

THE FINEST

by



13 Body-Hacking Secrets That Will Boost Your Trading

THE BIRB NEST
FROM TRADERS. FOR TRADERS.

All traders need an edge, something to give them an advantage over the competition.

Everybody looks at the charts and the data, trying to find the best entries and exits for their trades. Few people bother to take care of their own bodies, the vehicle responsible for analyzing all that data and executing those trades.

With the coronavirus forcing everybody to stay at home, it can be even more tempting to forget about your body and just sit in front of a screen all day. If you want to be a profitable trader, that would be a big mistake.

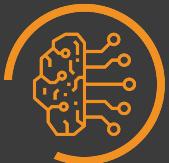
Your body's condition directly impacts your energy levels, focus, reaction times, attention span, data processing speed, memory function, brain health, and many other factors that affect your trading.

By improving your fitness level, your body will be able to work with you to help you process information and execute trades with speed and accuracy. Ignore your body however, and it can turn against you. How well can you trade if you're always tired and lack mental clarity?

In this ebook, we'll go over thirteen **actionable** tips, tricks, and exercises you can use to start optimizing your body for maximum trading performance **today**.

If you'd like to learn more about our other exclusive trading community, training, and services, please visit www.TheBirbNest.com.

Intermittent Fasting



Increased Focus



Better Learning and Memory



Lose Weight



Lower Cholesterol



Lower Blood Pressure



Stimulates Autophagy



No Food Restrictions



More Free Time

This form of dieting does not restrict what you can eat. Instead, you set limits on **when** you can eat.

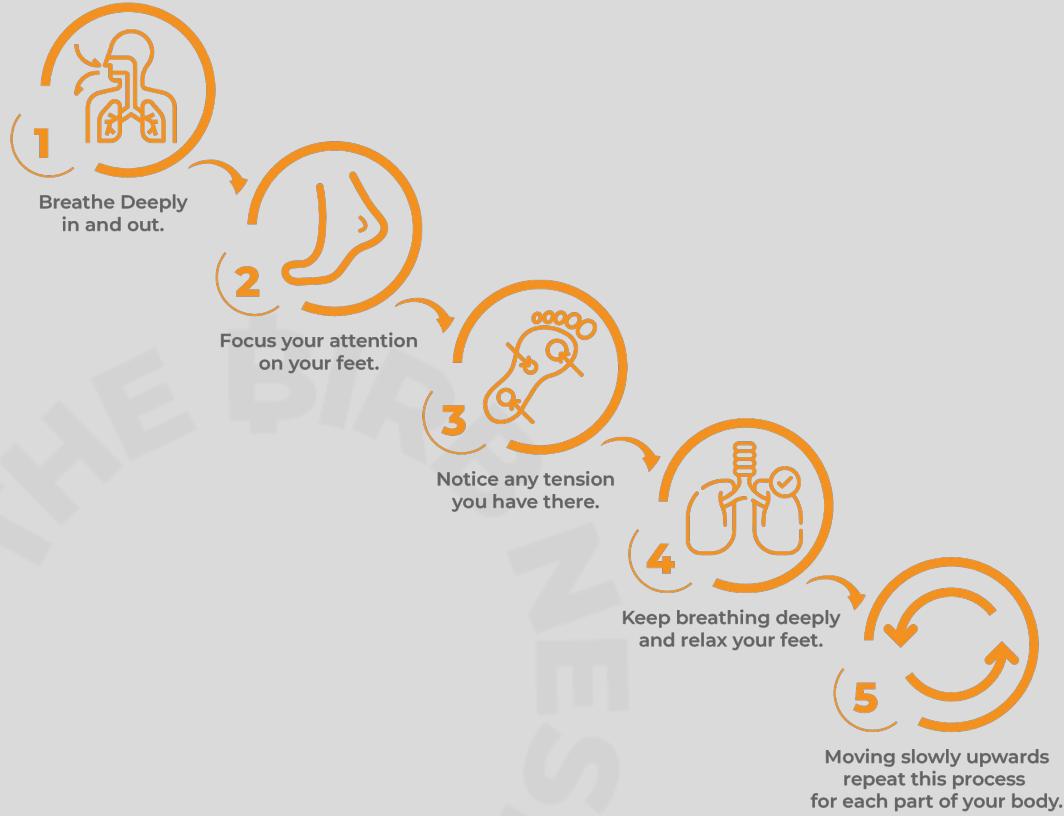
The most popular form of intermittent fasting is the 16:8 Diet, which involves fasting for 16 hours and eating for 8 hours.

