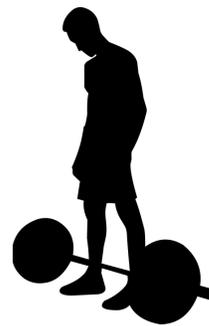


# Living Healthy in The Modern World

by Henry & Friends



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## Introduction

Our world is filled with awe inspiring beauty. You may see it in the tree blowing outside, in an elderly couple walking to church, or in the smile on a newborn's face.

However...

Our world has been poisoned and it affects us on a biological level. Chemicals manufactured for cheap consumer goods, infant formula with fillers, and compounds in the water to make us "healthy". We must work towards cleansing these things from us.

### **When it comes to greatness and beauty: If not you... who else?**

This guide is for men and women who live their life in service to a cleaner, healthier, and safer world. Throughout this guide consider the importance of spiritual purpose whether in God or for your own goal of greatness. To limit - or indifferently accept - the beauty in our world (as it is) is to blaspheme against God and Nature. Living your life in service to the spread of beauty is a task few undertake. The absolute power of taking what evolution and nature gifted you - your body - and developing it past what it was ever designed to be is **beyond man**.

### **Once you change yourself you change the world.**

The Modern World is filled with a spiritual poison that is destroying us. You must make the rational decision to flush this poison from you to overcome this world. We must take the necessary steps to reverse this and so I give you *Living Healthy in the Modern World*.

### **Note from Author:**

My goal in this guide is to lay all this info out so that you don't have to spend the time researching information in all corners of the internet and libraries. So that you can focus on your goals - whether to create beauty, art, have children, whatever instead of putting energies into other things. However it is still important for you to be able to comprehend the intricacies of a well tuned diet so that you can then educate others.

# Diet

## Getting Started

### Cutting:

\*Adversely effect health or are easy to cut

- Soda & Sugar Drinks (Fruit Juice/Energy Drinks)
- Fried Food (Destroys gut bacteria)
- Fast Food
- Smoking, Vaping, or Drugs
- Soy & Flax (Products / Additives)
- Processed Foods (Fake ingredients & Soy)
- Tap Water (Buy a filter)
- Mass amounts of Alcohol

All these and more will be discussed throughout this guide. For me I slowly cut things here and there and not all at once. Some of these things took me years to cut before I understood the danger.

### Other Cutting:

- Sugar/Sugar Substitutes
- Switch from Commercial Dairy and Grain Fed to Grass Fed / Pastured
- Anti Nutrients (Gluten, Lectins, etc)
- Phytoestrogens (Soy, Flax/Sesame, Legumes/Lentils)
- Polyunsaturated Omega 6 Fats (These are the fats that actually clog arteries - Found mostly in nuts, seeds and seed oils)
- Anything with GMOs or Pesticides (Mass produced Corn, Rice, Wheat and Sugar)

You might find yourself wondering... What's wrong with eating them in moderation? I would ask you to think about... Why do you want to be healthy? If you recognize something is harmful why consume it at all? I might still indulge from time to time though. Having an alcoholic beverage among friends periodically isn't going to kill you nor will it drastically affect your spiritual strength, but it is time to do away with the false song of moderation. We are idealists, fanatics, and above all mad men.

## Macro Nutrition

You may have heard tracking macros doesn't matter. They don't if you already understand the use and purpose of each while eating inline with a good ratio.

### Three Main Macro-Nutrients:

- Protein
- Fat
- Carbohydrate

### Protein (4 Calories per gram)

Protein is an important component of every cell in the body. Hair and nails are mostly made of protein. Your body uses protein to build and repair tissues. You also use protein to make enzymes, hormones, and other body chemicals. Protein is an important building block of bones, muscles, cartilage, skin, and blood. I will go into why you should eat grass fed pastured animals and grass fed dairy or raw dairy later.

### Sources

There are many sources of protein from meat to plants, but finding the best sources is crucial for a healthy body.

#### Beef, Poultry, Fish, Shellfish

- Beef, Pork, Lamb should all be grass fed - this meat can be purchased from local butchers and farmers
- Eggs (Pastured/Free range are higher in micronutrients)
- Meat has high levels of essential micro/macro vitamins
- Shellfish has great amounts of Magnesium and Zinc essential for high testosterone

#### Dairy

- Milk, Yogurt/Kefir, Cheese (Parmesan/Cottage Cheese)

#### Protein Powders (Soy Free / Unsweetened):

- Grass Fed Whey Protein (Quick Absorption - Best for post workout)
- Hemp Protein † (High Omega 3, 20 Amino Acids, High in Magnesium/Zinc)
- Collagen Peptides (As supplement or with Bone Broth - Beneficial for Joints, Bones, Skin, and Hair / Strengthens gut liner)
- Casein Protein (Slow Digestion - Best before bed)

### † Hemp Seed/Protein:

Hemp seeds have an ideal 3:1 balance of omega-3 fatty acids vs. omega-6 fatty acids, which promotes cardiovascular health. It is the best source for plant-based protein, protein powder has 20 amino acids, including the nine essential amino acids that your body is unable to produce on its own and must obtain from dietary sources, it won't get you high, improves heart health, decreases osteoporosis risk, cleanses the colon, reduces sugar cravings and boosts the immune system. Hemp rarely has additives or pesticides added because of the sturdiness of the crop. The seed form is easy to mix into morning oats, tomato sauce, granola, anything.

### Fat (9 Calories per gram)

Fat is an energy source just like carb. Fats are sources of essential fat-soluble vitamins - Vitamins A, D, E, and K, meaning they can only be digested, absorbed, and transported in conjunction with fats. Fats play a vital role in maintaining healthy skin and hair, insulating body organs against shock, maintaining body temperature, and promoting healthy cell function. Fat also serves as a useful buffer against a host of diseases.

### Truth Behind Fat

Your body needs fat for energy and to process certain vitamins and minerals. For several decades, American grocery stores have been stocked with an assortment of fat-free and low-fat food products. Because fat is high in calories, eliminating it seemed like a good way to manage weight and improve health. Added sugars and refined carbohydrates are often used to replace fat in processed foods.

### Fat as Main Source of Calories

Whether you are a bodybuilder or just someone looking to become healthier using fat as your main source of calories can improve your health significantly. Diets that center their calories on fat (Keto) have been proven time and time again to be healthier than those that are high in carb. They lower inflammation drastically reducing risk of cancer, help to stave off appetite and therefore help to lose weight, reduce blood sugar and insulin levels, lower blood pressure, and can help to reduce auto immune issues (foot fungus, psoriasis).

### Saturated, Unsaturated, and Monounsaturated

Most animal fats are saturated. The fats of plants and fish are generally unsaturated. Each fat molecule is made of one glycerol molecule and three fatty acids... which can be either saturated, monounsaturated or polyunsaturated.

## Saturated

Fats that are mostly saturated (like butter) tend to be solid at room temperature, while fats that are mostly unsaturated (like olive oil) are liquid at room temperature.

### Truth

Several recent review studies that combined data from multiple other studies, found that there is no link between saturated fat consumption and heart disease. This includes a review of 21 studies with a total of 347,747 participants, published in 2010. Their conclusion: there is absolutely no association between saturated fat and heart disease. [1]

### Food Sources

#### **Plant Based**

- Coconut Oil / MCT Oil

#### **Animal Based**

- Dairy (Butter, Cheese, Milk, Ghee)
- Beef/Pork/etc (Tallow, Lard, Duck Fat)

## Unsaturated

Trans Fats, Poly and Monounsaturated, and Interesterified Fat make up Unsaturated fats.

### Trans Fats (Avoid)

Became widely produced industrially from vegetable fats (soybean) starting in the 1950s for use in margarine, snack food, packaged baked goods, and for frying fast food. Consuming trans fats has been shown to increase the risk of coronary artery disease, Alzheimers, Cancer, Diabetes, Obesity, Liver dysfunction, Infertility, Depression, and Acne. In ingredient lists they're referred to as "Partially hydrogenated vegetable oil" Palm Oil is used as a substitute, but it isn't any healthier.

### Polyunsaturated (Omega 3 & 6)

Fatty acid that is a primary structural component of the human brain, cerebral cortex, skin, and retina. No matter what "modern research" will tell you Omega 3 it is essential to your diet and increasing it will benefit you immensely. Getting a surplus of this vitamin is great for increased brain function and operating at max capacities. I will go in depth with the history below.

### Omega-6 to Omega-3 Ratio

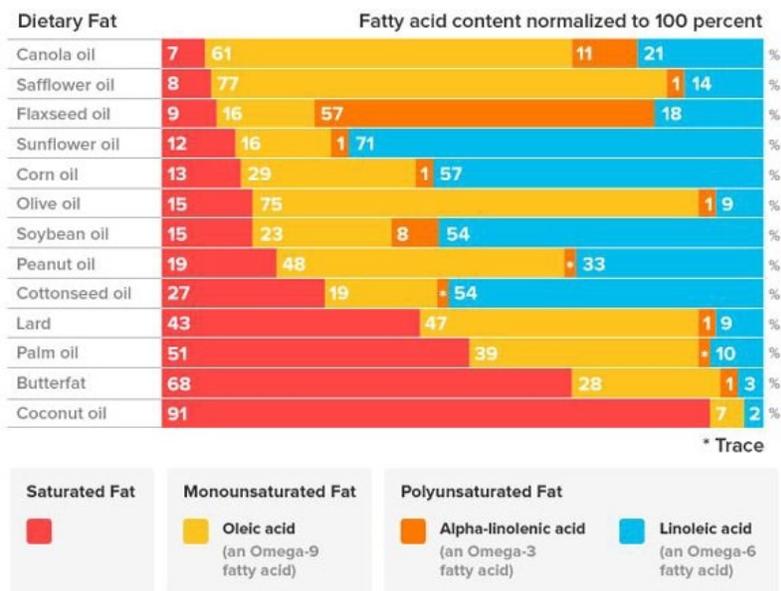
The Human diet has changed rapidly in recent centuries resulting in a reported increased diet of omega-6 in comparison to omega-3 due to our increased consumption of seeds, nuts and their oils. The rapid evolution of human diet away from a 1:1 omega-3 and omega-6 ratio, such as during the Neolithic Agricultural Revolution, has presumably been too fast for humans to have adapted to biological profiles adept at balancing omega-3 and omega-6 ratios of 1:1. This is commonly believed to be the reason why modern diets are correlated with many inflammatory disorders.

### Avoid these Omega-6 Foods

- Seed/Seed Oils and Nut/Nut Oils (Flax, Peanuts, Almonds, Sunflower, Walnuts, Pecans)
- \*To the right you can see the oils that are high in the harmful Omega-6 fats

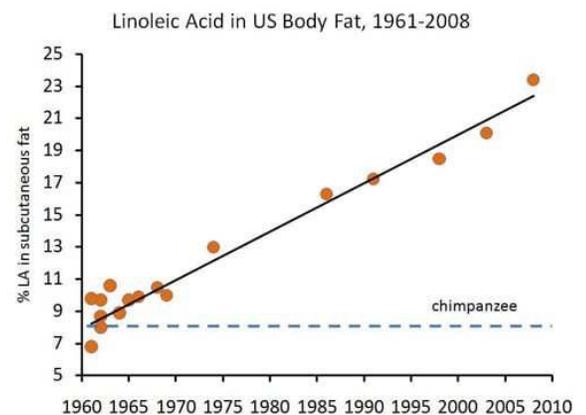
### Good Omega 3 Sources

- Fatty Fish 1-1.5g (Salmon, Sardines, Herring, Mackerel)
- Grass Fed Beef 1g and Dairy
- (Seeds) Hemp 3.4g and Chia 7.2g of Omega 3
- Out of the oils to the right I would eat Coconut Oil, Olive Oil, Lard, and Butterfat



Most animals are fed grain-based feeds containing soy and corn. This reduces their omega-3 contents, so the polyunsaturated fats in the meat are mostly omega-6.

In the graph to the right, you can see how the amount of omega-6 fatty acids found in body fat stores has increased by more than 200% (3-fold) in the past 50 years alone. It is clear that the fats people are eating today are leading to actual changes in their bodies, both in terms of



their body fat stores and cell membrane health. Beef, dairy, and other animal fats have been in our diet for millions of years and we are evolved to eat them.

The graph to the right shows how a high amount of Omega-6 in cell membranes is strongly associated with the risk of heart disease.

### Monounsaturated (Omega 7 & 9)

Monounsaturated fats can help prevent depression, protect you from heart disease and even prevent certain kinds of cancer. As many people are discovering on the keto diet, these fats are an important element in many of the body's processes and are also associated with lower body fat content.

### Sources

- Olive Oil, Avocados, Eggs, and Red Meat

### Interesterified fat

The highly industrialized process of interesterification may result in a product that is trans-free, but that product will still contain chemical residues, hexanes, and other hazardous waste products full of free radicals that cause cell damage.

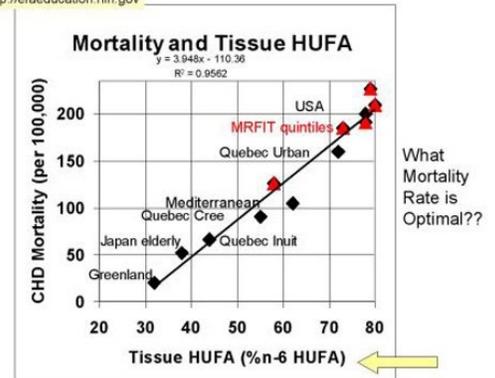
In MEN, these unnatural oils trigger an immune response as they enter your artery walls. As your body attacks this unknown intruder, your arteries become inflamed, leading to a dangerous build-up of plaque.

Processed vegetable oils don't appear to trigger an immune response in the arteries of WOMEN. Rather, they get deeper into your body and into fatty tissues like those of the breast, increasing your cancer risk.

### Interesterified fats are found in the same foods as trans fats:

- Margarine and shortening
- Fried foods like French fries and fried chicken
- Doughnuts, cookies, pastries
- Crackers
- Processed foods like cereal and waffles
- Salad dressings, mayonnaise

<http://efaeducation.nih.gov>

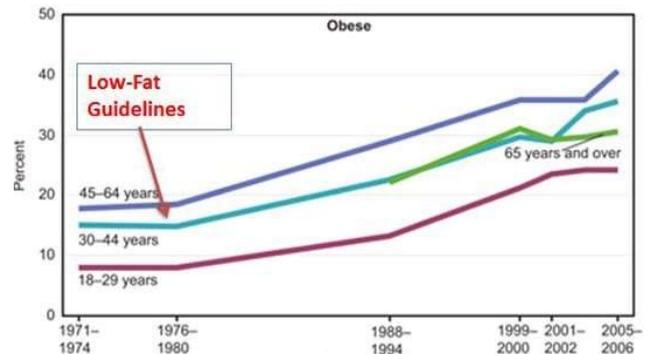


The scariest thing, Interesterified Fat Will Likely NOT Be on List of Ingredients. The FDA has ruled that food manufacturers can use terms like high stearate or stearic rich fats in place of "interesterified." To confuse things even further, if you see the terms fully hydrogenated vegetable oil, **palm oil** and/or palm kernel oil on labeling, the product may or may not contain interesterified fat.

### Low Fat Fad

It is interesting to see that since the low-fat guidelines came out, the prevalence of obesity has skyrocketed:

This graph alone doesn't prove anything (correlation does not equal causation), but it does make sense that replacing traditional foods like butter and meat with processed low-fat foods high in sugar had something to do with it.



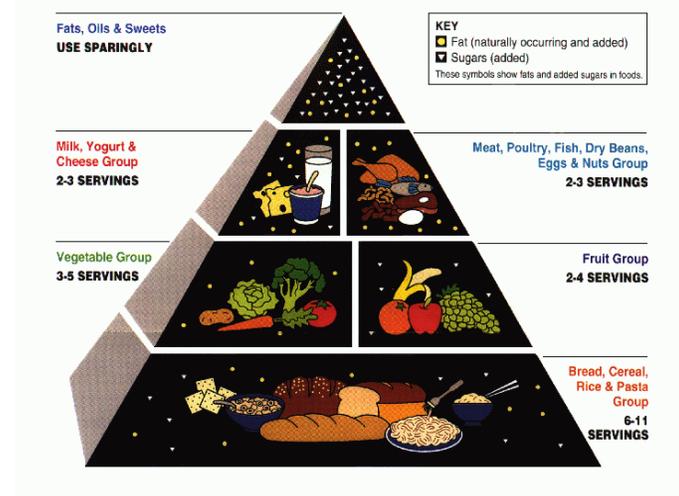
### Carbohydrates (4 Calories per gram)

A group that includes sugars, starch, and cellulose.

*The Western Diet and its consequences have been a disaster for the human race.*

### Grain:

Currently in America your average man eats most of his calories in carbs. This is very evident in the erroneously constructed food pyramid all of us were taught in elementary school. The reason this is killing many people is because white flour, sugar, and processed carbs can cause inflammation which is the lead cause of cancer. Also an overgrowth of bad bacteria in the gut, reduced nutrient absorption, due to the content of anti-nutrients in grain, and tooth decay. Refined grain consumption can lead to obesity, blood sugar imbalances, mood changes, heart disease and inflammation. Inflammation is the lead cause in cancer. This is not to discount the benefits to supplementing the use of grains in



your diet because organic ancient grains (teff, quinoa, buckwheat) can add greatly to your diet, but they should not make up your main calorie source. Many of these negative side effects of grain can come from the GMO component which are Genetically Modified Organisms. Echoing many of the same things for grains refined sugar causes many of the same things. Personally I see a decrease in focus, increase in acne, and increase in stress brought on by higher cortisol levels. (Anti Nutrition harms discussed later)

### **Best Grains (Full Grain - Unprocessed)**

Buckwheat, Oatmeal, Millet, Teff, Quinoa, Amaranth

### **Sugar**

Sugar consumption may be a key driver of many of the most serious diseases of today. These include obesity, type II diabetes, heart disease and even cancer. Mostly found in processed foods, fruit and fruit juice.

### **Exceptions**

#### Raw Honey Nectar Of the Gods

- Low Glycemic Index
- Raw form contains small amounts of antioxidants and some trace minerals
- Look for a raw, unfiltered, unstrained, and unheated local source
- Contains plant acids, waxes, gums, pigments and volatile oils that have antioxidant and antibacterial properties
- Warning for Parents: As natural as it is, don't give honey to babies under one year\* because of the small chance of them ingesting botulism spores and getting very ill.



#### Milk

- Holds many fat soluble vitamins necessary for human development
- Grass Fed local Milk is the best
- Lactose is made of Glucose and Galactose which has been identified to be one of 8 essential sugars needed in the human diet for proper cell development and functioning of the human body. Without galactose, you would not be able to function.



Other: Coconut liquid, Maple sap

### **Sugar Consumption Leads to:**

Tooth Decay - Bacteria in your mouth feed on sugar and release acid byproducts, which cause tooth demineralization

Acne - Sugary foods quickly spike blood sugar and insulin levels, causing increased androgen secretion, oil production and inflammation, all of which play a role in acne development

Skin Aging - Advanced glycation end products (AGEs) are compounds formed by reactions between sugar and protein in your body. They are suspected to play a key role in skin aging.

Weight Gain - Excessive fructose consumption may cause resistance to leptin, an important hormone that regulates hunger and tells your body to stop eating

Heart Disease - Can lead to obesity, inflammation and high triglyceride, blood sugar and blood pressure levels — all risk factors for heart disease

Diabetes - Prolonged high-sugar consumption drives resistance to insulin, a hormone produced by the pancreas that regulates blood sugar levels.

Cancer - Diets high in sugar increase inflammation in your body and may cause insulin resistance, both of which increase cancer risk (22).

Depression - Blood sugar swings, neurotransmitter dysregulation and inflammation may all be reasons for sugar's detrimental impact on mental health.

Cellular Aging - Consuming high amounts of sugar has been shown to accelerate telomere shortening, which increases cellular aging.

Drains Your Energy - Foods loaded with sugar but lacking in protein, fiber or fat lead to a brief energy boost that's quickly followed by a sharp drop in blood sugar, often referred to as a crash.

Other: Kidney Disease, Fatty liver, Gout, and Cognitive decline

### **Glycemic Index**

When you eat foods that cause a large and rapid glycemic response, you may feel an initial elevation in energy and mood as your blood sugar rises, but this is followed by a cycle of increased fat storage, lethargy, and more hunger.

