

Based on the summary from the Huberman Lab podcast on enhancing your senses and cognition, here is a simple daily protocol you might consider implementing:

Outdoor Time and Vision Health: Spend at least 2 hours outside each day to help offset myopia and nearsightedness.

Dietary Supplements:

Consume Athletic Greens daily to cover your essential vitamins, minerals, and probiotics. Use the code "Huberman" at [AthleticGreens.com](https://athleticgreens.com) to receive 5 free travel packs and a year's supply of Vitamin D3K2.

Integrate Lutein supplements into your diet to help offset moderate to severe age-related macular degeneration.

Consider taking Leucine supplements or ensure adequate intake through your diet for muscle building.

Sensory Training:

Perform near-far viewing exercises for 5 minutes, three times a week to strengthen eye muscles and improve focus flexibility.

Practice olfactory training by inhaling deeply 10-15 times to increase your sensitivity to odors, enhancing both smell and taste. This can be part of a morning or evening routine.

Dopamine-Boosting Activities:

Engage in regular physical and social activities to enhance neurogenesis in olfactory neurons and overall brain health.

Subscribe and listen to science-based podcasts like Huberman Lab on platforms like YouTube, Apple, and Spotify to continuously stimulate your brain with new and informative content.

Nutritional Analysis:

Use Inside Tracker for a personalized nutrition platform that analyzes your blood and DNA data. Use code "Huberman" at [InsideTracker.com](https://www.insidetracker.com) for a 25% discount on any plan to help reach your personalized health goals.

Implementing these steps can help enhance your vision, olfactory senses, and overall cognitive functions, ultimately leading to improved daily living and health awareness.