Since intermittent fasting doesn't involve any complicated food restrictions or calorie counting, it is one of the easiest diets to stick to.

Many who try the diet have experienced fat loss and better health. Some have also reported **increased energy** and **mental clarity**.

Eating one fewer meal also allows you to spend less time worrying about what to eat, and **spend more time trading**.

Body Scanning



Body scanning involves bringing your awareness to each part of your body and consciously relaxing them one by one.

While staring intently at your computer screen, you may start developing unconscious muscle tension in different parts of your body. This tension slowly drains your energy and wears you out.

If left untreated, this tension could also eventually lead to limited range of motion, headaches, back pain, and various other issues that will definitely affect your focus.

Try this body scanning exercise for some instant tension relief and to uncover areas that may need more attention.

Dopamine Fasting

Avoid when you do dopamine fasting!



In a nutshell, dopamine is a vital neurotransmitter that is often referred to as the the boss of the brain's reward center.

Cell phones, social media platforms, television, porn, etc., all hijack dopamine, and set a new baseline for stimulation that requires greater inputs to reach the same level of satisfaction.

The Problem: prolonged overstimulation of dopamine receptors leaves you in need of constant stimulus to feel right. When you feel the urge to pick up your phone and start browsing for no reason, this is why. For traders, especially in crypto, there is a constant stream of stimulation that leverages this reward system, and leaves you with less focus to successfully navigate winning trades.

Take Action: For a limited time, go on a 'dopamine fast' by taking breaks from stimulating factors like social media, television, video games, etc. You will have greater focus to take action where it counts, and have greater satisfaction from the products when you reintegrate them.

Eye Exercises

PALMING



Warm your palms by rubbing them, then place your palms over your eyes.

EYE ROLLING



Roll your eyes in a figure 8 pattern without moving your head.

FOCUS EXERCISE



Look at an object close to you for two seconds.

Then look at something far away. Repeat.

SLOW BLINK



Alternate between closing and opening your eyes for 3-5 seconds.

Studying charts and staring at screens all days puts a lot of strain on your eyes.

We tend to blink a lot less when looking at a screen, causing the eyes to dry out. Prolonged exposure to the light from the screen can also lead to eyestrain.

This can lead to blurry vision, itchy eyes, headaches, and general discomfort, all of which will definitely make it harder for you to focus on your trades.

To alleviate this problem, follow the 20-20-20 rule. For every 20 minutes of screen time, look at something 20 feet away for 20 seconds.

Performing some simple eye exercises can also help provide short term relief and prevent long term negative effects of excessive screen time.

Sleep Optimization



Use stop losses
for overnight trades.



Avoid caffeine
close to bedtime.



Use a sleep
cycle calculator.



Avoid all digital screens
one hour before bed.



Go to sleep and
wake up
at regular times.



No electronic devices
inside the bedroom.



Use blue light glasses.



Unwind by reading
or meditating before bed.

Getting quality sleep is one of the most effective ways to ensure your body and mind are in peak condition.

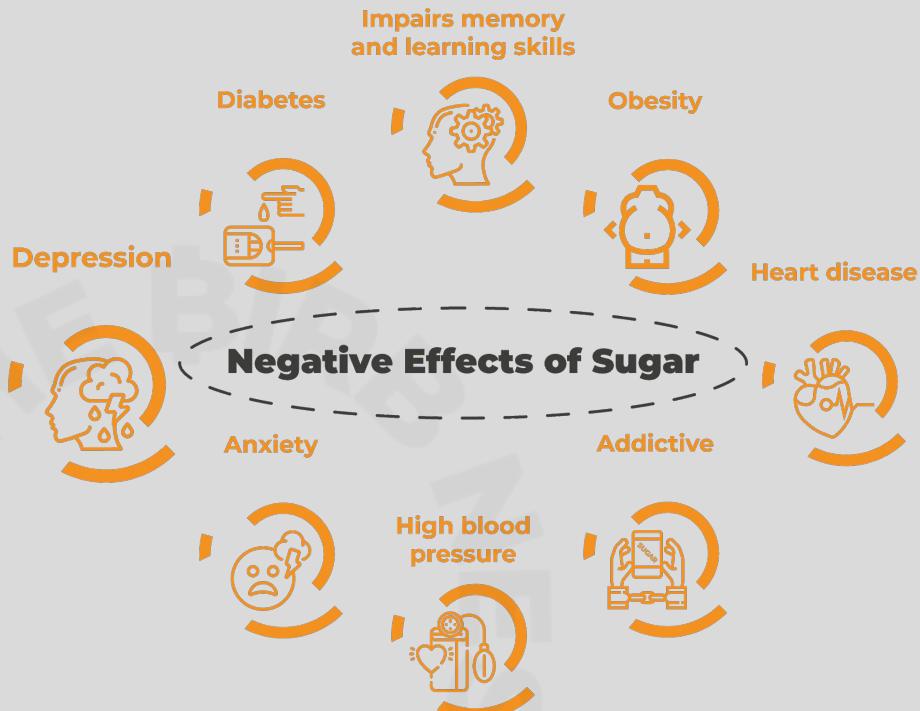
For traders, poor sleep habits can negatively impact your focus, memory, reaction times, mood, and energy levels. Your body can also get sick and gain weight more easily.