#### Low GI Foods (55 or less)

Oatmeal (rolled or steel-cut), Buckwheat, Quinoa

Barley, bulgar, farro

Corn, yam, peas, legumes and lentils

Sweet potato, non-starchy vegetables and carrots

Honey

(Avoid) Medium GI (56-69)

Whole wheat, rye and pita bread  
 Quick oats  
 Brown, wild or basmati rice, couscous

(Avoid) High GI (70 or more)

White bread or bagel  
 Corn flakes, puffed rice, bran flakes, instant oatmeal  
 Shortgrain white rice, rice pasta, macaroni and cheese from mix  
 Russet potato, pumpkin, Fruit  
 Pretzels, rice cakes, popcorn, saltine crackers  
 melons and pineapple

**Below is a chart that compares the level of different vitamin content of each healthy grain (Find one Organic and Free from GMOs)**

**Ancient Grains (1 Cup Uncooked)**

• Above 75% is Green Dependent on mineral and due to serving size

	B6	Man	Mag	Zin	Carb	Iron	K	Prot	Cu	Se	P	Fiber
Buck	18%	110%	98%	27%	121g	21%	22%	22g	94%	20%	59%	68%
Teff	46%	892%	89%	47%	141g	82%	5%	26g	78%	12%	83%	62%
Millet	38%	163%	57%	22%	145g	33%	2%	22g	75%	8%	57%	68%
Quin	41%	173%	84%	35%	109g	43%	27%	24g	50%	21%	78%	48%
Oats	9%	383%	69%	41%	103g	41%	19%	26g	49%		82%	66%
Amar	57%	322%	120%	37%	125g	82%	28%	26g	51%	52%	108%	52%

P - Phosphorous  
 Se - Selenium  
 Cu - Copper  
 K - Potassium  
 Man - Manganese

Buck - Buckwheat / Quin - Quinoa / Amar - Amaranth

**Fiber**

Cellulose, a polysaccharide found in the cell walls of all plants, is one of the main components of insoluble dietary fiber. Although it is not digestible, insoluble dietary fiber helps to maintain a healthy digestive system by easing defecation.

Food Sources

Full Grains (Listed below), Seeds (Hemp/Chia)

**Artificial Sweeteners**

From soft drinks to yogurt, artificial sweeteners have become commonplace in the food and beverage industry and are recognized as safe by the ((FDA))).

In the United States, six artificial sweeteners have been approved for use: aspartame (Diet Soda, Equal, NutraSweet and Canderel), sucralose (Splenda / Found in many Whey proteins), neotame, acesulfame potassium (Ace-K), saccharin (Sweet'n Low), and advantame.

Most art sweet pass through the human GI tract without being digested by the human host. They therefore come in direct contact with microbes in the colon.

#### Harmful Side Effects

- Destroys healthy bacteria in gut
- Cause glucose intolerance (Leading to Diabetes)
- Increase Appetite

## Food Truths (Cholesterol, GMOs, Tap Water)

### Cholesterol

Decades of emphasis on the primacy of lowering cholesterol, as if this was an end in itself and driving a market of 'proven to lower cholesterol' and 'low-fat' foods and medications, has been misguided. Selective reporting may partly explain this misconception. Reanalysis of unpublished data from the Sydney Diet Heart Study and the Minnesota coronary experiment reveal replacing saturated fat with linoleic acid (Polyunsaturated - Omega 6) containing vegetable oils increased mortality risk despite significant reductions in LDL and total cholesterol.

#### What is Cholesterol

Cholesterol contributes to the membrane structure of every single cell in your body. Your body needs it to make hormones and vitamin D, and perform various other important functions. Simply put, you could not survive without it.

#### Cholesterol and Lipoproteins

Lipoproteins are made of fat (lipid) on the inside and protein on the outside. There are several kinds of lipoproteins, but the two most relevant to heart health are low-density lipoprotein (LDL) and high-density lipoprotein (HDL). HDL and LDL, the "good" and "bad" cholesterol, are not actually cholesterol... they are proteins that carry cholesterol around, known as lipoproteins.

Your body makes all the cholesterol it needs, but it also absorbs a relatively small amount of cholesterol from certain foods, such as eggs, meat and full-fat dairy products.

Although it may seem logical that eating cholesterol would raise blood cholesterol levels, it doesn't work that way. The body tightly regulates the amount of cholesterol in the blood by controlling its production of cholesterol.

When dietary intake of cholesterol goes down, your body makes more. When you eat larger amounts of cholesterol, your body makes less. Because of this, foods high in dietary cholesterol have little impact on blood cholesterol levels in most people [2] [3]

**Most foods that are high in cholesterol are also super healthy and nutritious. This includes grass-fed beef, whole eggs, fish oil, sardines and liver.**

**GMOs (Genetically Modified Organisms):**

From: Grains, vegetables, and even fish/beef/chicken

Cause: Organ damage, gastrointestinal and immune system disorders, accelerated aging, and infertility

Counteract: Buy "Organic" / Non GMO / Pesticide Free / Grow with Non GMO Seeds

History: The GMO plants are often treated with pesticides and herbicides because they are made to withstand these chemicals. Monsanto, for example, sells Roundup Ready crops, designed to survive applications of their Roundup herbicide. Between 1996 and 2008, US farmers sprayed an extra 383 million pounds of herbicide on GMOs. Overuse of Roundup results in "superweeds," resistant to the herbicide. This is causing farmers to use even more toxic herbicides every year. Not only does this create environmental harm, GM foods contain higher residues of toxic herbicides. Roundup, for example, is linked with sterility, hormone disruption, birth defects, and cancer. Because of the lax regulations imposed in the US many of these companies can get away with it. GM crops and their associated herbicides can harm birds, insects, amphibians, marine ecosystems, and soil organisms. They reduce bio-diversity, pollute water resources, and are unsustainable. GM crops are even eliminating habitat for monarch butterflies, whose populations are down 50% in the US.

**Pesticides**

Protect plants from pests, weeds or diseases, and humans from vector-borne diseases, such as malaria, dengue fever, and schistosomiasis

**Found in**

Residues of pesticides can be found in a great variety of everyday foods and beverages, including grains/vegetables, water, alcohol, fruit juices/soda, and animal feeds (soy/corn).

**Effect on health**

The numerous negative health effects that have been associated with chemical pesticides include, among other effects, dermatological, gastrointestinal, neurological, carcinogenic, respiratory, reproductive, and endocrine effects (More on endocrine disruptors later). Pesticides residues have also been detected in human breast milk samples, and there are concerns about prenatal exposure and health effects in children.

**How to avoid**

Furthermore, it should be noted that washing and peeling cannot completely remove the residues. However, buying foods labeled "Organic / Pesticide Free /

Non GMO" are a good start, when it comes to fruits, vegetables, and grains the best way is home growing or at least buying from a local health market.

## Tap Water

### **Added Compounds & Contaminants**

Things are added to tap water to improve human health, but are not as healthy and more often than not dangerous.

Fluoride: Does more damage to general health, compared to its purported benefits for dental health. Even at the recommended level of 1ppm and lower, fluoride is known to suppress thyroid function and lower immunity. Just as it damages the tooth enamel, fluoride weakens the bones, making people more prone to fractures. Several studies have shown that fluoride has neurotoxicity and that it reduces IQ in children. It triggers tumors as well as aids their rapid growth and spread.

Chlorine: Swimming in chlorinated water causes severe asthma in some people and leads to premature skin aging. Skin and eye irritations, dry cough and sore throat are more common. Why would you drink it?

Arsenic: Comes from mining and industrial pollution. Poisoning causes wide-ranging skin problems, physical deformities, and multi-organ failure.

Lead: Causes symptoms ranging from abdominal problems and fatigue to cognitive decline and irreversible brain damage. Children are most susceptible, lower IQ, learning difficulties, and growth retardation being common in youngsters exposed to this metal. The recent Flint disaster resulting from the city switching its water source highlights the apathy and complacency of governmental agencies in charge of ensuring safe drinking water.

Pharmaceutical drugs: Many drugs used in the medical field are finding their way into our groundwater systems, eventually ending up in our tap water. These include OTC drugs commonly used for pain relief as well as prescription drugs given for treating different kinds of infections and psychiatric disorders. This includes birth control

Speculated Chemicals (Conspiracy or Reality): Any number of compounds could be being added to municipal tap to control the populace, lower fertility, or make people more docile. [4]

### Protect Yourself (Standard Filter / Reverse Osmosis filter + Well Water)

If you are concerned about your drinking water, you can always conduct a test. Once you find out what is in your water, you will most likely want to install a filter that will take care of the pollutants in your water. Whole-house filters are best and are well worth their money for the peace of mind you will get knowing you are drinking safe water.

### Coffee - Good or Bad?

There are many cases to be had that coffee and caffeine are good or bad. I will present some cases and let you decide.

#### Good

1. Caffeine blocks an inhibitory neurotransmitter in your brain, which causes a stimulant effect. This **improves energy levels** and various brain functions.
2. **Improves Physical Performance**
3. Contains Essential Nutrients that add up through day
  - A single cup of coffee contains:
    - Riboflavin (vitamin B2): 11% of the Reference Daily Intake.
    - Pantothenic acid (vitamin B5): 6% of the RDI.
    - Manganese and potassium: 3% of the RDI.
    - Magnesium and niacin (vitamin B3): 2% of the RDI.
4. Coffee is rich in **powerful antioxidants**, and many people get more antioxidants from coffee than from fruits and vegetables combined.

#### Bad

1. Habitual caffeine use **decreases insulin sensitivity**, making it difficult for your cells to respond appropriately to blood sugar. High blood sugar levels lead to arterial deterioration and increased risk of cardiovascular disease.
2. **Addiction** is common among coffee drinkers and makes it difficult to rely on the body's natural source of energy. Ask any coffee drinker about how it feels to withdraw from coffee, and you will mistake their story for that of a drug addict's.
3. **Elevated urinary excretion** of important minerals such as calcium, magnesium and potassium have been noted in coffee drinkers. An imbalance in your electrolyte status can lead to serious systemic complications.
4. Stimulates the brain and increases headache, **nervousness**, it releases adrenaline, the stress hormone, increases heart rate and blood pressure; it increases the rate of breathing; it is a **laxative** and a fairly strong diuretic
5. Caffeine **slows absorption of minerals** from food and flushes out B Vitamins and other water soluble vitamins.

## Anti Nutrients

### Overview

Plant compounds that act against your body or other nutrients, most commonly found in Grains, Legumes, and Vegetables. Many plants contain compounds that act as a toxin to deter animals from eating them. Sometimes there is no way of counteracting the effects, sometimes it is as easy as boiling.

### Author's Remarks

They are marked as Low, Med, or High based on their prevalence, risk to your health, and ability to be counteracted within reason. This is a personal scale, just trust me here, I have read countless Wikipedia articles I think I know what I'm talking about \*eye roll\*.

#### **Oxalates (Med)**

From: Nuts, Spinach, Soy, Berries

Cause: Inflammation, inhibit mineral absorption (calcium, iron, magnesium) and kidney stones

Counteract: Eat more calcium and increase water

#### **Phytic Acid (Med)**

From: Seeds, Grains, Nuts

Cause: Impair mineral absorption (Phosphorus, Iron, Magnesium, Zinc)

\*This applies to a single meal, not overall nutrient absorption throughout the day. It reduces mineral absorption during the meal but doesn't have any effect on subsequent meals.

Counteract: Follow proper preparation to reduce phytic acid content. **Soaking:** Grains and legumes are often soaked in water overnight to reduce content. (I do this)

**\*Macadamia Nut is low in phytic acid/lectins and nutritious/delicious**

#### **Gluten (High)**

From: Wheat, Rye, Barley, Farro, Bulgur, Couscous, Semolina

Cause: Enzyme Inhibitor, Leaky gut, Autoimmune disease, cognitive problems, Arthritis, headache, fatigue, poor memory, Irritable bowel syndrome

Counteract: Don't eat Gluten or Wheat > Instead eat other grains and prepare them properly

Positive Benefits of Cutting: Feel less fatigued, lose weight, less joint pain, increase mood.

\*It's important to know that processed "gluten free" products are not any healthier than gluten containing ones. Also you look gay buying gluten free products.

**Mycotoxin/Aflatoxins (Med)**

\*Only if you come in contact with the toxin. It is not present in every foodstuff

From: Coffee & Chocolate - Humid Climates / Fungus (Food handling/storage)

Cause: Limit protein synthesis, lowered immunity, damage white blood cells, inhibit particle clearance of the lung

Minimize Exposure: Inspect whole grains and nuts for evidence of mould, and discard any that look moldy, shriveled, buy grains and nuts as fresh as possible, make sure that foods are stored properly, not keep foods for extended periods of time before being used

**Glucosinolates (Med)**

From: Cruciferous Vegetables

Cause: Free radical damage, Goiter (Kale), Kill good and bad Cells

Counteract: Freezing and boiling them can help reduce the concentration (~50%)

**Isothiocyanate / Sulforaphane (Broccoli)**

Cause: Stimulate detoxification enzymes, cell death, Inhibit Iodine uptake (higher iodine consumption), Inhibit thyroid hormone, depletes antioxidants, leaky gut

Counteract: ^ / Eat more Iodine rich foods (Eggs/Iodized Salt)

**Indoles**

Cause: Limit ATP (Necessary for Physical activity), Estrogen metabolism

**Nitriles**

From: Cooked brussel sprouts

Cause: Stimulate detoxification enzymes, cyanide related toxicity (food intake, kidney function, energy production, blood clotting), decrease energy

**Protease Inhibitors (Low)**

From: Soy

Food	Phytic Acid
Almonds	0.4–9.4%
Beans	0.6–2.4%
Brazil nuts	0.3–6.3%
Hazelnuts	0.2–0.9%
Lentils	0.3–1.5%
Maize, corn	0.7–2.2%
Peanuts	0.2–4.5%
Peas	0.2–1.2%
Rice	0.1–1.1%
Rice bran	2.6–8.7%
Sesame seeds	1.4–5.4%
Soybeans	1.0–2.2%
Tofu	0.1–2.9%
Walnuts	0.2–6.7%
Wheat	0.4–1.4%
Wheat bran	2.1–7.3%
Wheat germ	1.1–3.9%

Cause: Impair protein's nutritional quality, induce pancreatic hypertrophy, enhance the action of chemical pancreatic carcinogens

Counteract: Don't eat Soy

### **Tannins (Low)**

From: Unripe fruits & Grapes

Cause: They aren't necessarily harmful. For some people, however, tannins interfere with normal digestion and nutrient absorption because they may inactivate digestive enzymes

Counteract: Tannins tend to be the peel so if you eat fruit just peel them.

### **Trypsin Inhibitors (Low)**

From: Phytoestrogenic Beans (Also animals fed soy/corn)

Cause: Prevent protein digestion

Counteract: Don't eat soy or other phytoestrogenic foods (Covered later)

### **Sodium Benzoates (Low)**

From: A preservative in processed foods and beverages to extend shelf life

Cause: Ability to convert to benzene (a carcinogen), inflammation, "ADHD", Appetite Control, oxidative stress, allergies

Counteract: Don't consume processed foods or beverages

### **Lectins (Low)**

From: Legumes, Grains, Veg oil (Avoid), GRAIN FED Dairy

Cause: Damage intestines - leaky gut, Commonly cause joint pain

Counteract: Soaking/fermentation

### **Saponins (Med)**

From: Quinoa/Oats

Cause: Damage Intestines, red blood cells, enzymes, foaming property (cell damage)

Counteract: Soaking, washing, and rubbing

### **Chaconine (Low)**

From: Natural toxicant produced in green potatoes and gives the potato a bitter taste

Cause: Sprouted, stressed, or spoiled potato have reportedly led to human acute intoxication, coma, and death when consumed in high amounts

Counteract: Don't eat spoiled or sprouted potatoes

## Phytoestrogens (Lignans & Isoflavones)

More on this in Endocrine Disruptors & Xenoestrogens

### Zearalenone (Phytoestrogen)

Cause: Potent estrogenic metabolite produced by some Fusarium and Gibberella species. Is primary toxin, causing infertility, abortion or other breeding problems.

From: Heat-stable and is found worldwide in a number of cereal crops, such as maize, barley, **oats**, wheat, rice, and sorghum.

Counteract: Avoid all listed foods or use fermentation methods listed below.

### Glutamates (Low)

From: Additive MSG - Fermented Umami

Cause: Asthma, headache, hives, psychiatric disorders, convulsions

Counteract: Don't eat Chinese take out

After reading this you might be worried about grains or vegetables. It is hard to keep the source pure, clean, and toxin free and there is absolutely no way to alter the plant structure to eliminate natural toxins. We can practice the counteractions listed above. Limiting vegetable intake and focusing on getting most of our vitamins from animal based sources is one, but we will discuss this more later. Vegetables (kale/spinach) can serve as a beneficial source of Vitamin C, Potassium, and Vitamin E that are harder to get from animals - especially grain fed meat.

## Soaking, Fermentation, Sprouting

These methods can drastically increase nutrition of the foods, reduce anti nutrients, and can increase taste.

**Reiterate about Phytic Acid**: When eating grains and legumes that haven't been soaked, the acid binds to minerals in the gastrointestinal tract and can not be absorbed in the intestine and to many bound minerals can lead to mineral deficiencies. By soaking, you are breaking down the acid so it can be absorbed correctly for digestion.

### Soaking Grains (Quinoa, Teff, Buckwheat, Millet, etc)

1. Place grain in glass bowl and cover completely with filtered warm water. For every 1 cup of liquid you will need 1 tbsp of acidic medium (kefir, apple cider vin, ). All grains with the exception of brown rice, buckwheat and millet, need to be soaked for 12-24 hours. Buckwheat and millet have low levels of phytic acid and only require 7 hours soaking time.
2. Place bowl on the counter top and cover.

3. Let soak overnight or for proper time.

Proceed with recipe. Do note that many soaked grains will take less time to cook than non soaked grains.

### **Soaking Flours (Buckwheat Flour, Almond Flour, etc)**

1. If soaking flour for recipes like pancakes, muffins or quick breads, add the liquids (water, oils, sweetener) and flour together in a glass bowl and 1 tbsp of acidic medium for every 1 cup of liquid used.

2. Cover and allow to soak overnight.

3. Proceed with the recipe in the morning by adding the remaining ingredients (such as the eggs, milk and other perishable ingredients) and cook as directed. If soaking flour for yeast breads, add together flour and water (reserving 1/2 cup water to dissolve yeast) and 1 Tbsp of vinegar or kefir for every 1 cup of water added. You can also add the sweetener and oils if you want. Cover and allow to soak for 8-12 hours. After soaking add the reserved water to the yeast with a tsp of honey and proceed with recipe.

### **Soaking Legumes**

1. For kidney shaped beans, add enough water to cover the beans and a pinch of baking soda. Cover and allow to sit in a warm kitchen for 12-24 hours, changing the water and baking soda once or twice.

2. For non kidney shaped beans such as northern beans or black beans, place beans into pot and add enough water to cover the beans. For Every one cup of beans you need 1 tbsp of acidic medium.

3. After soaking is done, rinse the beans, replace the water and cook for 4-8 hours on low heat until beans are tender. (Remember, if you are soaking legumes, it is best to rinse them several times during the soaking time to prevent them from starting to ferment. Always rinse legumes before cooking.)

### **Recipes:**

#### **Traditionally Prepared Soaked Oatmeal**

- 1 cup Groat Oats (unprocessed oats)
- 2 cup filtered water
- 2 tbsp acidic medium (kefir, buttermilk)
- 1/2 tsp unrefined sea salt
- 2tbs Butter
- 2tbs Raw Honey



1. Add 1 cup of oats, enough warm water to submerge, and the acidic medium into a glass bowl and stir well. Cover and let it sit overnight - if it soaks up water add more.
2. In the morning rinse oats. Then in a small pot add another 1 cup of filtered water in pot and the sea salt, stir well.
3. Heat to a low simmer and cook until water absorbed
4. Serve with butter and honey. Add cream if you'd like.

### **Lacto-Fermented Cold Oatmeal (Probiotic)**

(Same as traditional soaking) Soak oats in water and a some of yogurt for 24 hours or more, this kickstarts lacto-fermentation in the oats, which adds probiotic values as lactic acid is made in the process. Heating or boiling them will kill off any live enzymes. Served cold with milk, honey and blueberries.



My own lacto-fermented buckwheat with milk, raw honey, and hemp seeds >



## Vitamins, Minerals, Electrolytes, Antioxidants

It is very important to have an understanding of vitamins and how they play a role in your daily bodily function. Eating your RDA recommended dietary allowance for most and getting a surplus in others (D3, Vit C, Vit A, DHA). Supplementing shouldn't need to occur at the end of the day if you eat properly.

