELIEF is everything

Control your mind, control your self talk;

BRAINWASH yourself to be happier stronger and healthier

"BRO THIS ISNT REAL"

then it won't work for you.

Those that believe, it will benefit.

Why wouldn't you use every tool at your disposal to increase your health, happiness and potential?

EVERY ONE OF YOU.

IS capable of manifesting your own version of success.
IF you believe that you can.

If you:

- fix your body/health
- fix your mindset
- isolate high return on interest activities, focus on these
- remove negative influences (self-influences too)

this requires being ruthlessly honest with yourself and taking stock of your life and what actions lead you to where you are

what actions and beliefs have served you well?

what useless beliefs and stories should you discard?

You can't lie to yourself. Or blame externalities.

SMARTPHONE ADDICTION / DIGITAL WELLNESS

Digital wellness is the idea and practice of limiting your exposure to the negative effects of social media and technology in general, in order to help renormalise your dopamine receptors and concentration span.

I breakdown why our phones are addicting, as well as introducing you to some techniques you can implement in your life in order to improve your 'digital wellness'

First of all, what is our phone addiction doing to us?

Former Vice President of User Growth at Facebook mentions: "The short-term, dopamine-driven feedback loops that we have created are destroying how society works,"

Smartphones and social media has turned us all into addicts.

You might find yourself checking your phone at the slightest feeling of boredom, purely out of habit.

Programmers work very hard behind the screens to keep you doing exactly that.
Our sleep is being ruined.

Checking your phone just before bed and pinging those reward pathways get your brain out of the relaxed state that is optimal for sleep.

Additionally, the blue light of our phones affects our sleep and melatonin levels.

Excessive electronic media use at night is a risk factor for both adolescents' sleep disturbance and depression

Adolescents' Electronic Media Use at Night, Sleep Disturbance, and Depressive Symptoms in the Smartphone Age

Adolescence is a time of increasing vulnerability for poor mental health, including depression. Sleep disturbance is an important risk factor for the devel

<https://link.springer.com/article/10.1007/s10964-014-0176-x>

Cell Phones Causing More Motor Vehicle Fatalities

[scholar.harvard.edu/files/shoag/fi...](https://scholar.harvard.edu/files/shoag/files/)

Why has this occurred?

Because your time and attention is the most valuable commodity for these big corporations.

The more you are engaged with their “free” app, the more they can charge advertisers.
Thanks to social networking apps, immense social environments are accessible to us at all times through our phones.

As a human our natural instincts are to be social, as that provided us with more chance of staying alive in our caveman era days.

Now, instead of a typical local tribe of 150 members, social networks provide us with an online virtual tribe of many many times that number.

It is impossible for our brains to conceptualise and keep up with that many social connections.

Dopamine is released when we eat delicious food, when we have sex, after we exercise, and, importantly, when we have successful social interactions.

In an evolutionary context, it rewards us for beneficial behaviors and motivates us to repeat them.

Now when this is applied to smartphones, although not as intense as other sources, positive social stimuli will similarly result in a release of dopamine, reinforcing whatever behavior preceded it (checking your notifications). EVERY notification, whether it’s a text message, a “like” on Instagram, or a Facebook notification, has the potential to be a positive social stimulus and dopamine influx.

PRACTICES TO IMPROVE DIGITAL WELLNESS

So what are some things you can do about the shackles that are affecting us all?

Black+White mode - go to Settings -> Accessibility > Display & Text Size > Color Filters ON - Greyscale.

You can set this to a triple tap of the home button for ease, this will remove all the high contrast colours that make your phone so addicting.

Locking phone in other room - During deep concentration work, have your phone on silent locked in a drawer in a different room so it’s not distracting to you.

Blue Light Blocking - Remove part of the effect of blue light by either implementing the Night Shift settings on phone/laptop or installing software such as Flux. Will make your phone screen more orange prior to bed. Can also get glasses that do this.

No phone / social media use before bed OR upon waking - The 2 hours before bed and the 2 hours upon waking are not times where you should be using your phone/ checking notifications.

Before bed, prepare for sleep, upon waking, don’t immediately rush your brain with notifications and dopamine responses. Disabling your notifications - no brainer, turn all notifications off so that you’re not having your concentration broken by noises or popups. You can check your apps at a set time with a set purpose rather than reacting to the phone

Complete digital detox weekends - Every now and then, set aside a weekend where you don’t go on social media and you don’t use your phone for the whole day. Best done in nature where you can get away from tech in general.

Leave your phone at home for social events - This is a great one: Just leave your phone at home when catching up or seeing friends/family. You won’t need it, someone always has a phone.

You will notice how much freer you feel socially without the ‘lifeline’ of checking your phone and will force you to be more social.

Smartphones and Social Media are a tool to be used consciously and for a specific purpose..

Don't use your smartphone while doing other tasks

Don't let your social media use affect your emotional state

Don't let your phone use impede on proper social etiquette and function

Slowly reduce your use over time, using you phone with purpose + intent.