Some signs you may need to fix your sleep quality include having trouble falling asleep, frequently waking up in the middle of the night, or feeling sleepy during the daytime.

To start, train your body to fall asleep more easily by setting a regular time to go to bed every night. Use a sleep cycle calculator to help you find the best time to go to bed and wake up feeling refreshed.

Try to avoid staring at charts and prices on your computer screens before bed. If necessary, set alerts on your charts so you'll be notified if you really need to turn on a screen to manage a trade.

Avoid Sugar



If you want to stay in peak physical and mental condition, avoid sugar as much as possible.

Sugar's addictive nature makes it very easy to overeat. This can cause many problems for traders.

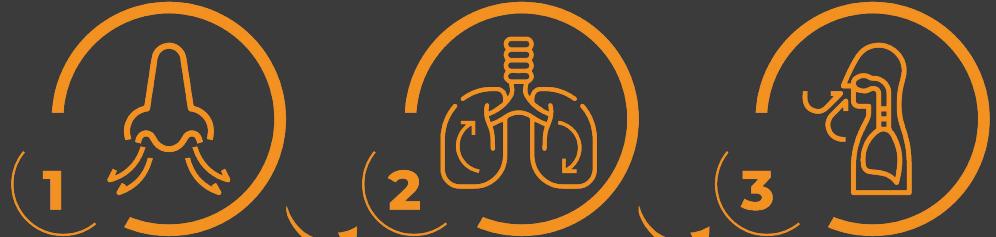
While it can give you a short boost in energy levels, the inevitable 'sugar crash' can leave you feeling more tired than before.

In terms of mood, excessive sugar consumption can lead to anxiety and depression. Not what you need on a bad trading day!

It also messes with your brain's natural reward system and negatively impacts your memory and learning abilities.

Physically, overeating sugar leads to problems like obesity, diabetes, high blood pressure, and heart disease.

Box Breathing



Let out all the air
in your lungs.

Hold your breath
for four counts.

Breathe in
for four counts.



Hold your breath
for four counts.

Breathe out
for four counts.

Repeat for
at least five minutes.

Trading can be very emotional. Beginning and even experienced traders can find themselves making basic errors, panic buying or selling based on temporary fear and greed.

Box breathing is a great technique that will quickly calm you down, relieving stress and allowing you to trade with increased focus and performance. You'll also benefit from lower blood pressure, reduced anxiety, and improved sleep quality.

When starting out, try to practice in a quiet place where you can easily focus. For short term relief, a quick five minute session is highly effective.

As you become more experienced with box breathing, you may wish to experiment with longer or shorter session times and breath counts to find a combination that works best for you.

Grounding

Instructions

Find a park area, trail, or some other patch of 'earth' devoid of debris, or any potentially harmful materials.

Walk or stand barefoot on the ground. You may also sit on the ground and connect to the ground by bracing your weight with your hands

Remove your shoes and socks.

Ideally, spend 20 minutes or more grounding to the earth. Perform this exercise 2 or more times a day as your schedule allows.

Benefits

Tension Release

Decreased Inflammation and Pain

Stress Reduction

Increased Circulation

Improved Sleep

Much like a grounded home electrical system, grounding creates an alternative pathway for electricity to flow from your body to the ground.