### Water Soluble

- B Vitamins
  - B1 (Thiamine) Metabolism of sugar and amino acids (**Macadamia Nut/Pork**)
  - B2 (Riboflavin) Activation of vitamins (**Eggs, Liver, Whole Milk**)
  - B3 (Niacin) Metabolism (**Anchovies, Liver, Salmon**)
  - B5 (Pantothenic) Metabolism (**Eggs, Liver**)
  - B6 (Pyridoxine) Metabolism (**Salmon, Liver, Chicken**)
  - B7 (Biotin / Vit H) Skin, hair, eyes, and liver / Synthesis of fatty acids (**Eggs, Liver**)
  - B9 (Folate) Repair DNA (**Kelp, Spinach, Liver**)
  - B12 (Cobalamin) Proper brain function (**Liver, Beef, Shellfish**)
- Vit C (Ascorbic Acid) Immunity (**Kale/Sodium Ascorbate**)
- Choline - Structural integrity for cell membranes (**4 Eggs**)

### Fat Soluble

\*Stored primarily in the fats of grass fed or wild animals

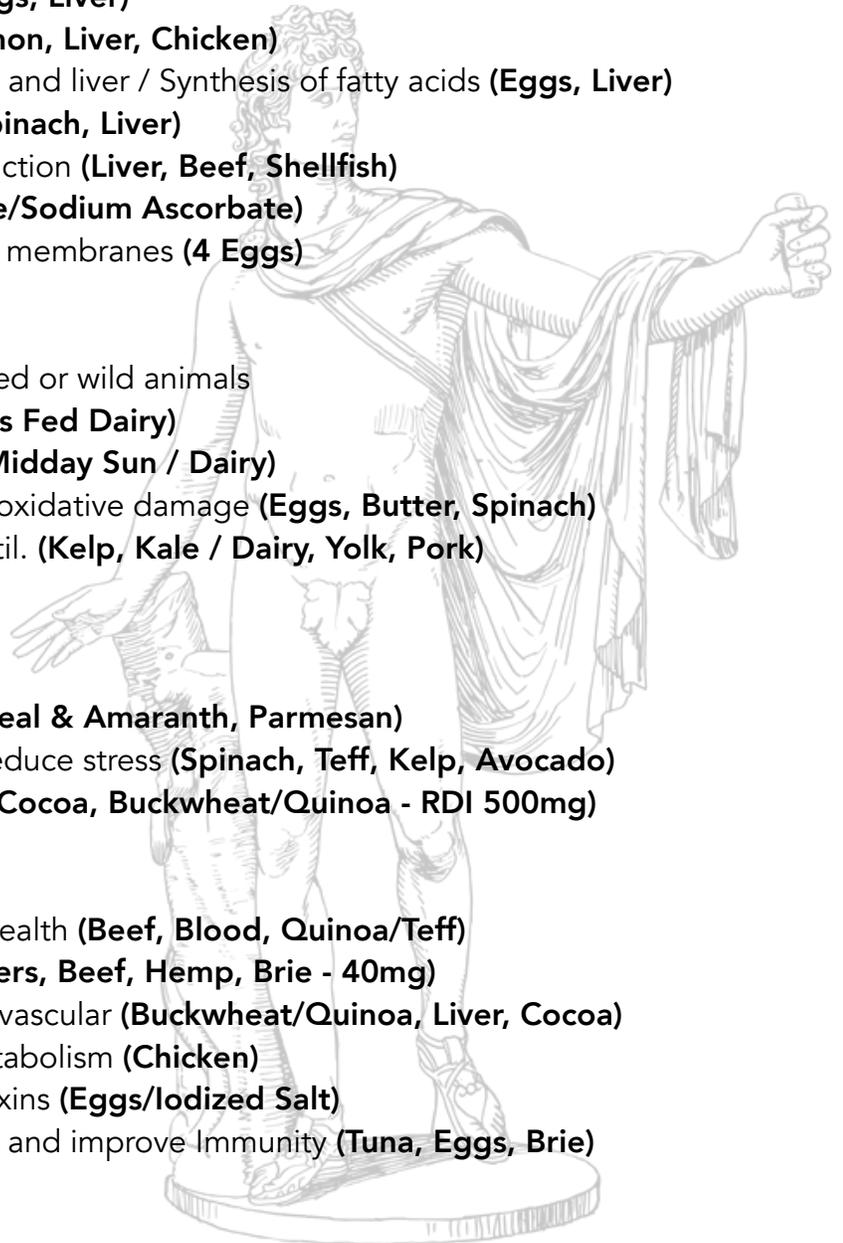
- A - Skin and Hair (**Beef Liver / Grass Fed Dairy**)
- D3 - Bones, Immunity, and Mood (**Midday Sun / Dairy**)
- E - Protect cell membranes against oxidative damage (**Eggs, Butter, Spinach**)
- K1&2 - Blood Clotting & Calcium Util. (**Kelp, Kale / Dairy, Yolk, Pork**)

### Macrominerals

- Calcium - Bone health (**Dairy**)
- Phosphorus - Muscle energy (**Oatmeal & Amaranth, Parmesan**)
- Potassium - Muscle recovery and Reduce stress (**Spinach, Teff, Kelp, Avocado**)
- Magnesium - Testosterone (**Hemp, Cocoa, Buckwheat/Quinoa - RDI 500mg**)

### Microminerals

- Iron - Eliminate fatigue and blood health (**Beef, Blood, Quinoa/Teff**)
- Zinc - Testosterone and Brain (**Oysters, Beef, Hemp, Brie - 40mg**)
- Copper - Healthy blood and Cardiovascular (**Buckwheat/Quinoa, Liver, Cocoa**)
- Chromium - Required for Sugar Metabolism (**Chicken**)
- Iodine - Metabolism and Prevent toxins (**Eggs/Iodized Salt**)
- Selenium - Reduces oxidative stress and improve Immunity (**Tuna, Eggs, Brie**)



- Manganese - Absorption of Vitamins (**Teff 900%, Buckwheat/Quinoa**)
- Molybdenum - Protect against toxins (**Eggs**)
- Cobalt - Metabolism (See B12)
- Silicon - Health of nail, hair, bone, and skin tissues (**Meat/Dairy**)
- Sulphur - Building block on humans (**Eggs, Liver, Seafood**)

#### Vitamin K/A/E

Are found both in green foods and animal fat - For best absorption from vegetables combine that meal with a fat.

### **Electrolytes**

Electrolytes are required for various bodily processes, including proper nerve and muscle function, maintaining acid-base balance and keeping you hydrated. If you are an athlete they are very important for hydration.

#### Electrolytes Minerals:

- Sodium - Regulates blood volume, blood pressure, and pH
- Chloride - Hydrochloric acid in stomach and Cellular functions (Salt)
- Bicarbonate - Important for protecting tissues of the central nervous system (Baking Soda)
- Potassium
- Calcium
- Magnesium
- Phosphate

#### What Electrolytes are Important for:

- Nervous System Function
- Muscle Function - The electrolyte calcium is needed for muscle contraction. Magnesium is also required in this process so that the muscle fibers can relax after contraction.
- Proper Hydration (Sodium)
- Internal pH Levels

#### Homemade Natural Electrolyte Recipe:

- \*Regular sport drinks are packed with sugar, fake ingredients, and dyes
  - 1 quart liquid such as green tea herbal teas, coconut water, or filtered water
  - 1/8 -1/4 tsp Himalayan salt
  - 1 tsp calcium magnesium powder
  - ¼ cup or more Beet Juice (Optional)
  - 1-2 TBSP sweetener such as honey (Optional)

1. Brew tea if using, or slightly warm base liquid.
2. Add sea salt and calcium magnesium and mix.
3. If using, add juice and sweetener and mix or shake well.
4. Cool and store in refrigerator until ready to use
5. Will last up to four days in refrigerator (8oz Serving - 26cal - 74mg Sodium)

## **Antioxidants**

Molecules that fight damage by free radicals, unstable molecules that can harm cellular structures.

### Factors that Promote Free Radical and Oxidative Stress

- Air pollution
- Cigarette smoke
- Alcohol intake
- High blood sugar levels
- Consuming large amounts of polyunsaturated fatty acids (Soybean/Canola Oil)
- Radiation, including excessive sunbathing
- Infections by bacteria, fungi or viruses
- Excessive intake of magnesium, copper, or zinc

The body needs a certain balance between free radicals and antioxidants. When this balance is disrupted, it can lead to oxidative stress, which causes many negative effects.

### Important Dietary Antioxidants

- Vitamin C: One of the most important water-soluble antioxidants and an essential dietary nutrient.
- Vitamin E: The main fat-soluble antioxidant that plays a critical role in protecting cell membranes against oxidative damage.

### Foods High in Antioxidants

- Green Tea, Coffee, Dark Chocolate (Darker the Better)

## Pre/Probiotics & Fermented Foods, Grass Fed Meat & Raw Dairy, Organ Meats

### Fermentation

Throughout history, fermenting foods gave our ancestors the option of prolonging the freshness of produce and milk that was available to them during the different seasons. Today, you can make a large batch of fermented foods, such as sauerkraut or yogurt, to have ready to eat in your refrigerator that should last a relatively long time.



### Why Eat Fermented Foods?

Eating fermented foods is the most convenient way to obtain a daily dose of beneficial probiotic bacteria. Some of the many ways that fermented foods support overall health include by improving digestion and cognitive function, boosting immunity, helping treat irritable bowel disease, providing minerals that build bone density, helping fight allergies, and killing harmful yeast and microbes.

#### Plant Sources

- Kombucha, Kimchi, Sauerkraut, Pickles
- \*Avoid Miso, Tempeh, and Nattō (Soybeans)

#### Dairy Sources

- Kefir, Yogurt/Skyr, Raw Cheese (Has not been pasteurized)



### Gut Health:

A diet high in sugar, unhealthy fat (Seed oil/Trans), alcohol, Artificial Sweeteners, and processed food can feed the very kinds of flora that will cause gas, discomfort, bloating, and chronic inflammation. Proper gut health is important for overall mood and vitamin absorption.

#### **Probiotics benefits include:**

- Helping treat digestive issues.
- Eating foods rich in good bacteria and using probiotic supplements may help provide protection from inflammatory bowel diseases, including ulcerative colitis and Crohn's disease
- May help alleviate symptoms of anxiety by reducing inflammation

- Boosting the immune system by destroying harmful bacteria in the gut
- Helping with weight loss, increasing energy and boosting detoxification
- Reducing inflammation and symptoms like joint pain
- Fights allergies and asthma
- Helps manage blood sugar when blood sugar levels are already elevated

#### Prebiotic Fiber

(Non-digestible part of Foods) Potato skins, oats, onions, and garlic

#### Probiotics (Live beneficial bacteria)

(Fermented Foods) Sauerkraut, Kombucha, Kefir, Kimchi, etc

#### Collagen Peptides

Collagen helps aid digestion, reduce gut inflammation, heal stomach ulcers, and regulate acid secretion. Similar to how collagen strengthens and tightens your skin, it does the same for your digestive tract. Our digestive tracts are made up of the same amino acids that are abundant in collagen. These amino acids help stimulate cell growth, which in turn helps repair your intestinal wall. By closing gaps in the pores and tightening the lining, this helps stop toxins from entering the blood stream and can work to heal leaky gut.

#### Note

Antibiotics (Hence the name) kill gut bacteria and so after use of them should use Probiotics to repopulate your gut.

#### **Sourdough Bread by: @\_corautmors\_**

Baking is an essential skill. Baking teaches you discipline. Baking creates family recipes that can be passed down long after the written word is forgotten. Baking creates and continues the lineage of survival that all the poor and rich people before you added to. Peasants used caloric fuel by way of grain crop for centuries and stumbled upon fermentation as a way to preserve, pre-digest, and enhance the flavor of food. Wild Yeast Sourdough goes beyond the ideals of profitable peasant food cooked at massive industrial scale and brings the symbiotic relationship between humans and nature back into balance right at the hearth in your home. With the introduction of wild yeast to water and flour, cultivated over time you can benefit from this easy access staple food any time of year. Yeast has a knack for breaking down the protein in bread gluten and turning it into



easily digestible food for our less capable human guts. Wild Yeast Sourdough doesn't create the carb haze nor does it create the lump in your stomach that leaves us couch-bound. This truly is fuel for work and is free food from your local yeast and bacteria from the air around.

## Recipe

### THE STARTER

To start, you'll need a seed of fermentation or a sourdough "starter". This is your base that you will feed with flour and water when you are ready to bake. The initial creation process takes 6-9 days if you keep it at constant 80 degrees. After, you can feed it once a week from the fridge. If you're reading this without refrigeration, you'll need to bake and feed once a day. Initial creation will have surges and collapses in your colony, don't think it died as sourdough is very resilient. Stick to the schedule.



**Day 1:** In the morning, take 100g (1/2c) of flour and 135g (2/3c) of 80 degree water. Mix completely. Leave out in direct sunlight for 24 hours.

**Day 2:** Remove 65g (1/3c) of the above mixture. Discard the rest. Add 100g (1/2c) of flour, a little more than 100g (1/2c) of water. Mix completely, cover gently, leave in the same warm spot for 24 hours.

**Day 3:** Repeat Day 2's steps.

**Day 4:** In the morning, repeat Day 2's steps. Let rest, gently covered, this time for only 12 hours.

**Repeat Day 2 steps again. Let rest another 12 hours over night.**

**Day 5:** Repeat Day 4.

**Day 6:** Repeat Day 4 again. You are cultivating ever-increasing fermentation activity with this double feeding schedule.

**Day 7:** In the morning, take 50g (1/4c) of your starter mixture and add 100g (1/2c) of flour and 100g (1/2c) of water. Mix completely, cover gently, and let rest warmly for 12 hours. In the evening, discard everything down to 50g (1/4c), add 100g (1/2c) of flour and 100g (1/2c) of water and let rest 12 hours overnight. At this point in time you should be able to have predictable rising and falling of the starter evident by streaks in your jar. If activity is still low, keep the Day 7 schedule as your new daily schedule.

**Remember to be patient and stick to it!**

Heat is energy for simple life. Higher heat areas and times of year will activate quicker and with less starter. Colder, the opposite. Starter care: Haven't fed your starter in a while? Smells like booze? This is yeast "hooch" and indicates a hungry starter, just pour off any large amount of clear liquid and mix up the rest into your next feeding. Alcohol wants to evaporate so leave this uncovered. I've mixed in hooch with no ill effect. Seeing strange colors with weird smells? This is mold. Orange and purplish black you can scoop out and re-feed your starter. Pink you cannot and have to start over with a fresh starter from the bottom of the jar (if you're lucky).

### **THE BREAD (fast recipe, yields one 9 inch loaf)**

**Needed:** Heavy pot with lid, about 5 quarts in volume. Parchment paper. 6-8 hours.

100g starter

300g (just under 2 cups) flour

6g (1 teaspoon) sea salt

230g (just over 1 cup) lukewarm water

1. Combine flour and salt in a large bowl. In a small bowl, fully mix starter and water together. Pour the starter mixture into the flour, quickly mix. Get all dry spots into the mix. You're looking for slightly shaggy dough, not a batter. Cover the bowl loosely with a clean towel, let dough sit for 30 minutes.
2. Instead of kneading, we turn the dough in the bowl. Pull it from the sides and fold it over the top of itself, slightly tucking it under on the other side. Do this for each of the 4 sides of the dough, up to 8 sections if you like. This process creates gluten connections for the sourdough to eat and soften up for your digestion. Cover loosely and let rest for 30 minutes before turning the dough again. Repeat 5-6 times. This takes 2.5 to 3 hours in 30 minute sections. The dough is ready when it easily pulls from the side of the bowl. If you're having sticky dough that tears and sticks to everything, rub some oil on your hands (not seed oil!) to help it slide off of your hands. You can also dip your hands in water but this alters the ratio in the dough, be mindful you're not creating sloppy, overly wet dough.
3. Set aside some parchment paper, cover in some flour. Transfer the dough from the bowl to a lightly floured surface (wooden cutting board works) and form



it loosely into a ball by holding it with both hands and gently tugging the sides down and under to make a ball. Do not tear the dough. Pick up and set the dough seam side down on the parchment paper. Dust the top of the dough lightly with flour. Place a kitchen towel loosely on top of the dough and let it sit at room temperature until doubled in size, about 2-3 hours.

**4.** Preheat the oven to 450-500F (450F if your oven runs hot). Preheat your heavy pot and lid with the oven. When heated, remove pot and remove the lid. Use the parchment paper to lift the dough into the pot, paper and all. Don't roll it in, we're placing it seam side down into the pot. Use a sharp knife or razor blade to score the loaf with a long slash. This helps the dough rise in the oven. Cover the pot immediately and place the pot in the oven.

**5.** Bake the bread for 35 to 40 minutes with the lid on. The steam that is created will help the crust bubble and crisp. Remove the lid and tear off any excess parchment. Bake for another 7 to 15 minutes with the lid off. If you want a harder, darker crust, at least 10 minutes of bake time is required. Remove the loaf from the pot. Cool the loaf on a wire rack. The loaf will continue to cook as it cools, so try to wait an hour or so before cutting into it.

To store your loaf wrap it in a cooling basket towel or aluminum foil. This will also soften the crust if you find it too hard. Sourdough will keep for 3 days on a counter top when wrapped in this manner.

### **Why Gluten Sensitive People Can Benefit**

Sourdough, with wild yeast fermented over time not commercial baker's yeast, has been shown to be less damaging to the bodies of gluten sensitive people. It is thought that since the yeast has days to consume the gluten and phytic acid present in flour, we're left with 1% of the poisonous material in the finished bread product while maintaining protein content. If you are fully diagnosed with a gluten sensitive disease this may still be too much, please practice caution. However, if you are finding that modern food is continually deteriorating your performance as you age, it may be a build up of phytic acid in your system leading to inflammation problems. Plants are evolving ways to slow our rapid consumption of them and we must return to a time that we use natural airborne critters to pre-digest and ferment these defensive plant mechanisms for us. This is also a way to introduce local constituents into your system. Everyone's sourdough becomes a product of their area because people have different breeds of yeast and bacteria in their air. This is a true ingestion of local food.

### What are Cows Eating now?

Large feedlots are called concentrated animal feeding operations (CAFOs). There, the cows are kept in confined stalls, often with limited space. They are rapidly fattened up with grain-based feeds, usually made from a base of soy or corn. To maximize growth, the cows are often given drugs, such as antibiotics, and growth hormones. What a cow eats can have a major effect on the nutrient composition of the beef.



#### Composition of fatty acids is different:

- Monounsaturated fat: Grass-fed beef contains much less monounsaturated fat than grain-fed beef
- Omega-6 polyunsaturated fats: Grass-fed and grain-fed beef contain very similar amounts of omega-6 fatty acids.
- Omega-3s: This is where grass-fed really makes a major difference, containing up to **five times as much omega-3**
- Conjugated linoleic acid (CLA): Grass-fed beef contains about twice as much CLA as grain-fed beef. This fatty acid is associated with a few health benefits.

#### Compared to grain-fed beef, grass-fed is much higher in the following vitamins:

- Vitamin A: Grass-fed beef contains carotenoid precursors to vitamin A, such as beta-carotene
- Vitamin E: This is an antioxidant that sits in your cell membranes and protects them from oxidation
- Grass-fed beef also tends to be richer in other antioxidants

\*\*When purchasing grass fed "Grass Fed / Grain Finished" is not grass fed it is still fed corn and soy. Most cattle is grass fed when it is young and then fed grain.

\*\*Conjugated Linoleic Acid (CLA) is one of the ingredients that make grass-fed butter and meat so incredible for boosting your physical performance. It has been seen to prevent cancer. The best natural sources are grass-fed beef, butter and full-fat dairy. Animals need real grass and greens in their diets to make CLA, so it's important to go for grass-fed sources.

**Dairy:**

Here is a comparison I made of different milks. Vitamins B, A, and D are clearly higher in both milk and the cheeses. If you aren't supplementing for Vitamin C I would suggest getting it from Sheep's milk.

**Dairy (1 Cup)**

	Calc	B2	B12	Vit A	Vit C	Vit D	Mag	K	Iodine	Prot	P	Chol
Goat	33%	20%	3%	10%	5%	7%	8%	14%		9g	27%	9%
Sheep	47%	51%	29%	7%	17%		11%	10%		15g	39%	22%
Cow	28%	26%	18%	5%		24%	6%	10%		8g	22%	8%
Grass Fed Cow	28%	32%	46%	12%		32%			38%	8g	30%	

In the end, the choice depends on your preferences and ideals. Some people prefer grass-fed, others grain-fed. Try both and see which one you like better.

**Pasture Raised Chicken Eggs:**

Here is a chart I made comparing differences between Pasture raised eggs (eating worms / bugs) and Grain fed eggs (Soy / Corn). Pasture isn't only healthier, but the eggs have a richer flavor.

**Eggs (4 Chick/Duck Eggs - 2 Goose Eggs)**

	B6	B12	Vit E	Vit A	Calci	Mag	Zin	Iron	K	Prot	Cu	Se	P	Chol	Om3
Chick P	16%	92%	24%	32%	12%	8%	16%	20%	8%	25g	12%	112%	48%	284%	
Chick G	16%	44%	8%	20%	12%	8%	16%	20%	8%	25g	12%	92%	40%	284%	
Duck	36%	252%	20%	37%	13%	12%	28%	60%	16%	36g	8%	144%	60%	824%	
Goose	34%	244%	18%	38%	18%	12%	26%	58%	18%	40g	8%	152%	60%	818%	.8mg

**Choline: Duck 132% / Pasture Chicken 140%**

**Iodine: Pasture Chicken 72%**

Organic, pasture-raised eggs may be available from local farms with small flocks and a natural lifestyle for their chickens. Unlike grass fed beef - the differences between the eggs is more pronounced. Pasture raised has more fat soluble vitamins and over double Vitamin B12.