THREAD: Some Short-term Negatives that we avoid experiencing in modern life that confer health benefits we should engage with:

- hunger (fasting promotes autophagy of the cells, better body composition, more energy)
- being cold (thermogenesis, willpower benefits)
- being hot for an extended period of time (heat shock proteins, sweating clears waste, opens pores)
- looking far distances (eye muscles end up degrading without use)
- boredom (constant stimulation eliminates creative thought, stupefies)
- carrying weight as a general movement, think 'carrying heavy shopping bags up three flights of stairs' That'll tire you out and contribute to overall caloric expenditure, core strength etc but now we use a trolley and an elevator.

That's what I call a societal gains goblin

- long walks - (the fundamental human movement, walking is essential to optimal bodily function)

- Forced deep breathing (shallow breathing does not give same levels of oxygen)

- a competitive loss (participation trophy culture reduces important lessons that are learnt losing)
- social anxiety (smartphones and technology enable people to reduce possibly 'awkward' interaction w/ other people, robbing them of developing essential social skills)

Not that it is impossible to experience this in modern society, but the entire attitude of 'childproofing' everything leads to lots of people experiencing the world in 'training wheels' biologically, and missing out on possible mental or physical development

The comforts of modern life remove any real exposure to the tailend of slightly extreme conditions that could lend an 'adaptive boost' to our biology by forcing us to undergo a short term negative.

"A smooth sea never makes for a skilled sailor"

Thus it is important to have practices for self imposed short-term biological/mental stresses for a longer-term permanent benefit :

- Sauna
- Ice Baths
- Weight Training
- Fasting
- Meditation/Reading
- Breathing exercises
- Taking the stairs, always
- Trying new, scary things

what are some of your theories about this idea?

I'm interested

THREAD: GREAT MEN OF HISTORY

- GEORGE HACKENSCHMIDT THE RUSSIAN LION

"The knowledge of one's strength entails a real mastery over oneself; it breeds energy and courage, helps one over the most difficult tasks of life, and procures contentment and true enjoyment of living."

The inventor of the 'hack' squat, credited with popularising the bench press and a certifiable natural athlete, George was the first wrestling world champion and had many unique and important views on physical health, as well as mental framework.

"It is a well known fact that the majority of men today are relatively weak, whereas the struggle for existence demands now more than at any previous epoch that we should all be strong!"

- George Hackenschmidt

From his earliest years, Hackenschmidt devoted himself to physical development.

He excelled in cycling, gymnastics, swimming, running, jumping and weightlifting.

He could lift a small horse off the ground and lift 276 pounds overhead one handed.

In a wrestler's bridge, he could pull a 335-pound barbell from the floor to his chest and press it overhead, bridging on his neck.

He was friends with Harry Houdini, broke the world record with a one arm press of 269 pounds, spoke 7 languages and President Teddy Roosevelt once was quoted as saying, "If I wasn't President of the United States, I would like to be George Hackenschmidt."

In 1902, he jumped 100 times over a table with his feet tied together.

He set several records in weight lifting and was considered both the strongest and the best-developed man in the world. In his entire professional wrestling career, Hackenschmidt engaged in 3,000 matches, losing two.

Hackenschmidt's professional career was during the Golden Age of professional wrestling. Professional wrestling matches were honestly contested + wrestling was the most popular sport

"Man is a creature of light and air, and I should therefore recommend little or no clothing when training."

- George Hackenschmidt

I wholeheartedly endorse this message.

"Health can never be divorced from strength."

- George

DIET

Throughout his life, Hackenschmidt paid strict attention to his diet. He ate a diet consisting of:

- fruit
- nuts
- raw vegetables
- meat, eggs, and poultry

He also drank 11 pints of milk a day, and avoided alcohol, tobacco and coffee.

"A fare which consists of three-quarters of vegetable food and one-quarter meat would appear to be the most satisfactory."

He recommended consuming natural sugars—being very keen on figs and dates

"One ought to avoid all unnecessary worry and exciting thoughts, and to cultivate a firm tranquility of mind.

Melancholy reflections will in no way influence fate, whereas one may weaken the constitution by the waste of energy while indulging in them."

- George Hackenschmidt

TRAINING

For George, working all the muscles every day was the key to ultimate strength.

“Exercise all the muscle groups...on three or four days every week, or on six days if time allows.”

“Do not perform any exercise to excess, so as to tire yourself out. If you feel tired and exhausted, give yourself the necessary rest.”

“A man should...combine these exercises with running, skipping, jumping and gymnastics—in order to similarly develop his activity and agility.”

George also remained physically fit well into old age, and at 56 he could jump over a 4-foot, 6-inch high board ten times.

Even through his mid-80s, he would jump fifty times over a chair once a week, bench press 150 pounds and run seven miles in 45 minutes.

“There is one point on which I would wish to lay stress, and that is, that no matter what age a man may have attained, he is by no means too old to commence exercise.”