**Raw Dairy**

Milk that comes from pastured grass fed cows, that contains all the fat and that has not been processed in any way - raw and unhomogenized.

### Safety

A government document published in 2003 indicates that on a per-serving basis, deli meats are ten times more likely to cause food-borne illness than raw milk. On a per-serving basis, raw milk is as safe or several times safer than pasteurized milk. [6]

### Safe for Babies?

A homemade formula made from real, raw milk is safe for babies and has saved hundreds from having to consume commercial formula—indeed has saved many lives. In the formula, raw milk is diluted with water and whey and supplemented with lactose, cod liver oil and certain oils to give it a profile more in line with human milk (Recipe later). In the future I'd only use milk from my cows, but do your own research if concerned. [7]

### Benefits:

- Stimulates the Immune system, builds healthy gut wall, prevents absorption of pathogens and toxins in the gut and ensures assimilation of all nutrients
- Early studies showed that children consuming raw milk had greater resistance to disease, better growth and stronger teeth
- Better bone structure, better organ development, better nutrient assimilation, better **fertility** and even better behavior than pasteurized milk
- Raw milk contains enzymes and encourages beneficial bacteria that contribute to easy digestion and ensure that all the vitamins and minerals are absorbed.
- Of those diagnosed with **lactose intolerance**, 82 percent stated that they could drink raw milk without any problems

### How to Get

Raw milk can be sold in stores in ten states and purchased at the farm in about 28 states. Raw milk is available as pet food in four states, and through cow- and herd-share agreements in several other states. If they can't sell it to you based on your state's laws ask for it as pet food.

### Organ Meat

There is a stigma around eating organ meat. However, organ meat (Brain, Liver, Heart) are incredibly nutritious. Organ meats — particularly liver — are high in B vitamins. To make liver more palatable, grind it with common cuts of meat or use it in highly seasoned food. I'd suggest eating things like liver a couple times a week for Vitamin A specifically and Lamb blood for Iron - I'd have that before an intense workout. Anyone who says organs are bad for you are probably shilling for a fruit/sugar/grain heavy diet. Anecdote: Was at the gym and a (you know) told me that cholesterol, saturated fat and

red meat is bad for me and that I should eat more vegetables and “whole wheat.”  
Coincidence?

### Bone Marrow & Bone Broth (Similar to Collagen)

Studies show that many of its components could support joint function, decrease inflammation, and promote skin health. You can also ask the butcher to split the bones for you, which can save a significant amount of time and effort if you're planning on eating it directly from the bone after roasting. Bone Broth made by simmering bones for 24–48 hours to extract the beneficial nutrients and compounds found within the bone and bone marrow.

### Liver Preparation:

It's not the taste but the texture that I don't like, so mixing it is a good solution.

- Spaghetti Bolognese: Liver can be chopped or minced and then mixed with regular ground beef. Calf or chicken livers work best.
- Burgers: As with Bolognese, chop or mince the liver and mix it with ground beef to make seriously nutritious burgers.
- Pan-fried: Liver works well when pan-fried with onions.



### Organs (4oz Raw)

Beef	B2	B3	B5	B6	B12	Vit A	Vit C	Zin	Iron	Prot	Cu	Se	P	Chol	DHA
Liver	150%	62%	68%	50%	930%	320%		24%	24%	18g	460%	53%	36%		
Heart	60%	43%	20%	16%	161%		4%	13%	27%	20g	22%	35%	24%	47%	
Brain	13%	20%	23%	13%	179%		20%	8%	16%	12g	16%	34%	41%	1134%	1.1g
Lung	15%	23%	11%		72%		72%	12%	50%	18g	15%	72%	25%	91%	
Kidney	189%	45%	45%	38%	518%	32%	18%	14%	29%	20g	24%	228%	29%	155%	
Lamb Blood 1c									480%	32g					

## Lifestyles

“Dieting” isn’t something you do for a month or a year. It’s something you follow for a long time and modify to fit your circumstances the best.

There is no clear cut end all be all of diets because your body reacts to foods differently than other, but recognizing what hurts you and eliminating it is the most important thing.

### Veganism and Vegetarianism

Is an unhealthy protest against a system of exploitation on the land and animals, but that doesn’t mean you also have to accept these self destructive diets just to save the planet. Here is a comparison between the amino acid profile of

Essential Amino Acids	Steak	Broccoli
histidine	0.975	0.48
isoleucine	1.391	.0643
leucine	2.431	1.05
lysine	2.583	1.099
methionine	0.796	0.309
cysteine	0.394	0.228
threonine	1.221	0.716
tryptophan	0.201	0.269
valine	1.516	1.018

broccoli compared to steak - same serving size. Broccoli is probably the best vegetable for protein other than pea protein isolate and it still does not have a complete amino acid profile for proper bodily function.

### Keto

This diet lifestyle puts your body into what is called Ketosis which uses fat as your primary source of energy. Many people have fixed many issues in their body associated with high carb diet. If you suffer from certain auto immune issues I suggest looking more into this diet. Follow @ThomasDeLauer / @drericbergdc

### Paleo

Eat like your hunter gatherer ancestor. A very humble and promising diet for health and vitality. You are more likely to eat a clean diet without additives, preservatives, or chemicals. There are anti-inflammatory benefits from eating less grain and sugars. You can also benefit from additional plant nutrients in fruits, vegetables, nuts, and seeds. If you are eating more red meat, you will get more iron.

### Carnivore

Many people are following a revolutionary diet where you only eat animal products. (Organs/Fat/Meat/Dairy). You can get all vitamins from animals if you buy the right ones and eat a variety of different organs. One of the ideas is is that most modern vegetables are bastardizations of past vegetables and are now toxic for humans. It isn’t an all too appealing diet to the commoner, but it’s worth looking into it. If you

are interested in this diet take some time to research it on your own. Follow @MikhailaAleksis / @franktufan / @TristanHaggard

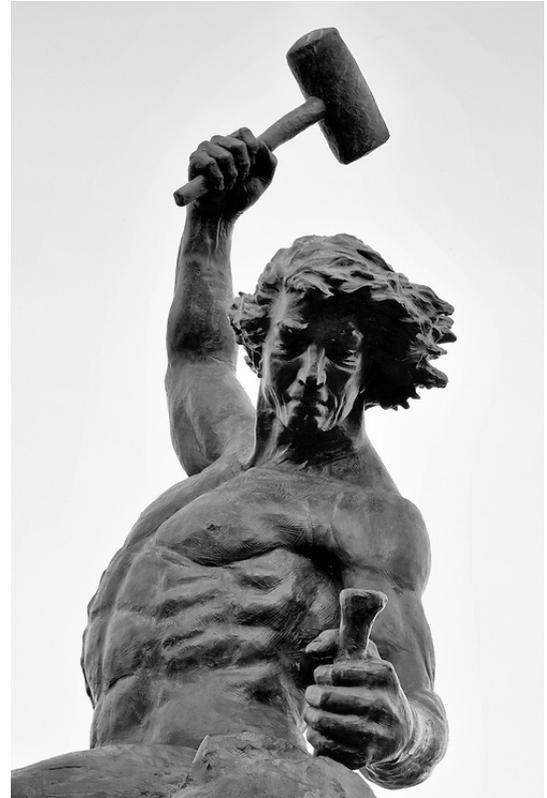
\*\*Below I have created a diet that is great for **gut** and **mood, testosterone**, is **anti inflammatory**, and good as a rural **self reliant** diet. Unlike keto and carnivore it's functional for bodybuilding or high intensity activity.

Just in the same way man should be overcome our diets and concepts of diets are to be overcome.

*Behold, I bring you the Übevore!*

### Übevore

1. **Eliminate** Estrogenic Foods, Seed/Nut oils, Sugar, Juice, Artificial Sweeteners, Gluten/Wheat, Seeds, Nuts, Legumes, Fried food, and Processed Food
2. **Fat** Animal fats are the best dietary fuel and contain many fat soluble vitamins. It can work very well to simply replace your sugar and wheat calories with animal fats. A low carb diet can rely more on ruminant fat and pastured butter. Cook with ghee, pastured butter, animal fats (Tallow/Lard), or coconut oil.
3. **Protein** Consider grass-fed animals like beef or wild game for your red meat. These meats have excellent Omega ratios. Wild game is great for more than just meat (Organs, Bones, Marrow). Eat wild caught fish (salmon, trout, etc) and pastured eggs. Eat organs - if you can stomach it - for additional vitamins and minerals (Liver, Lung, Kidney).
4. **Carbs** Non-Wheat grains are best like Oatmeal, Buckwheat, and Quinoa when properly prepared. Sweet Potato/Potato too. Honey is great for lifting and consuming just enough grain for your strenuous exercise.
5. **Greens** Cruciferous vegetables are good sources of Vitamin A, E, K, and Potassium. Cook to rid them of anti-nutrients and eat with a fat to absorb vitamins.
6. **Sun & Steel** Proper sun and Vitamin D is essential for a man of light. Mood, stress levels, testosterone. Strength and conditioning. Aesthetics and proportion.



**Here is what something like this looks like day to day. This is mine.**

Breakfast

- 4-6 Pasture Eggs & 1tbs Animal Fat
- 4oz Grass Fed Beef

- 4oz Soaked Buckwheat or Amaranth, 1tbs Butter, 3tbs Hemp Seeds

#### Lunch

- 4oz Macadamia Nuts
- 4oz Chicken, 2tbs Butter, 2oz Parmesan
- Pre-Workout: 2tbs Honey
- Post-Workout: Grass Fed Whey / Collagen & 8oz Grass Fed Milk

#### Dinner:

- 4oz Pork or Game & 1tbs Butter
- 4oz Cottage Cheese
- Spinach

#### **Note:**

Adopt this or your own version. There is no definitive diet for every person since all of our bodies are different, but this works best for me and others - A North Western European (More dairy and Meat). If you're mediterranean I might add more olive oil, cured meats, goat cheese. It's up to you to take your health into your own hands. There is nothing wrong with becoming fanatical about it too. Don't see yourself as denying the pleasure of eating something like sugar see it for what it is: poison. Cheat meals are fine if you need them.

#### **Vitamin Supplements (Most found on BulkSupplements)**

The benefit of taking vitamins/supplements come in getting excess amounts for certain vitamins like Vitamin C, Omega 3, and Vitamin A.

- Cod Liver Oil / Krill Oil (Omega 3)
- Vitamin C (Sodium Ascorbate)
  - \*Mega doses cure diseases and the recommended daily intake is lower than different people need. Depends on factors explained later.
- Melatonin (Sleep)
- Magnesium & Zinc (If you don't consume enough)
- D3 (Especially in winter)

#### **Social Preparation:**

You need to have a plan for social situations. Many of your friends and family will wonder why you aren't eating pasta and ice cream. You can tell someone you eat donuts every morning, fast food for lunch, and pizza for dinner and it's all fine.

Tell someone you aren't eating sugar and they jump down your throat. Sadly, it's usually not because they are actually concerned about you, rather it is to justify their own

dietary positions. But you are the higher man, explain to them, try to bring them over to your side or at least the others in the room.

### **Eating out:**

There's little way of knowing what is in the food you eat when you go out. For me I'll just get a steak. That's the easiest way to make sure you are sticking to your ideals.

### **Sleep**

Getting a good night sleep affects all aspects of your day especially your overall mood.

#### How to get the best night sleep:

1. Increase Bright Light Exposure During The Day
2. Reduce Blue Light Exposure in the Evening
3. Don't Consume Caffeine Late in the Day
4. Reduce Irregular or Long Daytime Naps
5. Try to Sleep and Wake at Consistent Times
6. Take a Melatonin Supplement (Optional)
7. Consider Supplements or herbs (Ginkgo biloba, Glycine, Valerian, Magnesium, L-theanine, Lavender)
8. Don't Drink Alcohol
9. Optimize Your Bedroom Environment (temperature, noise, external lights)
10. Minimize electronic use an hour or two before bed.

### **Sun**

#### Serotonin & Mental health

Sunlight increases the brain's release of a hormone called serotonin which is associated with boosting mood and helping a person feel calm and focused. At night, darker lighting triggers the brain to make another hormone called melatonin. This hormone is responsible for helping you sleep. Decreased sun exposure causes drop in your serotonin levels, which can lead to depression with seasonal pattern.

So lather up with coconut oil and lay in the sun - around midday for best light. 30 minutes to an hour during this time is best.

#### Other Benefits:

**Strong Bones** - In 30 minutes you (a white person) will make 50k IU of Vitamin D3

**Cancer Prevention** - Those in sun deprived areas have higher levels of colon, Hodgkin's lymphoma, ovarian, pancreatic, and prostate cancer

**Skin Conditions** - Sun exposure helps treat Psoriasis, Eczema, Jaundice, Acne

**What to Expect when Changing Diet:**

Every person is a bit different in terms of how quickly they can expect to see results and feel better when transitioning to a healthier diet. Initially, it's expected that you'll experience some minor side effects, especially if your diet is changing drastically.

Side effects might include:

- Changes in digestion, like bloating or gas — especially when increasing fiber intake
- Changes in appetite
- Increased cravings
- Low energy or weakness, such as when lowering carbohydrate intake
- Brain fog
- Moodiness

\*This usually only lasts for several weeks and will dissipate as your digestive system gets used to the new foods you're eating.

Within about two to three weeks, you'll likely notice improvements in your energy and focus, changes in your taste buds and preferences, and likely some positive changes in your sleep, mood, and body weight.

## Weight Loss & Gain

### Protein

Whether cutting/maintaining/bulking you'll need to establish your daily intake of protein. Especially if you lift and plan on gaining strength. Bro Science says you need 1-2g of protein per lb of bodyweight, but studies have shown there is no difference between that and .75g of Protein per Lb of Bodyweight [5]. Follow **.8-1g of protein per Lb of bodyweight**. However if you are following a more caloric restrictive diet to lose weight or keep off unwanted water weight you should consume 1-1.4g per lb. There is **no ceiling to the amount of protein you can consume in one sitting** - you could eat all your protein in one sitting or space it out in 10 meals HOWEVER growth hormone is elevated the most when you intermittently fast.

### Fat & Carbs

If you want to lose weight lower fat and carbs - For example if you eat a half cup of oats for breakfast switch to a fourth - Want to gain? Eat a cup. Fat and carbs are dependent on your level of activity. If you have a very sedentary job then eat very little carbs and consume high amounts of fat. Consider centering carbs around your activity. If you lift and have an active job you'll need to eat just enough carbs to get you through the day and your workout, but this is personal preference based on performance.

### Fasting:

- Mental, spiritual, physical - it has been used for religious purposes in some cultures and used for health since the beginning of time. Back when meals were few during the week it was that primal drive you got from hunger to go out and kill for a meal. That same feeling returns when you fast
- Drink plenty of water, get electrolytes, go to sauna to cleanse, drink green tea for antioxidants, get plenty of sun, and get good sleep
- Health benefits: Boosts HGH which repairs damaged cells, burns calories, boosts mental energy and clarity
- You can add some of these benefits everyday with intermittent fasting where you eat in a window of 12-8 Hours
- I would not suggest any sort of exercise other than walking or a light bike ride for lack of protein

### Personal Fat Loss:

The most I weighed was 240 and I got down to 190 in only a few months. I've lost weight in different ways, sometimes gradual with limited caloric deficit of 200-300 calories and sometimes extreme caloric deficit of 1000cal+. Sometimes just fasted for a

day or two. It really depends on your goal and level of determination. With enough protein and potassium you could ostensibly run half marathons everyday until your goal weight.

In conclusion: Eat less to lose. Eat more to gain.

# Overall Health

Notes on the importance of spiritual health and higher purpose...

That poison I spoke of affects everyone - the worry, anxiety, stress of never becoming what we were made to be. The fear of lost potential - our world is fundamentally pushing people towards collective individualism wherein each person is no different than the other on a spiritual level, but all act like they are special. It is possible to ascend this trap and climb your way out of this dark void.

**"Most men lead lives of quiet desperation and die with their song still inside them" -Thoreau**

**Find a purpose.** This could be in art, music, family, God, nature, animals, whatever gets you out of bed in the morning. If you're stuck in a wage slave job as a sacrifice to make money for your family then figure out a way to also pursue that purpose. Without a purpose a man is nothing, just another cog. A cog has no ambition - no life, it just moves until it breaks and is replaced by another.

Sometimes the spiritual malaise is masked in colloquial terms like "black pill" but is ever-present even amongst normal people - this is why a film like Fight Club tapped into the subconscious felt by the masses. The error in the "black pill" or Fight Club is giving into a psychology of hate for the system or others that have nothing to do with it. They are just following along - just in the same way you are. Stop and think how giving yourself a purpose will fix your mindset and way of life.

Struggle is a fact of life. Some of us want more. Many want less - a lot less. You hear this in the winter "It's so cold" these people would rather be dead than live one more day suffering. Many of us want to add as much suffering as we're able to endure and then add more. We push our selves past our comfort level because **life is not worth living if you can't feel anything.**

## Herbal Remedies

If you are interested in the applications of herbs over typical OTC medicine then take a look at the following herbs and natural remedies. Some of them are very evident to work like Aloe, Honey, and Valerian. This is simply a list and brief description of common uses so if you are interested you can take a moment to research some of them on your own. There are almost limitless herbs with different uses.

Honey - Has a long history of safe use as a medicine – it appears in so many traditional remedies that one suspects an element of therapeutic truth despite the lack of official documentation in medical journals.

For example:

- A cup of hot water with lemon and honey has long been used to soothe sore throats (researchers think honey acts as a mild disinfectant for the mouth and throat).
- Honey is sometimes taken for its mild laxative effect which researchers now believe may be due to its high content of fructose, a sugar which is often incompletely absorbed in the bowel.
- Honey's anti-bacterial properties have been well known for over 80 years and there are many reports of its effectiveness as a dressing for minor wounds, skin ulcers and burns. If interested look up benefits of Manuka honey.

Aloe - Treat sunburn/burns, dryness, itching, eczema, psoriasis and frost bite

Bilberry - Help wound healing, prevent and treat bruising, haemorrhoids and varicose veins, and treat diarrhea and urinary tract infections

Black cohosh - Treatment of menopausal disorders; especially the post-menopausal symptoms of hot flashes, depressive moods and sleep disturbances.

Cat's claw - Is an immune stimulant, its uses fall into three categories:

- a) a Prebiotic
- b) Enhances immune system and increases stamina and energy in sufferers from mental and physical exhaustion, helps treat viral infections like shingles and fungal infections
- c) Anti-inflammatory activity in the treatment of arthritis and rheumatism

Chamomile - Recognized as a soothing nighttime drink that helps you get off to sleep.

Externally, it is used to treat wounds, ulcers, eczema, gout, nappy rash, cracked nipples, rheumatic pain, chicken pox and in hair conditioners. Used as a mouthwash for infections, swallowed for indigestion, wind, diarrhoea, nausea and travel sickness.

Chaste berry - 90% of patients reported improvements in headaches, breast tenderness, bloating, tiredness and mood swings

Cranberry - Works by preventing bacteria from sticking to the bladder and urinary tract, so they are washed out

Devil's claw - arthritic conditions such as joint inflammation, arthritis, rheumatism, and back pain

Echinacea - It is a general booster for the immune system and is taken to fight colds, flu and other infections. Most effective if you take it at the first signs of a cold or flu

Feverfew - It is used to prevent migraine headaches in people who do not want to take prescription medicines or if conventional treatments are not working.

Garlic - Its reputation is as an aid to a healthy heart and circulation (Good for fitness enthusiasts). It contains antioxidants and is a natural antibiotic, anti-fungal and anti-viral. If eaten raw it's good to crush it and wait about 10 minutes before eating. It's also a pre biotic.

Ginger - Ginger may offer substantial protection to your heart and circulation because of its ability to support normal blood clotting. Ginger oil is used as a warm-up rub for cold muscles, and in creams for muscle aches and rheumatism.

Saw Palmetto - It is believed to fight coughs, bronchitis, painful periods, and asthma. Main use is to treat enlarged and weakened prostate glands. This is usually called benign prostatic hyperplasia or BPH. In Germany and Italy it is the treatment of choice. In cases of mild BPH, it has been found to be as effective as prescription drugs but without their side effects.

Goldenseal - Has antibiotic activity that is made use of externally for fungal infections and minor wounds, and internally against bacteria that cause ulcers and diarrhoea.

Green tea - Prevents mouth and throat infections and improves dental health - it kills harmful bacteria. Stimulates your immune system and reduces inflammation.

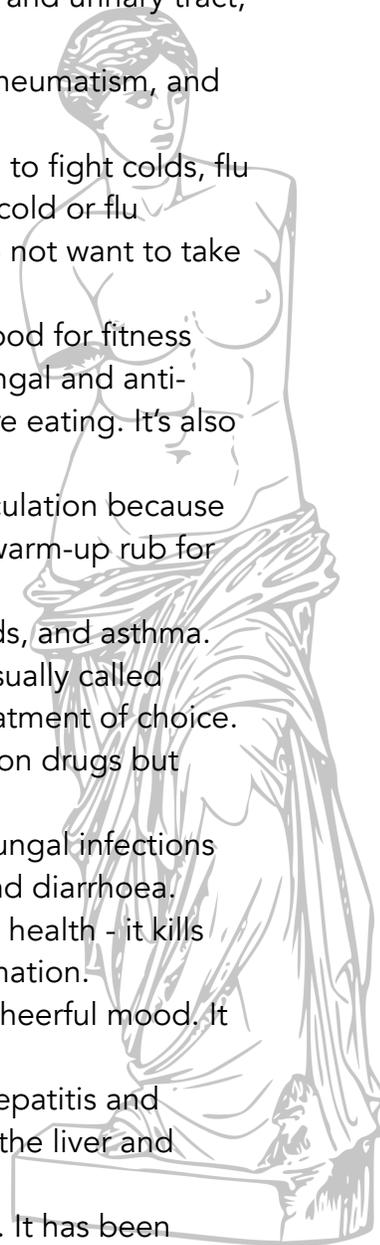
Guarana - It combats stress and tiredness, giving more energy and a cheerful mood. It gives extra stamina and strength during exercise.

Milk thistle - Milk thistle protects against liver damage from alcohol, hepatitis and chemical toxins; regenerates already damaged liver tissue. It protects the liver and helps fight the effects of pollution and free radical damage.

St John's wort - It is widely used to treat mild to moderate depression. It has been called "Nature's Prozac" and has fewer side effects than prescription anti-depressants. It is also used for seasonal affective disorder (SAD), anxiety, listlessness, sleep problems. In lotion form St John's Wort improves the healing of wounds, bruises, varicose veins and mild burns.

Tea tree - Tea Tree oil is antibacterial, anti-fungal and anti-viral. It is a remedy for cuts, bites, blisters and acne.

Turmeric - Turmeric is a very effective intestinal antiseptic and is highly beneficial in intestinal problems, especially chronic diarrhoea. It also helps prevent flatulence. Is anti-bacterial and helps wounds heal.



Valerian - Valerian is a very popular mild sedative and sleep aid, used in mild to moderate insomnia and mild anxiety.

Sage - Antioxidants, Vit K, Antimicrobial, may alleviate diarrhea

Rosemary - Antioxidants and anti-inflammatory compounds

Lavender - Headaches / Sleep, reduce anxiety, hair growth, wound healing

Acquiring these are easy online, where you can buy the herb or buy seeds and then grow in your own garden. You can make many of these oils, lotions, and powders out of the herbs at home. Be sure to check proper doses and side effects if any.

# Hormonal Health

## Hormones

Hormones have different roles and regulating them properly will lead to a very well tuned body ready to conquer the world...

### Cortisol

The main stress hormone produced by the adrenal glands. It prompts your body to handle sources of stress, whether physical or mental. It impacts: Alertness, concentration, sleep, appetite, energy expenditure, fat storage

#### In Men and Women, Cortisol Affects:

Physical characteristics, cognitive health, response to exercise, weight, fertility (testosterone and estrogen levels), cardiovascular health, blood sugar, mood

When you're very stressed you make more cortisol, but this can diminish your ability to make other hormones, including estrogen, progesterone, and testosterone. This imbalance is what causes negative symptoms, such as insomnia, migraines, and severe mood swings.

### Estrogen

There are three major types of estrogen: estrone, estradiol, and estriol. Estrone and estradiol are the main type of estrogen in postmenopausal women, while estriol is the main type involved in pregnancy. Estrogen is considered one of the primary sex hormones, or reproductive hormones. It impacts: Fertility, menstruation, pregnancy, menopause, physical traits such as facial hair, muscle mass, etc.

### Progesterone

Progesterone is another predominately female sex hormone that's made in the adrenal glands, placenta, and ovaries. It helps to counterbalance estrogen and regulate the uterine lining in women. It impacts: Emotional health, sleep, mood, Melatonin (Sleep and wake)

### Testosterone

Like estrogen, both men and women produce testosterone, except men produce more so it's associated as a male hormone. Low levels are tied to sexual dysfunction, changes in body composition, and mood changes. High levels in women can be tied to reproductive problems, including infertility. Testosterone is tied to: Sex drive, maintenance of muscle mass, alertness, energy, confidence, strength

### Thyroid hormones

Thyroid hormones affect your metabolism and just about every system throughout your body. Changes in the levels of your thyroid hormones will impact your: Energy levels, resting metabolic rate, weight, sleep, body temperature, sex drive, menstrual cycle, for women, Insulin

Hormone disturbance	Symptoms
Low testosterone	low libido and sexual dysfunction in men and vaginal dryness in women
High cortisol	unintentional weight gain, unexplained increase in appetite, and digestive issues including: bloating, acid reflux, constipation, or diarrhea
High estrogen or low progesterone	very bad PMS symptoms or very heavy periods, unintentional weight gain, unexplained changes in appetite, and mood changes or depression
Low estrogen	vaginal dryness, missed or irregular periods, and mood changes or depression
Thyroid hormone imbalances	unintentional weight gain or loss, hair loss, and hair thinning
Low melatonin	trouble sleeping normally, insomnia, restlessness, daytime fatigue, and brain fog
Abnormal PTH	kidney disease, abnormal calcium levels, changes in vitamin D levels, and poor bone health, including increased risk for fractures and osteoporosis

### Other common symptoms of hormone problems include:

- Infertility or difficulty getting pregnant
- Changes in mood, including symptoms of depression and anxiety

- Fatigue
- Trouble sleeping or insomnia
- Unexplained changes in appetite
- Signs of fluctuating blood sugar levels, including nervousness, brain fog, and weakness

### **First steps for Balancing Hormones**

Hormone issues can be solved through diet or change in lifestyle habits.

#### **1. Eat a balance of macronutrients**

All three macronutrients are essential for hormone health, as well as digestion, reproduction, and metabolic functions.

Eat balanced meals, with about:

- 50 percent of the calories being fat
- 25 percent protein
- 25 percent complex carbohydrates

You can achieve balance by including a source of all three macronutrients every time you eat. For example, your dinner may be a serving of steak with a serving of vegetables and quinoa, with some butter.

#### **2. Reduce inflammatory foods**

A diet high in processed foods and allergens can trigger inflammation.

These foods include:

Refined grain products, such as white flour, Foods containing gluten, Hydrogenated oils, Trans fat, Sugar

Everyone's different when it comes to what foods they can digest properly. Some may have trouble tolerating foods like gluten, nuts, grains, night-shade vegetables, eggs, or dairy products, while others can tolerate those foods well. An elimination diet can help to see which foods may be causing gut-related inflammation.

#### **3. Consume probiotic foods**

Probiotics are the "good bacteria" that live inside your gastrointestinal (GI) tract and aid in repairing your gut lining. They're helpful for supporting the immune system, facilitating digestion, decreasing inflammation, and the production of hormones.

## 5. Eat Healthy Fats

You need to obtain a variety of fats in order to create hormones including saturated fat and cholesterol. They fuel the brain, support reproductive health, keep inflammation levels low, satisfy hunger, and even promote weight loss.

### Sources of healthy fats:

- Coconut oil
- Olive oil
- Grass-fed butter, dairy, or meat
- Organic dairy products
- Wild-caught salmon or other types of fatty fish

## 6. Drink enough water

Drink at least a gallon a day.

## 7. Avoid too much alcohol or caffeine

High alcohol consumption has been associated with estrogen dominance and problems such as: abnormal pancreatic functioning, higher risk for insulin resistance, increased risk for liver disease, lower sex drive, lowered testosterone, anxiety, malnutrition

High caffeine consumption may increase cortisol levels and impact the adrenal glands. This can interfere with appetite and energy, causing anxiety, sleep issues, and digestive problems. Try keeping your caffeine intake to about one to two servings daily, such as two small cups of regular coffee.

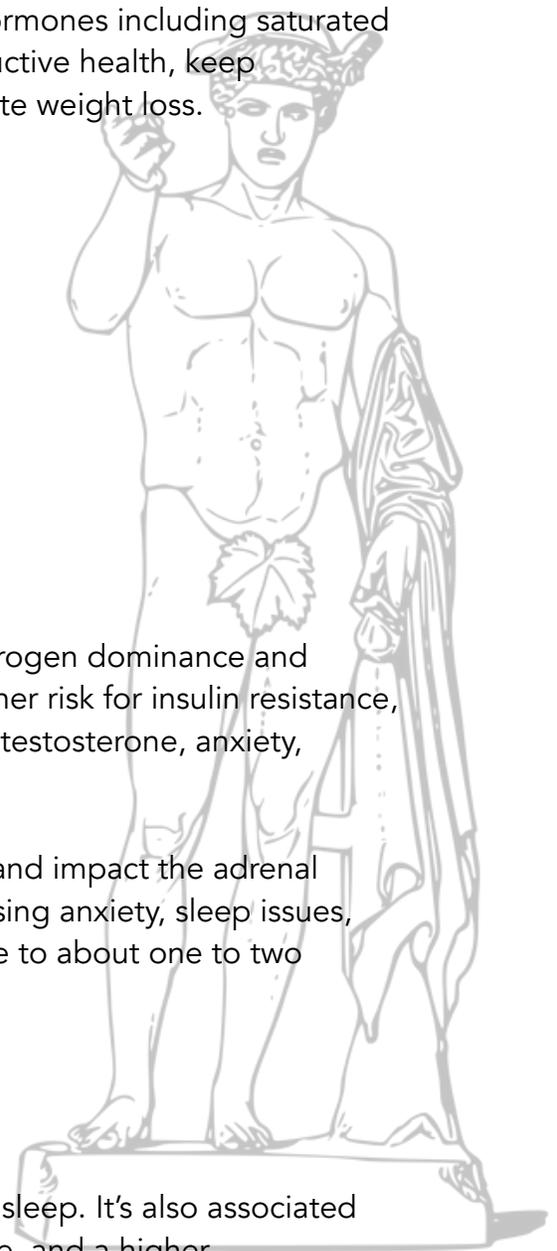
## Recommendations for Hormonal Conditions

### **High cortisol**

Levels are associated with chronic stress as well as poor sleep. It's also associated with decreased immunity, trouble with work performance, and a higher susceptibility to anxiety, high calorie intake, weight gain, and depression. To balance your cortisol levels through diet eat a diet like the ones recommended above. Chronic stress actually impacts the body in ways similar to a poor diet, lack of sleep, or a sedentary lifestyle. Cortisol is necessary and a fact of life, but when it is elevated for a long time or a constant period it will negatively affect your health.

### Manage stress by:

- Lifting
- Meditating or praying



- Spending more time amongst the trees and nature
- Being social (Church, Gym, Farmers Markets, etc)
- Better sleep

### **Low Melatonin**

Melatonin is used to treat issues related to sleep-wake cycle dysfunctions, besides just insomnia. This includes jet lag and daytime drowsiness. It's even been shown to have benefits unrelated to sleep, such as treating: Menopause symptoms, heart disease risk factors, chronic pain, potentially certain types of cancers, including breast and prostate cancer. Info on Melatonin in Diet Lifestyles

Foods that contain tryptophan to help produce melatonin:

- Dairy products
- Wild-caught fish
- Grass-fed beef
- Turkey and chicken
- Ancient grains

### **Low Estrogen** — linked to menopause

Is associated with menopause, in addition to high cortisol levels in younger women. Less estradiol, a form of estrogen, is made when stress levels are high and calorie intake is too low, as these things place a burden on the body. Low-fat and low-calorie diets, too much exercise, low body fat percentage, or a history of disordered eating can also decrease estrogen levels.

To balance low estrogen levels, eat more:

- Phytoestrogens
- Legumes, whole grains, and flax seeds
- Superfoods like maca powder, black cohosh, vitex, or chasteberry
- Ginseng and valerian root
- Magnesium-rich foods, like leafy greens or cocoa
- Healthy fats, like organic dairy and fish

\*Although Soy is high in phytoestrogens it is often GMO

### **High Estrogen**

If you have signs of estrogen dominance, including severe PMS or trouble losing weight, reduce your intake of processed foods, sugar, unhealthy fats, and alcohol.

Increase fiber, especially from vegetables and non wheat grains. Remove phytoestrogens from your diet. Eat a low-glycemic diet with meat and fat.

To balance high estrogen, eat more

- Olive or coconut oil
- Avocado
- Turmeric
- Seaweeds and other greens
- Resveratrol found in fruits like grapes
- Green tea
- Probiotic foods such as yogurt and other fermented foods

**Low Testosterone** — linked to problems like erectile dysfunction and low libido  
One of the common problems tied to low testosterone levels is erectile dysfunction (ED). ED affects roughly 50 percent of men over the age of 40.

Things that Lower:

- Phytoestrogenic foods (Soy, Flax, Yams, Rice, etc)
- Endocrine Disruptors (Xenoestrogens)
- Sugar
- High body fat
- Overtraining in the gym (and doing lots of volume)

Increasing testosterone is more important than you might think especially for weight training. Studies done with men given testosterone injections saw muscle gain WITHOUT even lifting weight. So boosting your Testosterone NATURALLY is the best thing you can do to increase gains, sex drive, and overall health. There points in the following page that are repeated many times but that is due to their importance.

## INCREASING TESTOSTERONE

Every man **should** to strive for the best health he can possibly achieve in his life. Testosterone levels depend on this and below are every way I could find to increase test or lower things that lower test.

### Increase Testosterone Naturally:

\*Compiled over many studies, articles, and personal experience

- Lifting heavy (Low rep)
- Good Sleep (No light for 2 hours until bed)
- Low Stress / Cortisol (Good Mindset)
- Dietary: High Fat / Adequate Protein 1g per lb
- Low body fat (ideally 8-12%)
- (Interestingly) Talking to beautiful women
- Sex (not masturbation)
- Creatine HCL
- Get violent (Moshing, boxing, MMA, etc)
- Proper levels of vitamins (below)
- Switch to Organic to reduce pesticide and GMO exposure
- Laughter, Happiness, Success and Competition (Dopamine)
- Avoid estrogenic compounds (Xenoestrogens, Phytoestrogens, Parabens)
- Minimize Radiation & EMF Exposure (keep phone away from your balls)
- Stand Up Straight (Express power through open, expansive postures, T-posing does in fact boost testosterone)
- Keep balls cool, Avoid tight underwear, Take cold showers (however this limits muscle growth), Go commando
- Compliment people, smile and wave, help others (endorphins/dopamine)

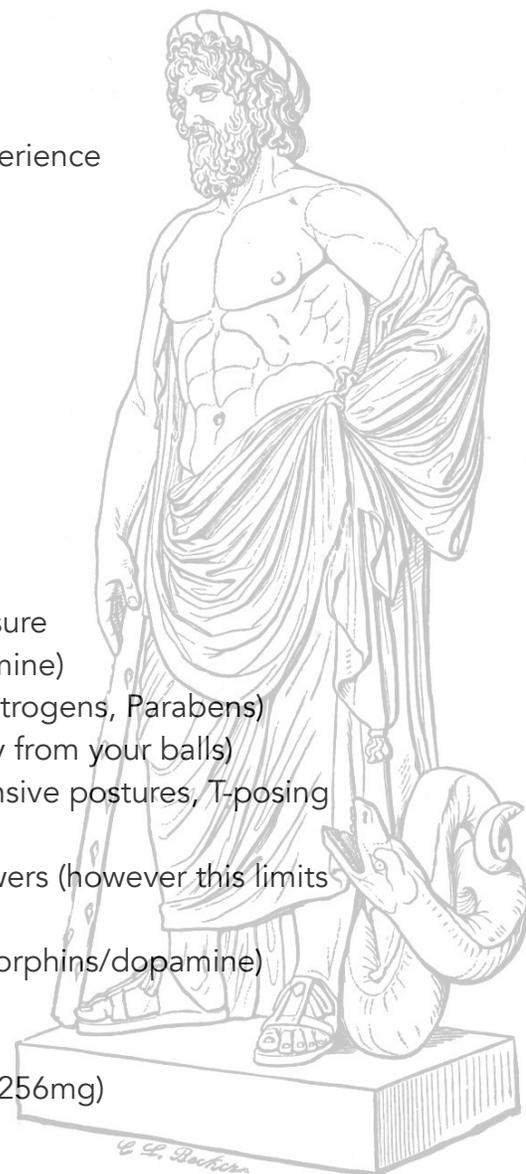
### Dietary:

- Magnesium (Bisglycinate) 400mg (Dark Chocolate 4oz 256mg)
- Zinc 20mg (4 Oysters 25mg / 8oz Beef 10mg)
- D3 <100,000 IU (Sun / Beef Liver / Cod Liver Oil)
- Boron 10mg
- Rub Vitamin D3 Liquid on your balls (Weird - Yes, but effective)

\*Vitamin D, Mag, Zinc have the strongest evidence as testosterone boosters. Micronutrients (C, B, E) may also have benefits.

### Herbs & Extracts

- Longjack root
- Ginger



- Ashwagandha

\*Many supplements, herbs, and extracts have a few studies backing their test boosting capabilities but try them if you'd like

### **Dopamine and Testosterone**

Several studies found that dopamine isn't just a feel good hormone. It also promotes high levels of growth hormone and testosterone. This increase is mainly due to the enhanced expression of gonadotropin-releasing hormone messenger RNA. This gives a direct signal to the testes to produce more testosterone.

#### Increase Dopamine

- Eat foods rich in Tyrosine. In order to make dopamine, your body needs tyrosine which is found in: Parmesan 3oz = 228% / Beef 3oz = 135% / Pork 3oz = 119% / Salmon 3oz = 112% / Chicken 3oz = 112% RDI
- Probiotics (Good gut health = Good mood)
- Lift & Loud Music
- Meditate and get Sunlight
- Dietary: Having adequate levels of Iron, Niacin (B3), Folate (B9) and Vitamin B6 are important for dopamine production.

### **Growth Hormone and Testosterone**

Some research shows that L-dopa can stimulate growth hormone and temporarily increase leutenizing hormone as well, which is the precursor to testosterone. Glutamine is an amino acid that promotes tissue growth. A single 2-gram dose of glutamine can increase growth hormone short term by up to 78%.

#### Increase Growth Hormone

- Intermittent Fast (Eat in a 8-12 hour window)
- Reduce Sugar (Increasing insulin lowers GH)
- Don't eat before bed
- Fast after your workout (1-2 hours)
- Protein shakes post workout
- Get good sleep (8 hours, bed before 10pm)
- Keep liver healthy (No alcohol, sugar, processed foods, smoking)
- Stay Anti-Inflammatory (the Übervore diet)

### **Testosterone and Cortisol**

Cortisol is important for strength training, but when elevated for a large period it lowers testosterone. Human research has shown the administration of cortisol into the circulation at rest will result in reduced blood testosterone levels.

Lowering cortisol is explained previously, but here are things to avoid that raise cortisol.

#### Avoid Things that Increase Cortisol

- Poor sleep
- Poor gut health
- Intense prolonged exercise (Long distance running)
- Long commutes
- Poor Posture
- Alcohol consumption
- Smoking & Marijuana/Pot/THC

#### **Medicine that Lower Testosterone**

It's worth noting that in order for the pharmaceutical companies to make money – people have to be sick – and for some reason, we are only treating the symptoms with more and more pills instead of actually focusing on the cause of the illness.