It's never too late to start.

Hackenschmidt was an educated and cultured man who spoke seven languages and wrote several books:

- Complete Science of Wrestling

- Fitness and Your Self

- Consciousness and Character: True Definitions of Entity, Individuality, Personality, Nonentity

George also wrote a book called *The Way to Live in Physical Health and Fitness*, which is absolutely brimming with one liners that simplify and explain the path to physical fitness and health.

I highly recommend reading: PDF here ->

libgen.is/book/index.php...

All of this achieved without steroids, without supplements or modern gym equipment—just barbells, dumbbells and the drive and focus to push yourself physically and mentally every day.

We finish with a POWERFUL quote from George:

"DO YOU WISH TO BECOME STRONG?"

"Certainly, you will answer, that is my intention, that is my wish; to which I should reply that a simple wishing will not do it.

You must want to - in other words, you must ACT."

PROGRAMMING THE SUBCONSCIOUS/EMOTIONAL MIND (THREAD)

Your subconscious doesn't know the difference between wrong or right, good or bad.

It just listens + internalises.

Visualisation/affirmations can have a tangible effect on your mind, body and mental state.

Perform an audit on your self talk - the things you say to yourself, OR things you say about yourself to other people.

Chances are you are repeating a story about yourself which in turn is programming your subconscious mind, possibly

sabotaging you.

e.g.

"I'm lazy"

"I can't exercise"

"I'm bad with girls"

"I'm worthless"

OR

"I'm the best"

"I can't be beaten"

"I'm gonna beat this illness/injury QUICK"

ALL have an affect on your emotional subconscious mind, if you repeat them often enough.

5 Things that might be subtly programming you

identifying with a group or a parent

a person in position of power/celebrity

repetition (of self talk)

a highly emotional moment

hypnosis

BE CONSCIOUS AND AWARE OF THESE

If something is created in the emotional mind, you cannot 'logic' and reason yourself out of that emotional issue.

This is why hypnosis is used to heal trauma or addictions, when 'logically' otherwise people know that a habit is bad for them

PLACEBO EFFECT

The placebo effect is evidence of your body's ability to affect change through nothing more than belief

You might as well consciously plan out what you want your subconscious mind to believe and reap the benefits of this

Before bed and just as you wake up, the brain is in most suggestable and programmable state (to do with the types of brainwave activity occurring at this time.

Take advantage of this by using this time to tell yourself that you can achieve anything you set your mind to.

VISUALISATION AFFECTS STRENGTH/MUSCLE GAINS

Because your subconscious mind responds in this way, it is possible to VISUALISE yourself to improvement, without having to actually do that thing

A study tested whether mental training alone can produce a gain in muscular strength.

30 athletes were given no training, physical training or mental training. The hip strength of each group was measured before and after training.

(PDF) Mind Over Matter: Mental Training Increases Physical Strength

PDF | This study tested whether mental training alone can produce a gain in muscular strength. Thirty male university athletes, including football,... | Find, read and cite all the research you need ...

https://www.researchgate.net/publication/241603526_Mind_Over_Matter_Mental_Training_Increases_Physical_Strength

RESULTS:

Physical strength was INCREASED by 24% through mental training alone (participants were asked to rehearse a motor or cognitive skill by using mental imagery of themselves performing it successfully).

VISUALISE YOURSELF WINNING = YOU WIN MORE

MEDITATION EFFECT ON SUBCONSCIOUS

If you have been going from task to task all day, to the point where you haven't allowed your brain to process thoughts, you will end up thinking of all your bad events and sorting your life in this period before sleep = you will manifest stress

Make sure to perform a self-reflective activity like meditation or journaling during the day to give your brain time to sort through these 'open browser tabs' in your brain.

For Meditation Tips
Unroll available on Thread Reader

I hope this opened your eyes to the capacity and potential of the human mind and body to be affected by subconscious programming and visualisation.

Use this information to reduce negative programming and improve the positive.

everything in our life that we make a subconscious or conscious agreement to ourselves that we want to change, it becomes an open loop (is what cognitive psychologists call it)

you're opening a tab on the browser of your consciousness. Avg person has 150, average CEO has 500
Image

when you remove stimulus, the brain starts to go through the tabs.

a huge amount of these tabs will be (for most people), made up conversations.

Considering what we should or shouldn't have said, playing out scenarios, NONE OF THIS IS REAL
a simple trick to remove these 'communication tabs' from your brain and allocate more brain power to the things that matter

In any conversation, speak your truth in that moment.

When you vocalise your truth, your true feelings, your true thoughts, you are not left with 'what-ifs' or bullshit fake conversation.

If you speak your truth, you know you have done all you can in that moment to authentically communicate.

= Peace of mind

THE EGO and CONSCIOUSNESS (THREAD)

The ego is the mental representation you have of yourself.

'I am _____'

The ego is the end result of whatever 'life story' conditioning you have experienced

It is the source of most of your mental discomfort, but this can be helped...

The ego is the image that you portray.

It's the little voice that tells you to be mean to someone

It's the angry outburst to an innocuous comment

It's what prevents you from growing, learning
IF you were to do an experiment

Write down on a notepad or word document who "you" think you are.

likely you'll have answer like 'I am John Smith, I am 28 years old and I am a good friend, a baker and I'm a diehard Patriots fan'

THINK: How can you be a name if it can easily be changed?

How can you be a personality when it is constantly fluctuating and transforming?

How can you be a body if it is constantly aging, changing, disintegrating ?

How can you be your thoughts when they always changing?

None of these things actually 'are' 'you'. They are the stories you tell yourself.

they are mental tricks, told by the ego to yourself to create an identity.

This identity is the source of much mental discomfort and anguish

Let's break it down a bit:

If you believe 'you' are a fan of X activity

and someone criticises that activity

IMMEDIATELY - there's a reaction, one of anger.

a voice pipes up: "No! You're WRONG! Here's why this activity is ACTUALLY GOOD RAHrahrah---"

And so on. The ego does not like being told its wrong

Whenever you have an urge to bring someone down

to dig into someones physical appearances
or diminish someone's achievements

that is the 'ego' trying to save face

trying to make itself feel more valuable by bringing others down

as these challenge the ego's superiority

Recognising what the ego is, and being conscious of when it rears its ugly head is IMPERATIVE in developing your inner mindset and emotional stability

when you are aware of what is causing you to do or say negative things, you naturally stop being negative

= Major Life gains

the ego exists as a biological survival mechanism.

In nature, if something threatened 'I' but you didn't react to the potential danger of harm befalling 'you'

then you died

so the humans that survived developed the ego,
for self preservation

So what are YOU really?

Well, what has been there to witness everything that has happened in your life?

What never changes?

Consciousness. That which experiences.

You might have heard me talk before about how
'you are not your thoughts'

You are that which experiences the thoughts,
- as they come rushing into your head from the ether,

Similarly, you are not the ego. You are that which the ego attempts to control.

It will take a while to truly internalise this idea

that you are not the Ego,

Discovering that what you believed you were
is false can be hard to accept. And that's fine.

It's all part of the process.

'Insults' as a concept only work on you if you believe there is something that has been 'offended'

If you believe you 'ARE' the group of people that 'Should' be offended by something, then you will react aggressively.

BUT, if u accept there is no 'you' that 'should' be upset.
then you will know peace.

Ultimately, you become harder to emotionally control

If you can tame the ego to the point where you realise when people are trying to get a rise out fo you

you can simply experience the feeling (as 'you' = consciousness) and let it go...

The ego's job is to protect itself and the belief that you are separate from other people and life itself.

Experiencing the first levels of "enlightenment" - (that is, the state of no-ego, or no-self) can be depressing to start
With deep internal work, however, there is a rainbow around the corner

you will discover for yourself that moving towards the state of pure consciousness is liberating, pure, peaceful

The more you integrate this idea, the more you benefit mentally/spiritually

The more you take your ego out of situations

'I' don't know that.

'I' need help.

The better development you will see in life.

So from here, take this idea away and see how the ego pops up in your life - be conscious of its existence. It'll all flow on
from there...

Life Lessons From Working as a Nightclub Bouncer (THREAD)

Your GUT is ALWAYS RIGHT

If something feels off about a person, and I gave them the benefit of the doubt and let them in, I always regretted it cause they would do something stupid later on
Being Big and Strong is a Superpower

Being able to overpower (most) people (and exercising restraint once you have attained control) when shit hits the fan is important.

This enables you to prevent the individual from hurting others AND themselves
If someone has a small attitude problem to begin with, they will have a larger attitude problem later on

They balk at having to show you ID? They're going to start some shit later on. Better to deny them entry before it starts.
'How many drinks have you had tonight?'

We use this to ascertain how drunk you are, not how many drinks you've had.

I let huge Samoan lads in who honestly said 'about 12 beers mate', because they were nice and seemed relatively sober.
Always be aware of potential weapons and hazards

Pint of beer in someones hand? that can be swung at you in 2 seconds flat.
Don't park your car in a drunk people high-traffic area
Always know where your backup is

Don't want to enter into another situation (a physical removal) if your boys have just been preoccupied with a fight across the club
Make sure the guys that you DO count on are battle proven and reliable, solid.

Nothing worse than when it goes sideways to not be able to have a brother to back you up.
Post-midnight drinks are never worth it
Best way to 'win' a fight in a bar is to calm the other guy down, befriend him through talking

This is high level emotional alchemy. Being able to manipulate someone's emotional state and get them out the door without laying a finger on them was the mark of a good bouncer
Insults and taunts only affect you if YOU LET THEM IN TO YOUR BRAIN

Sticks and stones.