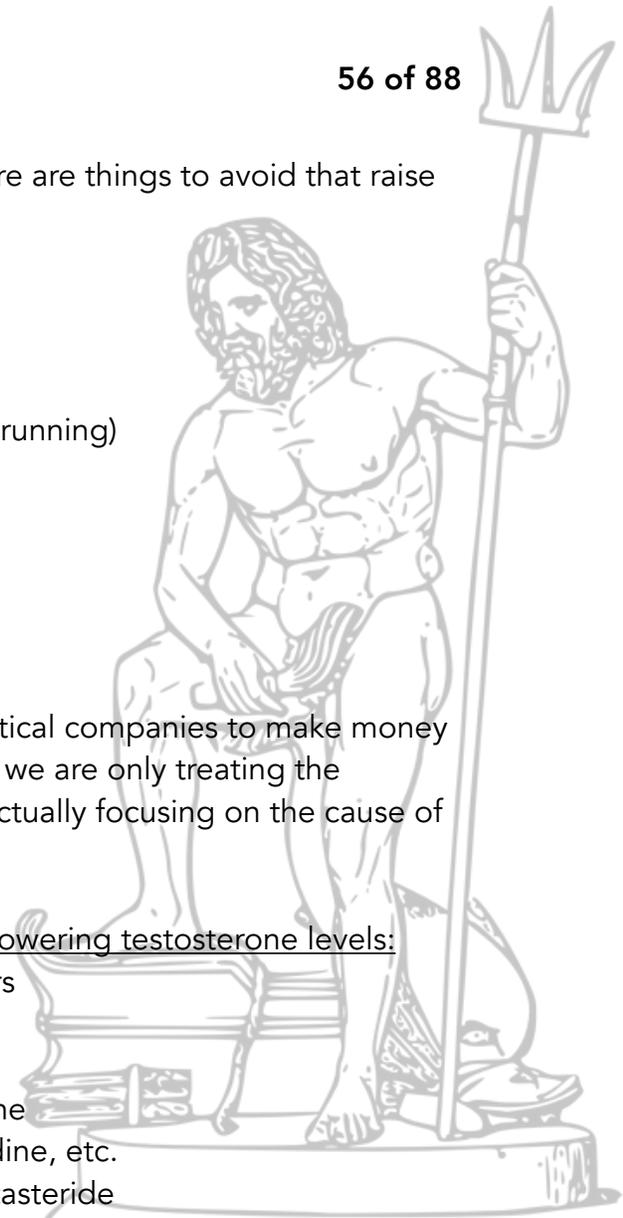
#### Prescription drugs that have a side-effect of lowering testosterone levels:

- Corticosteroids and opiate-based painkillers
- Some beta-blockers and tranquilizers
- A type-2 diabetes drug called Sulfonylurea
- A blood pressure drug called Spironolactone
- Acid reducers such as; Tagamet, Cimetidine, etc.
- Hair-loss drugs such as Finasteride and Dutasteride
- Statins and other drugs that interfere with cholesterol synthesis
- Some anti-fungal drugs, such as the commonly used ketoconazole
- Many SSRIs (anti-depressants)

#### **Masturbation doesn't Lower Testosterone, but...**

A study published in 2001 found that refraining from masturbation for three weeks may cause a mild increase in T levels. Another study from 2003 found evidence that T levels may increase by nearly 150 percent seven days after you've stopped masturbating. This is short lived as it goes back to normal on the 8th day. If you're in the gym utilize the 7th day to hit a new personal record...

...A 2007 study on rats found that frequent masturbation lowered androgen receptors in their brains. Androgen receptors help your body use testosterone. Another study on rats showed that frequent masturbation increased estrogen receptors. These assist your body in using estrogen. Over time, frequent



masturbation may affect the overall ability of your androgen receptors in utilizing testosterone.

### **The Effects of Porn**

Many people think that watching porn can enhance libido in the long run. Quite the opposite is true. Porn changes brain plasticity and affects the sensitivity of dopamine receptors. This is why the more porn a person watches, the less sexual desire and satisfaction they feel from less stimulation. The brain acquires a new taste for virtual sex and becomes less responsive to arousal from real people. This can eventually lead to erectile dysfunction and less pleasurable experience from real sex.

*Watching porn is gay whether you're a guy or girl*

### **The Effects of Cold Exposure**

Cold has a good effect on dopamine levels. Try having a cold shower and you will most likely feel a mental buzz afterwards. Studies have demonstrated that taking cold showers may even help in the treatment of depression. It stimulates the dopamine pathways within the brain. Cold showers can even help in improving emotional health. What better than taking a cold shower, swimming in a clear lake on a brisk spring or fall day. However cold exposure does affect the muscle's ability to recover after working out. I'd advise against this if you are serious about making significant strength gains.

## Endocrine Disruptors

Chemicals that can interfere with endocrine (or hormone) systems at certain doses. These disruptions can cause cancerous tumors, birth defects, and other developmental disorders. Endocrine disruptors may be associated with the development of learning disabilities, severe attention deficit disorder, cognitive and brain development problems; deformations of the body; breast cancer, prostate cancer, thyroid and other cancers; sexual development problems such as feminizing of males or masculinizing effects on females, etc.

### Phytoestrogen

Classified as endocrine disruptors - A group of naturally occurring compounds found in numerous plant foods. They have various functions in plants. Many have strong antioxidant properties and some may play a role in the plants' defense against infections. They're called "phytoestrogens" because their chemical structure resembles the structure of the sex hormone estrogen.

Phytoestrogens include:

**(Avoid) Lignans:** Found in many fiber-packed plant foods, such as seeds, grains, nuts, fruits and berries. Flaxseeds are an especially rich source.

**(Avoid) Isoflavones:** They're abundant in soybeans and other legumes, and also present in berries, grains, nuts and wine.

**Resveratrol:** Found in fruits, berries, red wine, chocolate and peanuts.

**Quercetin:** This is one of the most common and abundant antioxidant flavonoids, found in numerous fruits, vegetables and grains.

List of Phytoestrogenic Foods:

Flax, Soybeans and soy products, Tempeh, Sesame seeds, Wheat berries, Fenugreek (contains diosgenin, but also used to make Testofen, a compound taken by men to increase testosterone), Barley, Beans, Lentils, Yams, Rice, Alfalfa, Mung beans, Apples, Carrots, Pomegranates, Wheat germ, Rice bran, Lupin, Kudzu, Coffee, Licorice root, Mint, Ginseng, Hops, Bourbon whiskey, Beer, Fennel, Anise, Red clover.

**Cause:** Reduced fertility, breast cells in males, cell death in embryos, early puberty for girls, altered brain development

## Xenoestrogen

### **BPA**

Commonly found in plastic bottles/containers, dental materials, and the linings of metal food and **infant formula** cans. Another exposure comes from **receipt paper** commonly used at grocery stores and restaurants, because today the paper is commonly coated with a BPA containing clay for printing purposes. BPA is a known endocrine disruptor, and numerous studies have found that laboratory animals exposed to low levels of it have elevated rates of diabetes, mammary and prostate cancers, decreased sperm count, lower testosterone / reproductive problems, early puberty, obesity, and neurological problems. Is a monomer used heavily in plastics and epoxy resins. Since BPA has a 'hardening' effect on plastics, its used generously in many industries, making BPA one of the most produced chemicals in the world.

### **BPS**

Commonly found in thermal receipts, plastics, and household dust. Traces of BPS have also been found in personal care products. It is more presently being used because of the ban of BPA. BPS is used in place of BPA in "BPA free" items. However BPS has been shown to be as much of an endocrine disruptor as BPA.

### **Parabens**

(methyl-, butyl-, ethyl-, propyl-, heptyl-, etc) which are preservatives used in nearly all kinds of cosmetics, such as; sun lotions, moisturizers, personal-lubricants, shampoos, shaving gels, toothpaste, and even as food additives. They're classified as xenoestrogens and can have a weak affinity to estrogen receptors in the body. Phthalates which are commonly used to make plastics more flexible, but they are also used as stabilizers and emulsifying agents in many personal care items. Increased urinary phthalate traces have been strongly correlated with decreased testosterone in men, women, and children.

### **Benzophenones**

(BP-1, BP-2, BP-3...) which are permeability enhancing UV-stabilizers are used in a wide range of personal care items, but most commonly in sunscreens. Concerns have been raised of their effect in reducing the activity of enzymes needed in testosterone production.

### **Triclosan and Triclocarban**

Both of which are antibacterial agents found in many antibacterial soaps, lotions, hand sanitizers, etc. Not only are they highly ineffective at reducing bacteria, but they also have a direct mechanism in lowering testicular testosterone production.

## **DDT & PCB**

Was first used as a pesticide against Colorado potato beetles on crops beginning in 1936. An increase in the incidence of malaria, epidemic typhus, dysentery, and typhoid fever led to its use against the mosquitoes, lice, and houseflies that carried these diseases. Since being banned, the average human body burdens of DDT and PCB have been declining. Effects male / female reproduction and fertility.

## **Alkylphenols**

The long-chain alkylphenols are used extensively as precursors to the detergents, as additives for fuels and lubricants, polymers, and as components in phenolic resins. These compounds are also used as building block chemicals that are also used in making fragrances, thermoplastic elastomers, antioxidants, oil field chemicals and fire retardant materials. Through the downstream use in making alkylphenolic resins, alkylphenols are also found in tires, adhesives, coatings, carbonless copy paper and high performance rubber products.

## **PCB**

Polychlorinated biphenyls (PCBs) are a class of chlorinated compounds used as industrial coolants and lubricants. PCBs are created by heating benzene, a byproduct of gasoline refining, with chlorine. They were first manufactured commercially by the Swann Chemical Company in 1927. In 1933, the health effects of direct PCB exposure was seen in those who worked with the chemicals at the manufacturing facility in Alabama. In 1935, Monsanto acquired the company, taking over US production and licensing PCB manufacturing technology internationally.

“After WWII, manufacturers saw the potential plastics could have in many industries, and plastics were incorporated into new consumer product designs. Plastics began to replace wood and metal in existing products as well, and today plastics are the most widely used manufacturing materials.”

## **Phthalates**

Phthalates are found in some soft toys, flooring, medical equipment, cosmetics and air. Added to plastics to increase their flexibility, transparency, durability, and longevity. A widespread concern about phthalate exposure is the possibility that it is the cause of a drop in male fertility. Numerous studies on adult male humans show the similar result that phthalate exposure correlates with worsening metrics of male fertility, such as semen quality, the quantity of damaged DNA in sperm, decreased sperm motility, decreased semen volume and other metrics. There may be a link between the obesity epidemic and endocrine disruption and metabolic interference.

### **Non-Stick Cookware and Water-Repellant Items**

Poly- and perfluoroalkyl substances (PFAS) used to create non-stick, stain-resistant, and water-repellant surfaces are toxic and highly persistent, both in your body and in the environment. When heated, non-stick cookware releases perfluorooctanoic acid (PFOA), linked to thyroid disease, infertility, and developmental and reproductive problems

The US Environmental Protection Agency (EPA) has also ruled perfluorinated compounds (PFCs) as "likely carcinogens." Despite that, these chemicals are still used in a wide array of household products. Besides non-stick cookware, PFCs are used to create heat-resistant and non-stick coatings on:

- Soil- and water-repellant carpet and furniture treatments
- Stain- and water-repellant clothing
- Protective sprays for leather and shoes
- Food wraps, pizza boxes, and microwave popcorn bags
- Paint and cleaning products

### **Household Methods of Reducing plastic:**

- Opt for glass as much as you can - Storing grains/herbs/powder supplements, leftover food, and baking
- Use wood or metal for all utensils
- For cookware find cast iron or all clad (Stay away from anything with Teflon)
- Cleaning: Find a natural soap and spray

### **Take Away**

Due to the state of our earth things like micro plastics and other xenoestrogens cannot be eliminated from your surrounds, but you can drastically reduce consumption of them and exposure. Exposure to many of these will be through water, food, or your surroundings this can be avoided by living more rurally, eating organic non GMO, and getting proper filtration for your water. We are more than likely already exposed, but the most important thing is to limit your children's exposure.

# Bodybuilding

## Why do we lift?

“In order for man to succeed in life, God provided him with two means, education and physical activity. Not separately, one for the soul and the other for the body, but for the two together. With these two means, man can attain perfection.” -Plato

### Health AND Fitness

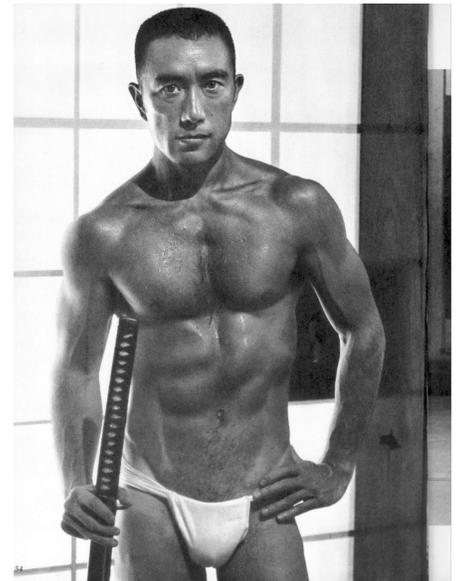
Make civilized the Mind. Savage the Body.

“Health” and “Fitness” are not necessarily the same thing. With tunnel vision on “fitness” you break, hurt yourself, get sick, get shit sleep, drink excessive coffee (Crash every afternoon). You can’t just pound coffee all day and eat everything to gain weight and lift expecting you will be the biggest out there. You are fooling yourself and you are furthering the meat head stereotype. You are smarter and better than this.

To know why you lift you need to have an aesthetic goal not just for your body, but for your health and your life. Aesthetic doesn’t just mean chiseled abs and voluptuous biceps. It means that which is natural is beauty. You must set your life’s goal in service of beauty. Therefore your interior and exterior should reflect that.

### Warming Up

It is important to activate, and warm up your muscles before you put it under load. Dynamic-warm ups are a great way to do that.



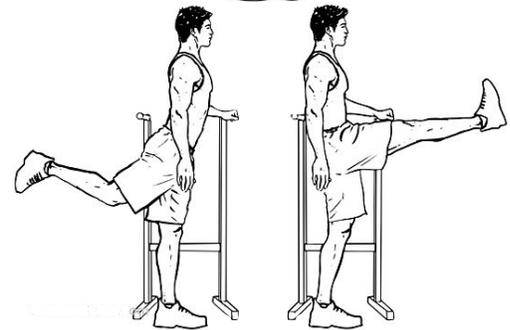
### Lunge and twist

The forward lunge will stretch the hip flexors and activates the legs, glutes, and hips, while the twist stretches out the upper and middle back.



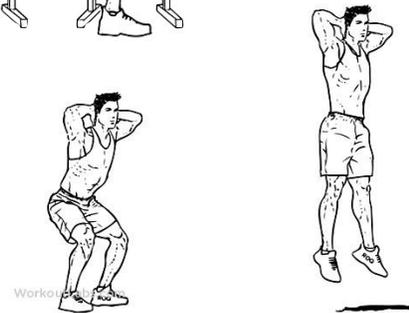
### Forward leg swing

The forward leg swing will activate hamstring and open up the hips



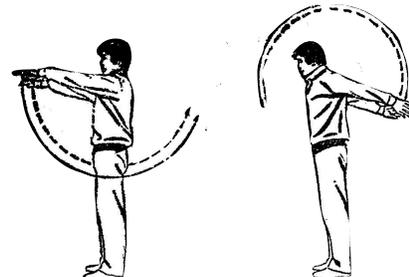
### Jump squats

The jump squat help activate the butt, hips, legs, thighs. It also has the added benefit of developing explosive power.



### Arm circles

The arm circles puts your shoulder joint through its full range of motion which can help alleviate joint pain or help you avoid developing it. For Increased Shoulder mobility find a rubber band and do this same motion with it back and forth.



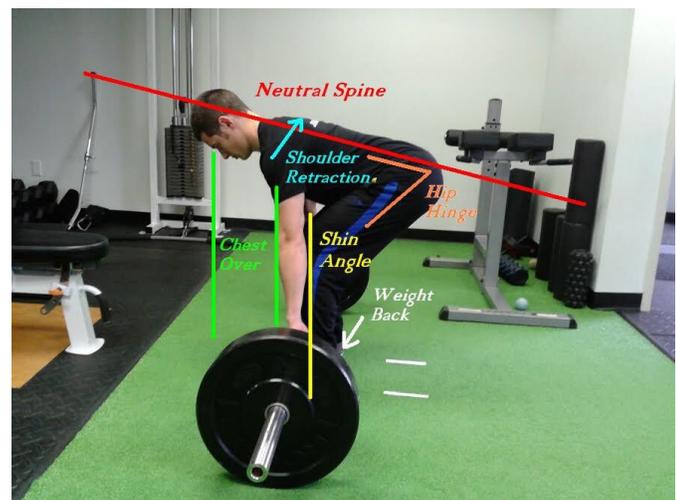
### Increase Muscle Gain

Outside of nutrition boosting testosterone and growth hormone are the best ways you are going to increase muscle faster (faster recovery and better protein synthesis)

### Form

#### Deadlift

- Walk to the bar. Stand with your mid-foot under the bar. Put your heels hip-width apart, narrower than on squats. Point your toes out 15 degrees.
- Grab the bar. Bend over without bending your legs. Grip the bar narrow, about shoulder-width apart like on the overhead press. Your arms must be vertical when looking from the front.



- Bend your knees. Drop into position by bending your knees until your shins touch the bar. Do NOT let the bar move away from your mid-foot. If it moves, start from scratch with step one.
- Lift your chest. Straighten your back by raising your chest. Do not change your position – keep the bar over your mid-foot, your shins against the bar, and your hips where they are.
- Pull. Take a big breath, hold it and stand up with the weight. Keep the bar in contact with your legs while you pull. Don't shrug or lean back at the top. Lock your hips and knee

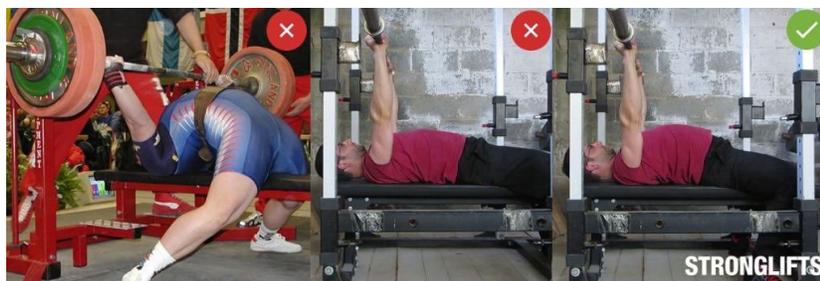
### Squat

- Setup. Face the bar. Grab it tight with a medium grip. Put it on your upper-back by dipping under the bar. Raise your chest.
- Unrack. Move your feet under the bar. Unrack it by straightening your legs. Step back with straight legs. Lock your hips and knees.
- Squat. Take a big breath, hold it and Squat down. Push your knees out while moving your hips back. Keep your lower back neutral.
- Break Parallel. Squat down until your hips are below your knees. Thighs must be just slightly lower than parallel.
- Squat Up. Break parallel then Squat back up. Keep your knees out and chest up. Lock your hips and knees at the top. Breathe.



### Bench Press

- Setup. Lie on the flat bench with your eyes under the bar. Lift your chest and squeeze your shoulder-blades. Feet flat on the floor.
- Grab the bar. Put your pinky on the ring marks of your bar. Hold the bar in the base of your palm with a full grip and straight wrists.
- Unrack. Take a big breath and unrack the bar by straightening your arms. Move the bar over your shoulders with your elbows locked.
- Lower the bar. Lower it to your mid-chest while tucking your elbows 75°. Keep your forearms vertical. Hold your breath at the bottom.
- Press. Press the bar from your mid-chest to above your shoulders. Keep your butt on the bench. Lock your elbows at the top. Breathe.



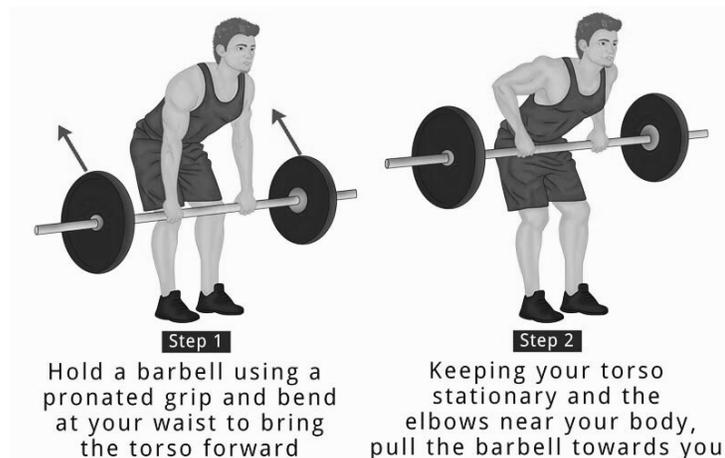
## Overhead press

- Stance. Heels hip-width apart. Feet flat on the floor. Point them slightly out.
- Grip. Full grip. Bar in the base of your palm, close to your wrists. Squeeze the bar.
- Grip Width. Narrow grip just outside your shoulders. Don't use a wide Bench grip.
- Wrists. Straight line bar to wrist to elbow. Don't let your wrists bend back or they'll hurt.
- Elbows. Almost under the bar from the side view. About 45° in from the front. No flaring.
- Forearms. Perpendicular to bar.
- Upper-arms. Not parallel to the floor. Your forearms must be vertical.
- Chest. Lift your chest by arching your upper-back.
- Head. Keep your head neutral.
- Lower Back. Keep your lower back neutral. **Don't over-arch and hyper-extend.**
- Torso. Lean slightly back at the bottom. Move forward at the top.
- Window. Think about looking through a window when pushing the bar up. Don't keep your head leaned back.
- Breathing. Inhale at the bottom before you press. Hold your breath at the top. Exhale at the bottom.
- Bar Path. Press the bar in a vertical line from your shoulders over your head, above your shoulders.