A deep, strong and loud voice command spoken from the diaphragm will cut a lot of people's bullshit right then and there.
Alcohol generally leads to bad decisions
Dudes will fight over the most trivial of bullshit

Don't be that guy that gets socked in the mouth because you were upset 'YoUr tEaM' lost a sportsball game
Hens parties are just as 'loose' or 'degenerate' as stag nights
Drunk middle aged ladies are the most 'handsy' of all groups
Having a regular sleep pattern with 3 hours of sleep before midnight is best
Some people are straight up crazy

Don't waste too much time with people who are genuinely not all there in the head. Be able to recognize when people are this way, and don't engage with them.
A smile and genuine compassion go a long way

so many people angry and toxic at the world, be a shining light amongst the darkness. People notice and doors (figurative and literal) open.
Always know where the nearest exit is

Never know when you'll need to make a quick getaway. If shit pops off you wanna be out of there pronto

If you are fit, dress appropriately to your 'look' and groom yourself, you are beating 95% of people in terms of attractiveness
Better a lonely night than an awkward regretful morning
Yes, it's obvious that you're drunk.

Reframing your Reality (thread):

Events in Life happen, then we react to them.

Through various mental tools you can choose whether an experience enhances your reality, or is a negative.

everyone knows a person that complains about everything

to them, no event could possibly be positive.

The opposite is also true.

the universe is conspiring for YOU to win.

No matter what.

Hard times and struggle happen in our lives.

But these struggles and hard times enable us to build the strength and wisdom that serve us well for the rest of our years.

so reframe them!

when times are tough and you feel lost

understand this is a process you're meant to be going through

in order to emerge the other side, better and stronger for the experience.

be HAPPY and ENTHUSIASTIC that you have the chance to prove what you are made of.

An easy life would leave us developmentally crippled.

Jocko Willink is famous for this EXTREME OWNERSHIP mindset

You lost your legs? GOOD.

Now you can become the worlds best at pullups.

This idea that whatever happens to you in life occurs, you can't change it, so you might as well make the most of it and view it as a blessing

It might be hard to see the end of it all, but it'll work out in the end.

No struggle is wasted.

All of it builds strength and character.

"reeeeee bro you don't know my life its hard I need to be upset"

Yes, you can think this.

But what is in YOUR best interests to succeed?

Complain and be down in the dumps about your 'unluckiness'?

Never progressing, externalising control?

OR accept it and do your best no matter the circumstances.

Unhappy people exist at the high ends of wealth and success, because they've never learnt the proper mental tools to have perspective

The funny thing is, once you have the mentality to be positive and make the most of your life

you start to emit and attract more positive energy
which leads to your life improving.

Intentionally Curating this positive Self fulfilling cycle is key to success + your development

Attracting Women (thread)

Some quick pointers that girls find attractive if you embody them

Be muscular

Self explanatory...

More muscle subcommunicates sexual characteristics that the cavewoman brain selects for.

Indicates that you can protect in times of strife

Also shows that you are a man of discipline and commitment

Have a vision that you work towards daily

Be unapologetic in your views...

Not everyone will like you... this extends to women.

Being honest as to what you believe will attract those aligned with your tastes

Treat them without special preference just for being a girl

No one likes to be pandered to

Have boundaries that you enforce

HAVE FUN

No one wants to hang with the guy who can't laugh at himself or takes themselves too seriously

You are a man, be masculine

She will be feminine, the polarity attracts

This comes with it the responsibility of taking on the burden of masculine tasks

Do not whine about your lot in life

A good girl will support and help you succeed, no matter what stage of life you're at.

She just wants to see you earnestly making the best of what you have, with a smile on your face

You are INDOMITABLE

Your piece of shit car does not mean you can't get girls...

This is a societal limitation you place on yourself

If girls judge you for the quality of your possessions then they aren't who you want to hang around anyway

Girls receive and multiply the energy you give to them

Be the rising energy that breaks her out of her day to day monotony...
Don't be on your phone on dates

You should expect the same from her

Goes for all social situations really
Be comfortable with Eye contact

Much energetic information can be communicated without saying anything...
Be spontaneous

One of the reasons my parents marriage fell apart was because my dad was too focused on the bills, saving money, being serious

Sucks the fun out of life when everything must be logically analysed
Have your own life

If you make a girl the entire focus of your life, dropping everything to be with them all the time

They will not respect your attention, or feel like they have to do anything to deserve it
Tan
Have hobbies

This enables you to share your life with her

You can give her knowledge, teach her new things

An air of mastery within an environment is attractive
Within the relationship, don't become the people pleaser

If you do everything to become the perfect boyfriend, while it has good intentions it results in them feeling supplicated to, killing attraction
Be vulnerable

This is a result of becoming happy with who you are

You can honestly be yourself and love without any asterisks.
Listen to what she does not what she says
Engage in your community

Networking will always benefit your social relationships

If you know the bartender at your local, or can introduce her to people that can help her out,

Must mean you're a standup guy that she can trust
A quality diet will improve the look of your face, body and energy and mood overall.

HEALTH = OUTWARD AESTHETIC BENEFITS = ATTRACTION

Invest in this

If you're not sure where to start, check out Cooking with Sol Brah

Cooking with Sol Brah - Your Complete Guide to Eating with Vitality
Cooking with Sol Brah details HOW and WHY to eat for optimal life and fitness success; this book will set the framework for your eating for the rest of your life. Over 65+ Pages of quality recipes, he...
<https://gumroad.com/l/HtQbu>

Become a renaissance man

Having many interests and skills will create a mystique around you

If they know everything about you, you become too familiar and familiarity kills attraction

Most of these pointers come naturally as a result of working on yourself + your life

Girls should never be the only focus of your life

“What you desire eludes you”

My first advice is to always develop yourself + the women will come

The Four Agreements (THREAD)

Make these four agreements to create heaven on earth for yourself and live in true happiness:

1. Be impeccable with your word.
2. Don't take anything personally.
3. Don't make assumptions.
4. Always do your best.

This knowledge comes from the ancient traditions of the Toltecs, to show you that we have been domesticated from childhood.

They teach how these internal, guiding rules hurt us and what we can do to break and replace them with a new set of agreements with ourselves.

Everything we accept as “the way it is” is an agreement.

But too many of these agreements hurt ourselves and others.

If we want a life of joy, we must break these harmful agreements that promote suffering and failure.

But how?

We feel powerless because keeping all these negative agreements in our head and going over and over them has drained our energy.

The answer is that we must change the agreements.

1. Be impeccable with your word.

Words have the power to create and the power to destroy.

When you are “impeccable with your word,” you:

- Say only what you mean
- Speak with integrity
- Stop your internal negative self-talk (“I am stupid.”)

Being impeccable with your internal language means not judging or blaming yourself.

We should remember is that the words we choose to use are powerful – they can liberate or enslave you and others.

2. Don't take anything personally.

When people are rude to us, it can often stay in our mind for too long, and we constantly repeat the words in our heads.

When you take things personally, you begin accepting their untrue agreement and making it yours.
The reality is that nothing people say or do to you is actually about you – it's all about them.

When you get upset by something someone said to you, it's about your own fears and experiences, which makes it essential to deal with this.

3. Don't make assumptions.

We often jump to conclusions and make assumptions that are wildly wrong.

If you say "hi" to a friend, and they don't message you back, you would perhaps make the assumption that they were mad at you without any real evidence.

You then dive down into a rabbit hole of this fantasy assumption and argue pointlessly with people.

We also make assumptions about ourselves, like whether or not we can do a particular task well.

We might think we can, fail, and then feel bad for overestimating our abilities.

In reality, we may just have needed to ask more questions to make it a success.

You need to replace assumptions with questions instead.

This can be difficult, but it's the only way to get the answers you need.

4. Always do your best.

Regardless of quality of your endeavours, this is the only thing you must ask of yourself.

Don't worry about whether your best now is the same or better than your best yesterday, or even five minutes ago...
do what you can, with what you have, from where you are – you can ask nothing more of yourself.

The Fourth Agreement allows you to practice and make all the other agreements become a habit.

Whenever you fail to implement an agreement, don't sweat it. It's OK. Start again.

Of course, all this info from

'The Four Agreements' by Don Miguel Ruiz.

I highly recommend the book, it eloquently expresses some important guiding principles of life, information that will wake you up from the 'dream' you have been living in.

Heaven and hell are real, but they're states of mind and a state of being

We can live in hell, or we can live in Heaven on earth, depending on our mindset and our actions
the way to 'hell':

- lying
- taking things personally that are nothing to do with you,
- making assumptions
- living a life based on other peoples expectations of you
- projecting/defending an 'image' of yourself
- following politics/news incessantly

the way to 'heaven':

- telling the truth
- living a life in accordance with what you believe
- dont assume, ask questions instead
- never take things personally (things are nothing to do with you)

- in any situation, always do your best, whatever your best may be

Regardless of the circumstances around us, we can either exist in a state of hell in our minds, living out a life that does not truly reflect how we feel inside because we have an image of ourselves (which isn't real) that we expend untold emotional energies to defend and uphold

Or, we can exist in 'heaven', where our thoughts and feelings and desires align with how we choose to live our lives, the relationships we participate in reflect what we truly want in a partner and we exude love + positivity because our internal state is no longer broken.

It is a process to get out of hell, but once you have a taste of the mental tools/knowledge that enable you to see the miasma of fake problems for what they are, you can see the path forward.

It will not come overnight, but it will come.

Your Biological Fear of Rejection and Why You Are Paralysed Into Inaction (THREAD)

In the years of the caveman era, you were part of a tight knit group or tribe that hunted together, ate together and died together.

Whenever you did something counter to what the tribe was doing, you opened yourself up to potential rejection within the tribe, highly affecting your chances of survival.

You would not survive very long as a lone human versus a hungry sabre tooth tiger.