## Barbell row

- Setup. Bar over mid-foot, shoulder-blades over bar, hips high, bent knees, back neutral
- Barbell. On the floor, over your mid-foot, at the start of each rep
- Stance. Medium, wider than on Deadlifts but narrower than on Squats
- Feet. Whole foot flat on the floor, turn you toes about 30° out to the side
- Knees. Unlocked, back and pushed out to the side so the bar can't hit them
- Grip. Full grip. Both palms face you. Bar rests low in your hands.
- Wrists. Keep them straight to avoid wrist pain. For Yates row use underhand grip
- Elbows. Locked at the bottom, pull them to the ceiling and behind your torso



- Lower back. **No rounding or excess arch.**
- Way up. Pull your elbows to the ceiling, keep your knees back, raise your torso
- Top. Bar against lower chest, elbows behind torso, torso slightly above horizontal
- Between reps. Bar on the floor, don't bounce, rest a second, get tight, pull again
- Way down. Lower the bar fast but under control, keep your knees back

### A simple Starter Program

If you're able to do five reps on each set, you add weight to the exercise – usually around 5 pounds – in the next workout. Your goal is to keep on adding weight to each exercise, but do NOT sacrifice your form for heavier weight, leave your ego at the door. You come to the gym to get better not to impress thots, and gym bros, how much you weight you can lift incorrectly.

<b>Monday:</b> Workout A	<b>Wednesday:</b> Workout B	<b>Friday:</b> Workout A
Squat 5×5	Squat 5×5	Squat 5×5
Bench Press 5×5	Overhead Press 5×5	Bench Press 5×5
Barbell Row 5×5	Deadlift 1×5	Barbell Row 5×5

Week two starts with workout B, and looks like this:

<b>Monday:</b> Workout B	<b>Wednesday:</b> Workout A	<b>Friday:</b> Workout B
Squat 5×5	Squat 5×5	Squat 5×5
Overhead Press 5×5	Bench Press 5×5	Overhead Press 5×5
Deadlift 1×5	Barbell Row 5×5	Deadlift 1×5

### Post-Workout Nutrition

Unlike what has been thought you don't have an "anabolic window." It doesn't matter if you eat during your workout, 5 minutes after your workout or 2 hours after. As long as you get protein in afterwards is what matters. I do a scoop of whey and a scoop of collagen.

### Injury

If you feel pain stop. Let it heal before working it again. Know the difference between hurt and sore. There's nothing wrong with this. Health AND fitness. For an injury doing R.I.C.E is important. Rest, ice, compression and elevation. This will speed recovery significantly.

### When Recovering from Injury

- Mega Vitamin C dose (5-12g) - Helps your body form blood vessels, muscle tissue and collagen. It can also assist your body in healing.
- 8 hours Sleep, Zinc, Vit A, Omega 3, Protein, and Calcium

### Cardio

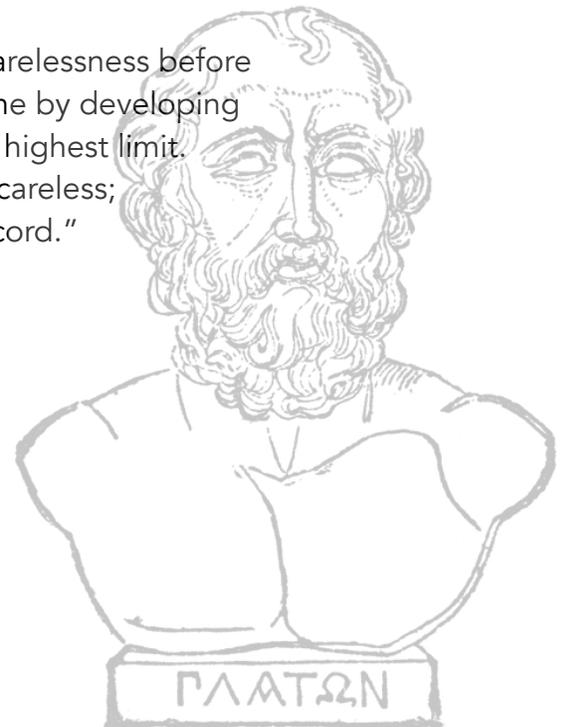
There are benefits to doing HIIT High intensity interval training for testosterone, speed, and cardiovascular health that long distance endurance runs won't give you. 30seconds walking and 60 seconds springing, but of course this can be applied to swimming, biking, rowing, and other.

**Note:** If you ever need assistance or tips don't be afraid to ask someone else in the gym. The gym is an easy way to make friends.

Your body is the culmination of millions of years of evolution, pressure, struggle, and triumph. Will you let it become a wretched shell of its potential or will you triumph over this world and create a physique, an image, a feeling within yourself that even the Gods respect?

"It is a disgrace to grow old through sheer carelessness before seeing what manner of man you may become by developing your bodily strength and beauty to their highest limit. But you cannot see that, if you are careless; for it will not come of its own accord."

-Socrates



## Supplements

Almost all of these supplements can be found on BulkSupplements for a relatively cheap price.

### Creatine

Despite the negative press, the International Society of Sports Nutrition regards creatine as **extremely safe**, concluding that it is one of the most beneficial sports supplements available. Creatine use can **increase maximum power** and performance in high-intensity anaerobic repetitive work (periods of work and rest) by 5 to 15%. Creatine has no significant effect on aerobic endurance, though it will increase power during short sessions of high-intensity aerobic exercise. Creatine affect on growth hormone: A 20-gram dose of creatine significantly increased HGH levels for 2–6 hours.

Supplementing with creatine can result in significant increases in muscle mass. This applies to both untrained individuals and elite athletes. In one review, adding creatine to a training program increased strength by 8%, weightlifting performance by 14% and bench press one-rep max by 43%, compared to training alone.

Creatine may reduce symptoms and slow the progression of some neurological diseases, although more research in humans is needed. Although people associate creatine with dehydration and cramps, research doesn't support this link. In fact, studies suggest it can reduce cramps and dehydration during endurance exercise in high heat.

Creatine HCL does not have side effects like water retention and diarrhea and is the best version of creatine now. To take advantage of the performance enhancing effects of Creatine HCl, it is best taken consistently on a daily basis. The most efficacious dose is a single 1-2 gram serve first thing in the morning on non-workout days, or immediately post-workout on workout days.

### Glutamine

Glutamine is an important amino acid - essential for immunity, injury recovery, and intestinal health. It is found in all foods that contain protein, but also supplements. It is non-essential and conditionally essential in humans, meaning the body can usually synthesize sufficient amounts of it, but in some instances of stress (Lifting / Injury / Illness), the body's demand for glutamine increases, and glutamine must be obtained from the diet. Glutamine's affect on growth hormone levels: A single 2-gram dose may increase short-term levels up to 78%. Studies have also shown that it has no effects on muscle mass or performance. However, some research has reported that glutamine

supplements may **decrease muscle soreness and improve recovery** after intense exercise.

**Glutamine and Carnitine:** These are probably not effective at increasing muscle mass in young or middle-aged active individuals. However, studies have shown carnitine can have some benefits for muscle mass in the elderly

### **Beta-Alanine**

Is an amino acid that reduces fatigue and may increase exercise performance. One study showed that taking 4 grams of beta-alanine per day for eight weeks increased lean body mass more than a placebo in college wrestlers and football players. Another study reported that adding a beta-alanine supplement to a six-week, high-intensity interval training program increased lean body mass by about 1 pound (0.45 kg) more than a placebo.

### **Branched-Chain Amino Acids (BCAAs)**

A small amount of research has shown that BCAAs may improve muscle gain or reduce muscle loss, compared to a placebo. Branched-chain amino acids are important for muscle growth. They are found in many foods, and it is unclear if taking them as a supplement is helpful when you already consume enough protein.

### **HMB**

May help increase muscle mass in those who are beginning a weight training program, but it appears to be less effective for those with training experience.

**Testosterone Boosters:** Testosterone-boosting supplements include D-aspartic acid, tribulus terrestris, fenugreek, DHEA and ashwagandha. It's likely these compounds only benefit those with low testosterone

### **Growth Hormone Boosting Supplements**

Ornithine: One study gave participants ornithine 30 minutes after exercise and found a greater peak in HGH levels.

L-dopa: In patients with Parkinson's disease, 500 mg of L-dopa increased HGH levels for up to two hours.

Glycine: Studies have found glycine can improve gym performance and provide short-term spikes in HGH

### Protein Powders (Soy Free / Unsweetened):

- Grass Fed Whey Protein (Quick Absorption - Best for post workout)
- Hemp Protein (High Omega 3, 20 Amino Acids, High in Magnesium/Zinc)

- Collagen Peptides (As supplement or Bone Broth - Beneficial for Joints, Bones, Skin, and Hair / Strengthens gut lining)
- Casein Protein (Slow Digestion - Best before bed)
- Mass Gainer (For the skinny lads looking to gain weight)

### **Vitamin C (Sodium Ascorbate)**

I suggest doing your own research into the benefits of Vitamin C. It isn't just important for reducing likelihood of a flu. It can cure cancer in some cases and childhood illnesses like whooping cough. Look up Dr Suzanne Humphries - she has many videos on the benefits. Dosage can range from just a gram to several. The below info was taken from her website. Vitamin C, or ascorbic acid, helps your body form blood vessels, muscle tissue and collagen. It can also assist your body in **healing**.

#### **Dosage**

Authorities often recommend a daily intake of 60-100 milligrams. Something more is recommended during pregnancy, lactation and smoking. Up to 2 grams are usually listed as safe. In case of disease treatment, from 500 milligrams to 10 grams or more per day is recommended. For gram doses, one must take into account the amount of bowel intolerance that varies with the individual but also with the actual disease load. In addition, higher dose vitamin C (> 5 grams / day) may increase the secretion of minerals and trace elements, which justifies simultaneous intake of multivitamin mineral preparations.

#### **Side effects / Security**

For most people, any risk of taking vitamin C as a supplement is very small. It is common for vitamin C to contribute to looser stools. Vitamin C is thus a good remedy for constipation. The risks that vitamin C can cause kidney stones have been justified on the basis of theoretical reasoning. Epidemiological studies are promptly speaking against this, but it may be that in people with disposable kidney stones there may be a risk. It has also been stated that this risk can be counteracted by magnesium.

## Optimization

### General

Read more, Spend less time on phone, listening to vinyl (dopamine), walking barefoot while hiking, visit the sauna.

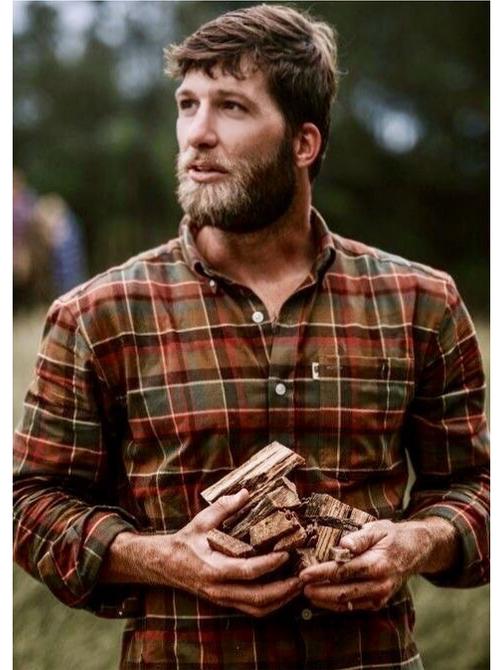
### Lips

If they are cracked and chapped use some damn chapstick. It doesn't look cool to have a bloody lip because you're too lazy to buy some chapstick.

### Breath

Causes: Poor Dental Hygiene, Strong Foods and Beverages (garlic/onion), Smoking, Dry mouth, Periodontal Disease, Sinus, Mouth, or Throat Conditions,

Counteract: Treat your underlying medical conditions, use a cover up (breath spray), brush teeth and floss multiple times a day (before any encounter with boss, girlfriend or boyfriend, or any other important person), use homemade mouthwash, and stay hydrated



### Skin (Avoid acne)

Eat right (Minimize sugar, high fat/protein, get antioxidants), HYDRATE Gallon+, Use a natural moisturizer (Coconut oil), try a face mask (Activated Charcoal Mud Mask), when shaving do it right to minimize redness and cuts, inflammatory foods, commercial dairy, increase sun exposure, and lower stress



### Teeth

Reduce sugar and acidic foods (citric/soda), hydrate, brush teeth and tongue after every meal, floss twice a day, and use natural mouthwash. Use a whitening toothpaste.

Toothpaste: Either use activated charcoal toothpaste or Homemade 3tbs coconut oil, 1tbs baking soda, and 1tbs of sea salt (Optional add a drop of peppermint oil)

Mouthwash: To make a baking soda mouthwash, add 2 teaspoons of baking soda to 1 cup of warm water. Swish the mouthwash around in your mouth for at least 30 seconds before spitting it out. / Add 2 tablespoons of apple cider vinegar to 1 cup of water. Gargle for at least 30 seconds before spitting it out.

\*\*Supplement Collagen protein for hair, nail, and teeth health

### Red Light Therapy Benefits

Red light is thought to work by producing a biochemical effect in cells that strengthens the mitochondria. The mitochondria are the powerhouse of the cell — it's where the cell's energy is created. The energy-carrying molecule found in the cells of all living things is called ATP (adenosine triphosphate).

- Promotes wound healing and tissue repair
- Improves hair growth in people with androgenic alopecia
- Help for the short-term treatment of carpal tunnel syndrome
- Stimulates healing of slow-healing wounds, like diabetic foot ulcers
- Reduces psoriasis lesions
- Aids with short-term relief of pain and morning stiffness in people with rheumatoid arthritis
- Reduces some of the side effects of cancer treatments, including oral mucositis
- Improves skin complexion and builds collagen to diminish wrinkles
- Helps to mend sun damage
- Prevents recurring cold sores from herpes simplex virus infections
- Improves the health of joints in people with degenerative osteoarthritis of the knee
- Helps diminish scars
- Relieves pain and inflammation in people with pain in the Achilles tendons

## **Men**

### Hair

For good hair health follow a proper diet and supplement collagen if you'd like I've found since using collagen my facial hair is thicker making it harder to shave. Get a proper haircut at least twice a month. Undercut, High and Tight, no hair on the ears.

### Shaving

Either shave or don't - Having stubble everyday makes you look lazy (Creating that good habit transfers to other things). If you are going to have a beard make sure it is properly groomed.

### **Closest Shave**

Start with a hot shower or warm water on your face - this opens your pores and loosens the hairs. Then apply a cream and massage it in. I warm up my razor while



doing all this stuff. Pull your skin in places where it is usually harder (chin) to get a smoother cut. You can buff the blade by running your finger in the opposite direction of the blade. If you have redness or discomfort apply some aloe vera.

### Style

Yes. Style affects your health. Being able to dress properly whether for church, dinner out, or even while working it matters. I'm not going to on a tirade about matching, sustainable brands, or aesthetic fit. Spend some time looking for good looks to suit your taste (Vintage, modern, etc). Sometimes simplicity works the best. You can find good rustic or vintage clothes at thrift stores - not everything is expensive. Stop wearing band t shirts and cargo shorts.

### **Women**

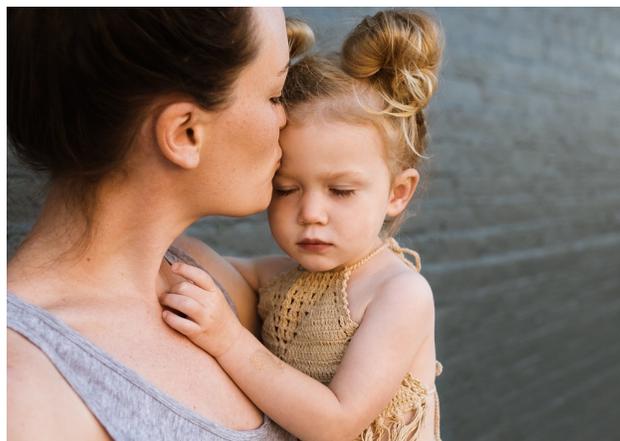
#### Healthy Feet:

Soak your feet in a bowl of warm water for about 10 minutes to soften the skin (add ½ cup Epsom salt or 5 drops of essential oil of your choice). Dry your feet thoroughly, especially between your toes. Massage your feet with rich foot skin cream.

## Women's Health

### Fitness

Heart disease is the leading cause of death for American women. Exercise is one of the best ways to prevent heart disease and keep your ticker strong. Cardio alone isn't enough for optimal health and fitness. You should combine it with some type of strength training. Strength training builds muscle, boosts metabolism, and helps you maintain stronger bones. This is especially important in postmenopausal women. Start with bodyweight workouts (Push ups, crunches and sit ups, air squats, lunges, and pull ups). When you've built some endurance with those and your comfortable with fitness go to the gym and try some methods explained previously.



### Diet

Eating a balanced diet starts with avoiding unhealthy foods. Packaged and processed foods are often full of sugar, unhealthy seed/nut oils, and phytoestrogens. Eat a balanced diet with plenty of steak and eggs, butter and dairy, vegetables, whole grains like quinoa and oatmeal, and fresh fish.

### Vitamins

You can take a daily multivitamin but eating vitamin-rich foods serves up the extra benefits of healthy fiber and minerals. Eat a variety of foods and you should meet your vitamin, mineral, and fiber requirements without the need for a supplement. However I have mentioned the supplementation of Vitamin to be a great benefit for strengthen immunity and illness - it is actually better to get this as a supplement than through foods because of how concentrated it is.



## Aging

Aging is part of growing older and wiser, but that doesn't mean you have to take the inevitable aches and pains lying down. Healthy aging also emphasizes things you shouldn't do, such as using tobacco products and drinking excess alcohol. You can also help slow aging by learning to manage stress and cope with mental health issues that will naturally arise throughout your life. The skin-related choices you make in your 20s, such as tanning beds and long days at the pool, will rear their ugly heads as you age. Prevent from being exposed to evening sun or too much during the day. Most sunscreens are filled with toxins which will be covered later.

## Sexual health

The best way to stay healthy and prevent STDs is to refrain from sex until you are sure the person you are with you are going to be with for the rest of your life. I have many female friends who are bonded to very bad guys simply because of your biological mechanism for bonding.

If you are following the above guideline than this won't be an issue, but if you do absolutely avoid birth control. This info was taken from Somali Pirate on Twitter.

### Birth Control Causes

- Causes cervical cancer - Five year usage DOUBLES chances of cervical cancer
- Delaying pregnancy increases breast cancer in general Five year usage causes persistent increase in risk even after usage ceases
- There is NO DIFFERENCE between modes of hormonal birth control and cancer links (Lower hormone dose  $\neq$  lower cancer risk)

### **Reproduction - Lowers fertility:**

- Dramatically lowers fertility while women who are using the pill (obviously)
- Causes drop in fertility after usage, prevents 50% of women from conceiving from 1 to 6 years (over 30), most under 3 years (under 30 only)
- Shrinks ovaries: Size reduction between 29-52%, largest reduction in YOUNG women 19-30 y/o
- Increases chance of birth defects in children

## Pregnancy

Whether you're pregnant, trying to become pregnant, or just starting to consider it, a healthy life for your baby starts with preparation. Even before you take a pregnancy test, you can take significant steps to protect your future baby's health. Follow the previous guidelines to diet explained in diet. Cut all stimulants, drugs, alcohol, smoking, processed foods, and even sugar. All of these things transfer to the child.

Eliminate exposure to BPA and tap water. Eat plenty of grass fed meat, dairy, and pastured eggs.

Books:

Nourishing Traditions: Book of Baby & Child Care

**Natural Family Planning (by @MichHoivata)**

Sometimes called Fertility Awareness Method means the usage of the knowledge of your own cycle to either achieve or avoid pregnancy without the assistance of any imposed change onto the body or the sex act. No pills, plastic, latex, heavy metals, scalpels, or needles involved. While NFP and FAM are both heavily discussed in a Catholic setting many non-catholic couples use the tools provided to space out their children. As a woman, using NFP can help you better understand what is “normal” for your own body as well as notice any changes that could indicate health issues. Many symptoms would be masked by hormonal contraceptive.

FAM teaches and educates you with regard to your own body. When something is “off” a NFP chart will highlight where the changes are and symptoms are not masked by hormonal birth control methods. There are zero side effects. As a couple you can stop at any time, for any reason. This knowledge can be used to help you avoid pregnancy, or to get pregnant. Also, an unexpected benefit is that it encourages communication and understanding between partners and flourishes best in the context of a stable, committed, intimate relationship.

If used accurately, FAM has an effectiveness that is equal to or surpasses most artificial contraception out there. The reason it’s often chided is that it is more difficult to learn, understand, and use correctly than artificial methods of avoiding pregnancy. There is an upfront cost of time and money (testing strips, BBT Thermometer), and an ongoing cost in commitment and dedication. The other major drawback is simply a biological fact: women are most receptive to sex and most easily aroused when they are most fertile. If you’re unwilling to use another method during this period (diaphragm, spermicides, and most commonly condoms), it can be somewhat frustrating, both for you and your partner.