Over time, the humans that went against the group were selected against and the result was that our brains favour the approval of and connection to the tribe.

This translates to today our brains giving us feelings of anxiety and fear when we consider doing things that go against what mainstream society or our social groups think.

Luckily, we have no real predators in our day-to-day lives and an abundance of food in the form of supermarkets.

Our survival is largely guaranteed barring any freak accidents.

Recognise that your brain will try to trick you into going against the 'herd'.

Recognise that this is a silly + largely irrelevant relic of our caveman brains

REALISE that you must overcome this fake fear in order to pursue the activities that will create the most benefit.

Even if it is just in terms of the hobbies that you want to do that your friends would make fun of you for - Smile, accept it as biological ancestral protective memory and plug on regardless.

Once you start thinking in terms of the brain being a 'selfish' guardian of our squishy flesh bodies, your mindset in terms of taking 'risk' is not really that much of a risk at all, and more doors will open up to you.

If you are displaying a version of yourself that doesn't reflect how you truly feel inside

You will naturally attract the wrong kind of people to your life. You won't develop the relationships that are possible because other people aren't privy to your true thoughts and feelings

Image

Only you will know that the life you're living isn't congruent with how you feel inside.

Then of course, when spending time living out a lie of the life we truly want, there is emotional dissonance that comes with that

A great way to quiet the mind is to eliminate the internal monologue of doubt and worry that come when you are doing things you don't truly enjoy and spending time around people who aren't on the same wavelength as you

It is imperative to live honestly, say what we truly believe and feel and to communicate this outwardly in order to find the people we are meant to truly connect with

It is your mind, rather than circumstances themselves, that decides the quality of your life.

This is why some people with nothing are content, and those who seemingly have everything are still depressed.

Your mind is the lens through which you experience everything.

Image

Your mind and body is all you have, and all you will ever have.

If you are perpetually in a state of anger, negativity or your attention is elsewhere, it won't matter what success you achieve or who is in your life—you won't enjoy any of it.

This is inherently the issue with people that place the locus of their satisfaction and happiness on achieving material goods or status in life.

This concept is inherently wrong because happiness can only come from within, regardless of external circumstances.

Image

Additionally, have the goal in mind, but you must learn to appreciate the journey and the process, as they are the PRESENT moment even if you are working towards something.

This composes a significant part of your life that you miss out on if you default to the 'work hard and suffer now because I'll hit my peace of mind later on' mindset.

Once people 'achieve' what they thought would bring them happiness, they become doubly distressed because what they attributed happiness to doesn't exist. You have everything you need to be happy within you, right now.

Image

If you achieve material success and then lose it, you end up being in the same place you were before, as we do not own and cannot take inner peace from anything other than ourselves.

'Things' can be taken away, but your mind and body cannot.

Partying: its possible to reach the upper eschelons of fitness + physique but still have the occasional looseygoosey night.

I have people that will see me drink once in a While and say "how can you do that and still look good?"

Cause that is how I live 3% of the time...

Image

Say you go out one night a month and have a ball-tearer with the boys. I'm not saying it's good to do, but as a young guy at college its gonna happen.

If everything else is dialed in for the majority of the time, you can afford to have a night where you pound vodka+lime sodas

Just like how one workout won't get you ripped, one bad night of throwing health to the wind won't have horrible lasting effects

the relaxation + dropping of rules for a night will give you mental benefits that carry through to have stronger discipline the rest of the time

I'm not encouraging drinking, best is to go completely without especially if you're beginning fitness journey:

Tips for Drinking:

- Workout that day
- high fat animal meat and sea salt meal before drinking
- Water and electrolytes pre-drinking + before bed
- Sleep for 8 hours

One guy pays for a girls meal on a date because he hopes it will make her hang out with him again.

He's worried if he doesn't bribe her with the meal she'll leave.

The other guy pays for a girls meal because he wants to, and can afford it - regardless of the outcome.

Image

Same act, different energetic motivation = two different results in the girls eye.

One is repulsive

One is attractive

abundance/love = attraction

neediness/scarcity = disgust

You can extrapolate this to other actions:

One guy wears a jacket cause he thinks it'll make people think he's cool = people sense the cringe

The other guy wears the jacket cause he thinks it looks dope and fits his style

Inherently the neediness comes from lack of self worth.

If you want to attract women (or people in general) then you need to work on yourself first to the point where you don't need external approval.

YOUR BIOLOGICAL BRAIN AND SELF IMPROVEMENT (THREAD)

"Man cannot remake himself without suffering for he is both the marble and the sculptor." - Alexis Carrel

When you first start along the road of self improvement, you will encounter the most dangerous of enemies...

Yourself.

He will tell you its too hard, he will tell you it is not worth it or you're not good enough.

He will think of every excuse in the book to prevent you from going down the path which will benefit you long term, IF it involves a short term sacrifice day to day.

Such is the nature of the human brain.