The female reproductive cycle is split into three phases. The first is the follicular phase, or the pre-ovulation phase. This is when the ovary prepares an egg for release. It is characterized by a high amount of follicle-stimulating hormone (FSH), and a gradual increase in oestrogen. Once the egg reaches maturity, fueled by these two hormones, it triggers a sudden spike in luteinizing hormone, which triggers the release of the egg, and a rise in progesterone to further facilitate the

development of the uterine lining. Now that the egg is released, one of two things can happen: you can have a period, or you can get pregnant. This phase is called the luteal phase. As the egg kicks around, the follicle from which it came (now known as the corpus luteum) gradually puts out lower and lower levels of oestrogen and progesterone. Once these levels are low enough, the body decides that pregnancy isn't going to happen, and you have a period, while another follicle is recruited to start the whole thing over again. Therefore, the most fertile days, once accounting for sperm lifespan in non-hostile cervical fluid, are the 4-5 days leading up to ovulation and the day of ovulation.

There are three major signs of fertility that can be easily tracked, and a couple others than can be used as a more secure backup. You'll see lots of "methods" thrown around (Billings, Marquette, etc) - they're all just combinations of these four tracking methods.

1. Cervical mucus: The vagina is a naturally acidic (PH < 7) place and fairly hostile to sperm, which is carried in an alkaline (PH > 7) fluid. The closer to ovulation the woman is, the more the vagina accommodates sperm, PH-wise. The consistency and amount of mucus or fluid produces is also a good indicator. Right after menstruation, there is typically very little mucus, and it's thick and often opaque - a bit like school paste. As you progress, you get slightly thinner, and sort-of opaque, maybe like lotion or coconut oil. The mucus ideal for conception is stretchy, clear, abundant, and sticky - think raw egg white. Then after the fertility window, you cycle back down until you undergo menstruation again. By testing and recording your mucus on a chart you can spot your ovulation. Wash your hands first!
2. Basal body temperature: The human body temperature varies throughout the day based on the last time we ate or drank, how long we've been awake, the weather outside, etc. In order to minimize these variables, NFP uses the basal body temp (the lowest body temp, which happens during long periods of sleep). At the time of ovulation, due to the spike of hormones, this temperature will increase by about a half-to-whole degree F (quarter-to-half degree C). You get this with a special BBT thermometer. There are many on the market and some even sync to NFP apps. Simply your temperature the moment you wake up and record it. Note, this tells you when ovulation has already occurred, so it's not terribly useful for predicting ovulation until you get the hang of tracking it.
3. Cervical position: The cervix changes position throughout the cycle and becomes softer and opens slightly to accommodate semen during ovulation. During non-fertile times, the cervix will be high/far (difficult to reach), and will

be hard, like the tip of your nose. As ovulation nears, the cervix will lower slightly, open a little, and grow softer, feeling more like your earlobe. Testing is done by physically reaching in and feeling for your cervix with your fingers. Again, wash your hands.

LH Tracking: Buy a packet of strips every month that test for the surge of lutenizing hormone that correlates with ovulation. These work the exact same way as a pregnancy test - via urine sampling. Generally you don't want to use the first morning urine; for these tests, you test about the same time every day, any time after about 10AM.

My recommendation is to download the very excellent app Kindara on the mobile device of your choice. Not only does it have all the tracking tools you could possibly want, but you can also post your charts (anonymously) to other users, who can then help you interpret it until you get the hang of reading your own chart. It has a Bluetooth-enabled thermometer called Wink but any BBT thermometer just fine.

### **Reading for more information**

Taking Charge of Your Fertility by by Toni Weschler

The Sinner's Guide to NFP by Simcha Fisher. This book is specifically written for a Catholic audience

**Lactational Amenorrhea Method (LAM)** Generally, breastfeeding an infant delays the first postpartum ovulation cycle for many months. There are 3 points and all 3 must be true or LAM is not a method of birth control.

- Baby must be under 6 months old
- Baby must be exclusively breastfed (No supplemental formula and has not yet been introduced to solid foods)
- Mother's period has not returned.

### **Breastfeeding and First Foods**

With few exceptions, breastfeeding is the best way to feed your child for both you and your infant. It is recommended that a baby's primary source of nutrition is breast milk, or formula-milk (recipe below) for the first year of life. If you struggle to breastfeed reach out to a local International Board Certified Lactation Consultant (IBCLC) or look for local breastfeeding support groups such as La Leach League.

Benefits to baby include but aren't limited to fewer episodes of illness, reduces risk of hypertension, obesity, diabetes, asthma, increased IQ, lower risk of developing

allergies, lower rate of SIDS, cancer, ear infection, gastrointestinal disrupt, emotional Support/Bonding

Benefits to mother include but are not limited to reduced risk of breast cancer, type 2 diabetes, and osteoporosis, reduces the risk of uterine and ovarian cancer, promotes postpartum emotional health and postpartum weight loss, emotional support/bonding, costs significantly less than formula

For the first 6 months of life a child should be exclusively breastfed (or formula fed), at that time parents will slowly start to introduce solid foods. Babies can be introduced to a variety of whole foods. While many grandparents will tell you how they fed their baby rice cereal at 2, 3 or 4 months old rice cereals are nutritionally **garbage**, they have little value and they can often pose a choking hazard.

How you introduce your child to solids is parental preference. Whether starting with purees or Baby Led Weaning it's important to avoid sugar, juices, and choking hazards. Honey should be avoided completely for the first year due to the risk of botulism. A child's brain is developing rapidly in the first 3 years of life and children that wean from breast milk prior to the natural age (between 4 and 7) will need ample healthy fats from sources such as cows milk, butter, cheeses and yogurt, avocado, coconut oil, and fatty fish. As previously mentioned try to get Grass fed dairy.

### Reading for more information

"The Womanly Art of Breastfeeding" by La Leche League International  
 "Ina May's Guide to Breastfeeding" by Ina May Gaskin

### Organic Homemade Infant Formula

If using a formula is absolutely necessary I found a good organic formula recipe. This is a complicated recipe because

#### Ingredients (Includes purpose of each ingredient)

- 2 cups whole raw cow's milk preferably from pasture-fed cows (**Vitamin A/D**)
- 1/4 cup homemade liquid whey see recipe in "notes" below Note: Do NOT use powdered whey or whey from making cheese (which will cause formula to curdle). Only homemade whey made from yoghurt or kefir. (**Probiotic and Minerals**)
- 4 tablespoons lactose (**Natural Glucose**)
- 1/4 teaspoon bifidobacterium infantis (**Probiotic**)

- 2 or more tablespoons good quality cream preferably not ultra-pasteurized, more if you are using milk from Holstein cows **(Fat)**
- 1 teaspoon cod liver oil **(Omega 3)**
- 1 teaspoon sunflower oil **(Vitamin E)**
- 1 teaspoon extra virgin olive oil **(Fat)**
- 1/4 teaspoon high-vitamin butter oil optional **(Fat)**
- 2 teaspoons coconut oil **(Fat)**
- 2 teaspoons Frontier brand nutritional yeast flakes **(Probiotic)**
- 2 teaspoons gelatin **(Collagen)**
- 1-7/8 cups filtered water
- 1/4 teaspoon acerola powder **(Vitamin C)**

### Instructions

1. Put 2 cups filtered water into a pyrex measuring pitcher and remove 2 tablespoons (that will give you 1-7/8 cups water).
2. Pour about half of the water into a pan and place on a medium flame.
3. Add the gelatin and lactose to the pan and let dissolve, stirring occasionally.
4. When the gelatin and lactose are dissolved, remove from heat and add the remaining water to cool the mixture.
5. Stir in the coconut oil and optional high-vitamin butter oil and stir until melted.
6. Meanwhile, place remaining ingredients into a blender.
7. Add the water mixture and blend about three seconds.
8. Place in glass bottles or a glass jar and refrigerate.
9. Before giving to baby, warm bottles by placing in hot water or a bottle warmer. NEVER warm bottles in a microwave oven.

### Note:

Homemade Whey Recipe: Makes about 5 cups. Homemade whey is easy to make from good quality plain yoghurt, or from raw or cultured milk. You will need a large strainer that rests over a bowl. If you are using yoghurt, place 2 quarts in a strainer lined with a tea towel set over a bowl. Cover with a plate and leave at room temperature overnight. The whey will drip out into the bowl. Place whey in clean glass jars and store in the refrigerator. If you are using raw or cultured milk, place 2 quarts of the milk in a glass container and leave at room temperature for 2-4 days until the milk separates into curds and whey. Pour into the strainer lined with a tea towel set over a bowl and cover with a plate. Leave at room temperature overnight. The whey will drip out into the bowl. Store in clean glass jars in the refrigerator. Source: **Nourishing Traditions** by Sally Fallon with Mary G. Enig, PhD.

When it comes to keeping children out of the doctor especially for whooping cough Dr Suzanne Humphries has good information about Vitamin C as a antidote for things like that.

### **Good Parenting**

Being a parent is tough, hard work. However, it's also incredibly rewarding. You'll have questions, and you'll need help. A strong support network '*tribe*' of friends and family members you can call on is vital. This doesn't need to be said, but I am going to: A child needs his/her mother - be there for them.

### **Breast Health**

Breast cancer is one of the most common types of cancer in American women. If you have a family or personal history of breast cancer, your risk for developing this condition is higher. Like many cancers they arise from inflammation. Inflammation is reduced by consuming less inflammatory foods like refined wheat/sugar/trans fat/ vegetable oil/excessive alcohol and limiting exposure to pesticides through GMOs. Get a yearly mammogram screening after 40.

### **Stress**

Kids. Family. Friends. The farm. Many women are swimming in stress and responsibilities, which can manifest more than just gray hairs.

Excessive stress can translate to:

- High blood pressure
- Upset stomach or other gastrointestinal issues
- Back pain
- Relationship conflicts
- Sleeping difficulties
- Abdominal weight gain

You can manage stress with relaxation techniques such as:

- Prayer
- Meditation
- Yoga or tai chi
- Exercise
- Hiking and going into nature
- Listening to Lofi hip hop radio - beats to relax/study to

**Avoid known health risks**

Many health issues are common among both men and women. However, some conditions may be more common in women or impact women differently than they do men. These include:

**Heart disease**

Heart disease is the leading cause of death among American women. Additionally, women are more likely than men to die following a heart attack.

**Stroke**

Women are more likely to have a stroke than men. Men and women share many of the same risk factors for stroke, including high blood pressure and high cholesterol. However, women have several unique risk factors. These include: birth control use, pregnancy, hormone replacement therapy

**Urinary tract issues**

Women have a shorter urethra, which means bacteria have a smaller distance to travel before they reach your bladder and start an infection. For that reason, urinary tract problems, including infections and incontinence, are more common in women.

**Alcohol intake**

Men are more likely to abuse alcohol and become dependent upon it. However, the impacts of chronic alcohol use are greater on women than men. These complications include heart disease and breast cancer. Additionally, babies born to women who drink alcohol during pregnancy may have a condition called fetal alcohol syndrome. This can cause brain damage and learning delays.

**Depression**

Women are more likely to show signs of depression than men. From ages 14 to 25, women are twice as likely than men to have depression. That ratio narrows with age.

**Osteoarthritis**

While this common form of arthritis can occur in both men and women, it's more common in women over age 45.

**Follow: @BraveTheWorld**

This information was found on [healthline.com](https://www.healthline.com) or at least some of it

## Navigating Cosmetics

Lobbyists are paid to turn a blind eye so that many toxic additives can be slipped into our consumer *goods*.

### Harmful Cosmetic Ingredients

#### Parabens

Possess estrogen-mimicking properties that are associated with increased risk of breast cancer. They can be found in makeup, body washes, deodorants, shampoos and facial cleansers. Personal care ingredients that include: "ethyl," "butyl," "methyl," and "propyl" are from the paraben family.

#### Synthetic colors

These synthetic colors are derived from petroleum or coal tar sources. Synthetic colors are suspected to be a human carcinogen, a skin irritant and are linked to ADHD in children. (ex Red 27 or blue 1)

#### Fragrance

Found even in many organic soaps causes allergies, dermatitis, respiratory distress and potential effects on the reproductive system. Look for products instead that list the scents specifically, and those should be named as essential oils or labeled as "no synthetic fragrance" or "phthalate-free."

#### Phthalates

The main phthalates in cosmetics and personal care products are dibutyl phthalate in nail polish, diethyl phthalate in perfumes and lotions, and dimethyl phthalate in hair spray. They are known to be endocrine disruptors and have been linked to increased risk of breast cancer, early breast development in girls, and reproductive birth defects in males and females. Unfortunately, it is not disclosed on every product as it's added to fragrances (remember the "secret formula" not listed). Phthalates generally include the term "phthalate" in the name, like "diethyl phthalate."

#### Triclosan

Is a widely used antimicrobial chemical that's a known endocrine disruptor -- especially thyroid and reproductive hormones, and a skin irritant. Found in toothpastes, antibacterial soaps and deodorants.

### **Sodium lauryl sulfate (SLS) / Sodium laureth sulfate (SLES)**

This surfactant can be found in more than 90 percent of personal care and cleaning products (think foaming products). A major concern about SLS is its potential to interact and combine with other chemicals to form nitrosamines, a carcinogen. They can be found in shampoo, body wash/cleanser, mascara and acne treatment.

### **Formaldehyde**

It is a carcinogen and known to cause allergic skin reactions and it may also be harmful to the immune system. It can be found in nail polish, body washes, conditioners, shampoos, cleansers, eye shadows, nail polish treatments.

### **Toluene**

A petrochemical derived from petroleum or coal tar sources. You may see it on labels listed as benzene, toluol, phenylmethane, methylbenzene. **Expecting mothers** should avoid exposure to toluene vapors as it may cause developmental damage in the fetus. Toluene has also been linked to immune system toxicity. It can be found in nail polish, nail treatments and hair color/bleaching products.

### **Propylene glycol**

It's classified as a skin irritant and penetrator. It has been associated with causing dermatitis as well as hives in humans

### **Sunscreen chemicals**

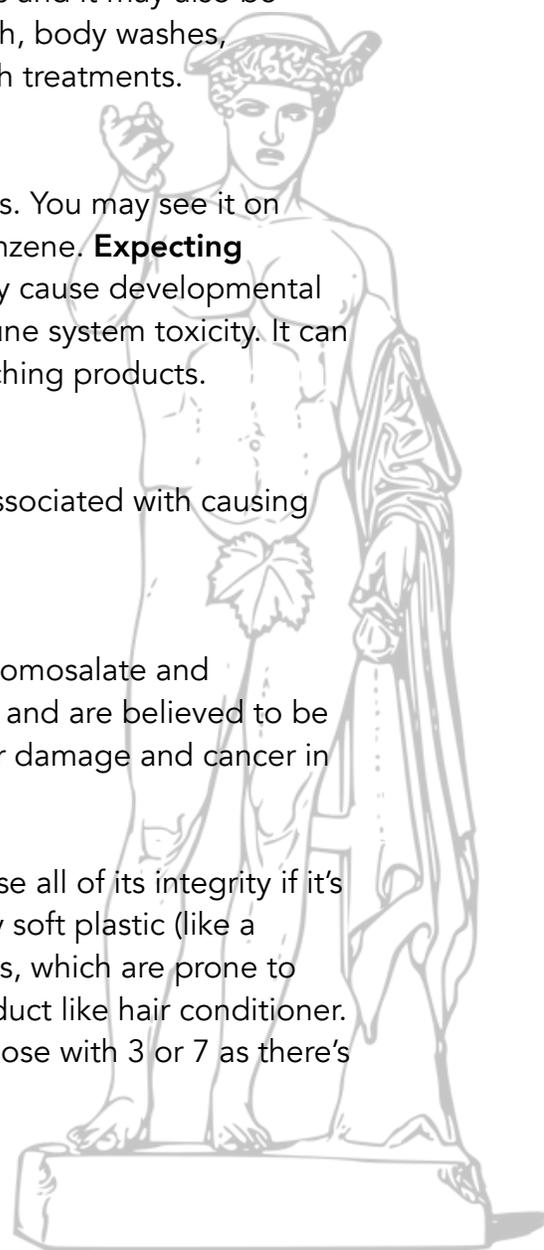
Common names are benzophenone, PABA, avobenzene, homosalate and ethoxycinnmate. These chemicals are endocrine disruptors and are believed to be easily absorbed into the body. They may also cause cellular damage and cancer in the body.

**Avoid plastic.** A so-called "clean" personal product can lose all of its integrity if it's in a plastic jar or bottle. That's because plastics, particularly soft plastic (like a shampoo bottle or toothpaste tube), can contain phthalates, which are prone to leaching, particularly if there's a high oil content in the product like hair conditioner. Look for plastic with recycling codes 1, 2, or 5 and avoid those with 3 or 7 as there's a greater risk of phthalates in those.

### **Trusted Producers**

Lush, Trader Joes, Whole Foods, or HOMEMADE

Look into using common garden or household ingredients for personal care. You'd be surprised how much you can do with Coconut oil and beeswax or others.



Coconut Oil: Moisturizer, lip balm, cracked skin, treat psoriasis

## **Clothing**

Use natural fibers like Cotton, Linen, Hemp, or Wool and ditch harmful synthetic clothing that act as xenoestrogens.

### Synthetic Fabrics

This is the category that holds the majority of the skin-harming culprits. Man-made fabrics like acrylic, polyester, rayon (bamboo), acetate, and nylon are treated with thousands of harmful toxic chemicals during production. Toxic chemicals aside, synthetic fabrics simply don't breathe, and anyone who's worn polyester on a hot summer day is probably well aware of that. The fabric also traps odors. All signs point to polyester being the number one worst fabric for skin.

## Online Stores & Resources

### Supplements

Bulk Supplements

### Brands

(Grass Fed Whey) Whey Fantastic Unflavored (75 servings for \$58)

(Hemp Seed) Manitoba Harvest

(Grass fed butter and cheese) Kerrygold

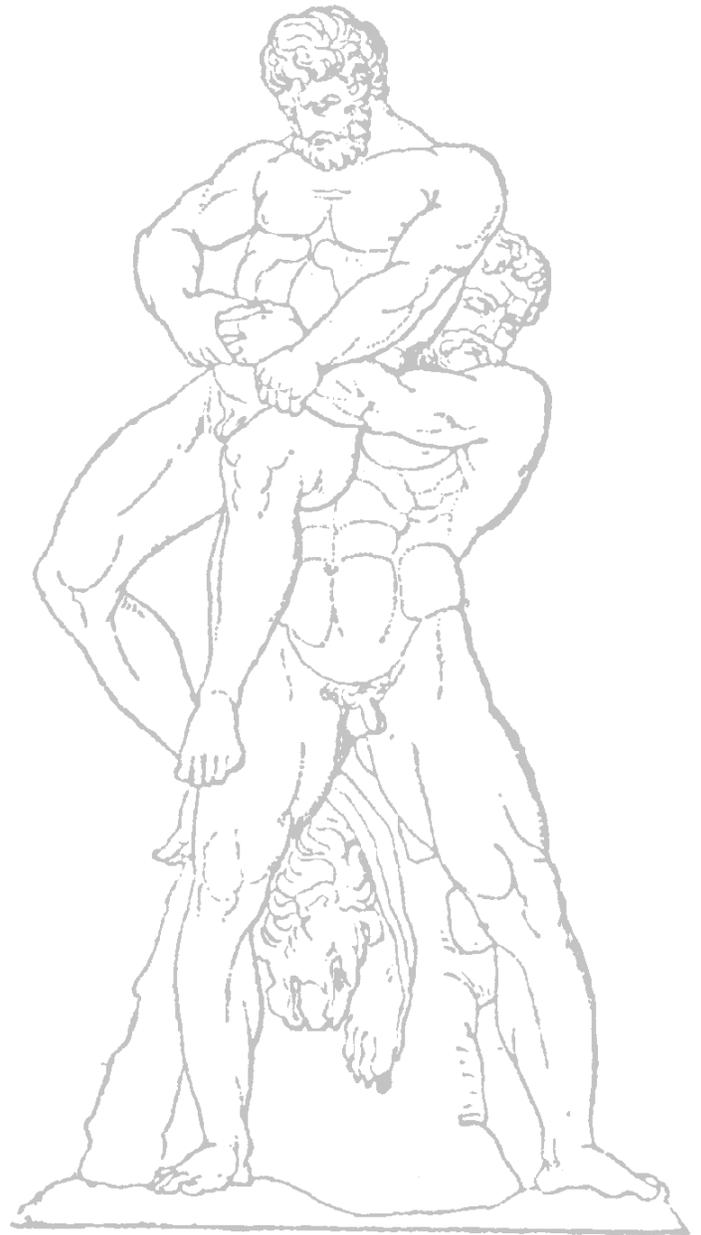
### Nutritional Info

[www.whfoods.com](http://www.whfoods.com)

[www.weightchart.com](http://www.weightchart.com)

[www.healthline.com](http://www.healthline.com)

[www.ortomolekylar.se](http://www.ortomolekylar.se) (Vitamin C)



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**We're all going to make it... Together.**

**Thank you for reading Living Healthy in the Modern World.  
I hope you got something from it and apply some of the  
lessons to your life. I look forward to  
releasing Volume II in the future.**