For millenia, the natural process of evolution selected for an organism that expends the least amount of energy for the highest amount of reward.

This is the underpinning mechanism that enabled Homo Sapiens to evolve.

Why waste energy walking 20km to water when the one 3km away will do?

Unfortunately, what is a terrific quality in the wilderness of 200 thousand years ago is an acutely self-sabotaging one in the modern era.

Sitting at home on the couch with junk food is, to your lizard-brain, a safe and comfortable situation.

You have food, shelter and there is no external threat to your safety.

Working out for over an hour of physical labour for no immediate reward is absolute madness to the subconscious in your head.

Studying a foreign language before bed does not serve the purposes of your caveman instincts.
There is no immediate benefit to the reproductive capacity of your body so your brain does not recognise it as useful and will send you chemical signals to avoid it.
If you want any improvement to your life, you will have to suffer to get there.

If you want more money, to start with you will have to work more hours and spend less on frivolities.
If you want a better body, you will have to forego junk foods and alcohol.

The immediate future will be 'worse', but in the end your total happiness and quality of life will increase.
A critical point of being able to fulfil your goals is to recognise that we are slaves to our biology.

Recognise this, and you will be able to break those chains.

CREATING YOUR NEW PERSONAL REALITY (THREAD)

- How you Think
- How you Feel
- How you Act

Creates how you will experience your life.

Are you experiencing your life the way you truly want to?

Or are you living through past experiences, subconsciously driven by past beliefs?

Thoughts
Feelings
Actions

These form your 'personality'. Which creates your personal reality.

If you want to change your reality, then you must change your personality.

HOW YOU THINK

Did you know the average person in the same routine has thoughts that are 90% the exact same as the previous day?

What you encounter each day in your environment triggers memories/thoughts

which trigger emotions
which trigger feelings
which trigger actions

If you have the same thoughts every day

the same environmental triggers (job, boss, relationships) lead you into the same thoughts

the same feelings - your body responds accordingly and it is impossible to break those habitual chains. You must start with the thoughts.

Pay attention to your thoughts every day, write them down.

Do they match how you feel and act ?

Make a conscious and focused decision to think different thoughts - write them down, speak them, repeat them and own them (affirmations).

HOW YOU FEEL

What you think about affects how you feel.

If you tell yourself "I'm not good/smart/brave enough"
You will feel unsuccessful and unmotivated.

Do you think you will perform your best with this mindset?
Each day, notice how you feel. Then notice your thoughts.

Choose different thoughts if you want to feel differently.

Repeat positive mantras to bring your feelings into a more positive state "I will do the best I can do"
HOW YOU ACT

Notice when your body is in pain, or when it feels healthy and strong.

Fear, depression, anxiety, jealousy are lower vibrational mindsets that manifest negatively in the body.
When you make a decision to feel better, your body responds in turn.

When your thoughts change from frustrations/anger to empowered, positive, strong

Your shoulders drop, head is held higher, breathing becomes deeper.
Step One: COMMIT.

Make the conscious decision to make your life great. It won't be easy, but when you COMMIT, you won't let anything stop you over the long term.
Step Two: Take Action.

Do something different every day. Small steps, everything counts.

Pay attention to your thoughts, rather than just responding emotionally to them.

Carry yourself taller, better posture.
Step Three: Be Consistent.

With a new change of habit, the body will crave the specific chemical hit that was delivered to it in the old habits of self-sabotaging thoughts.

It will not want to let go of the old patterns of thinking, feeling and acting.

Be aware of this!

Why do you have the beliefs you do?

They were given to you by others

'No one could achieve that'

'You're stupid'

'A good person does this and this'

You can choose to believe better things

With awareness of the old internal programming , one can begin to reprogram anew

Take your 1ST PLUNGE into intentional subliminal programming...

Terminate is only for people that want to INTENTIONALLY CURATE A NEW SPRING OF INTERNAL ENERGY.

Imagine becoming unstoppable in your resolve.

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Terminate is the Strongest way to start your day,
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Wake,
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THEN T E R M I N A T E

when you listen to terminate you feel that GRRR,
develop clearer FOCUS + perform on a higher elite level.
gone is the internal voice who double-takes, second-guesses and gives you worthless mental chatter.

Gone is the voice that frets over OTHER PEOPLE'S OPINIONS. IT means nothing for you.

Blast Terminate, and you'll see EXACTLY what I mean.

TERMINATE: SUBCONSCIOUS REPROGRAMMING

HERE'S WHAT YOU'RE GETTING ...1x Instructions Audio File1x TERMINATE Programming Audio File (YOU GET BOTH MP3 + MP4 FORMATS)Which will reprogram your subconscious mind into A FORCE OF UNPARAL...

<https://gumroad.com/a/547189875>

it truly puts you a state that meshes extremely well with life

problem arises

DON'T CARE, COMPLETE TASK ANYWAY

something doesn't go your way

CHOOSE NEXT BEST OPTION AND E X E C U T E