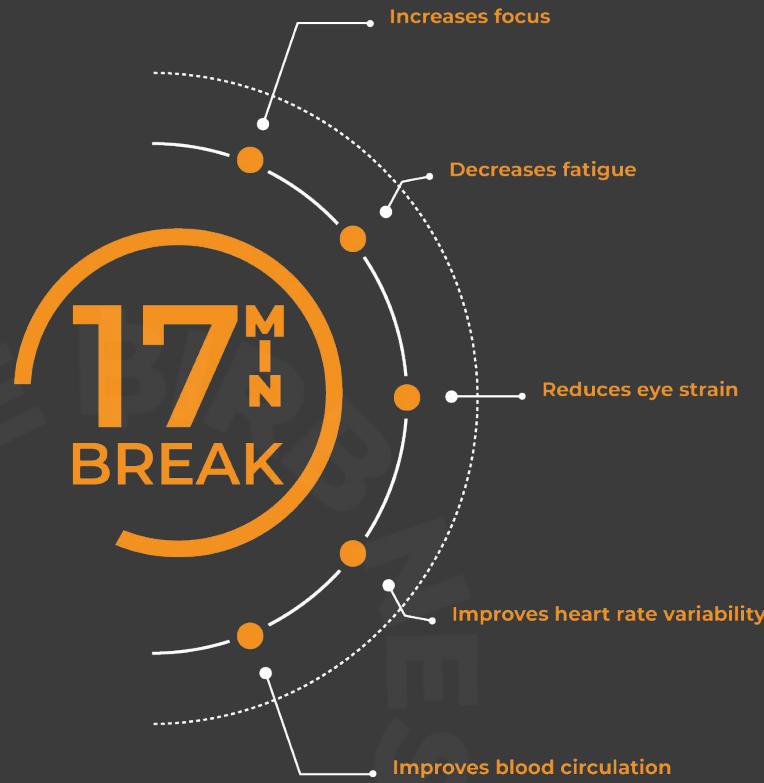
The human body is one of the most complex 'electrical instruments' on the planet. Over 90% of the calories you consume are spent producing the electrical currents necessary to power your nervous system and various electrochemical processes in untold numbers of reactions.

The Earth actually has electromagnetic properties, acting as a large battery with an average charge of around 60hz. Grounding to the Earth allows for us to balance the body's electrical charge with negative ions. What does this do? As it turns out, A LOT.

Studies have shown that by regularly grounding to the Earth you can reduce stress and tension, decrease inflammation and pain, improve sleep, and increase circulation.

Grounding is as easy as sitting down cross legged and planting your hands on a grassy hillside, or walking barefoot on the beach. Dedicate 20-30 minutes to walk or sit on ground (could be grass, dirt, sand, concrete, or even a swim in the lake or ocean). Vinyl, asphalt, and wood are not conducive for grounding.

17 Minute Breaks



One of the secrets to 'working better' is actually working less.

Studies out of Northern Ireland suggest that short breaks more often are better than long breaks less often. The ideal that they found?

Every 52 minutes of dedicated screen time, take a 17 minute break from the computer. This improves focus and reduces fatigue.

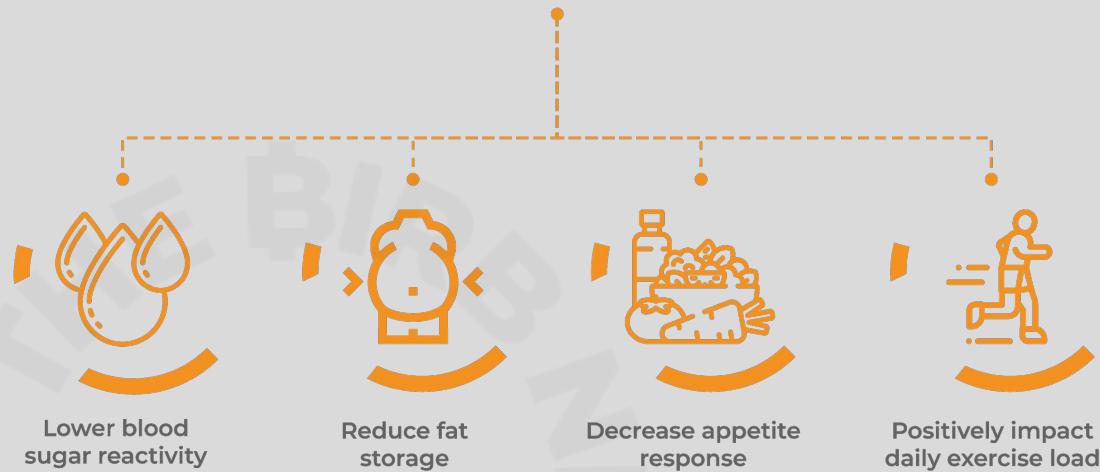
Don't just close down the work window and open a non-work browsing tab. Physically remove yourself from the work environment and get some exercise.

Not only will this increase the mental benefit for trading performance, but your body will benefit from regular short bursts in physical activity, prepping your body for the ability to do more in order to meet the increased demand. Set a timer and abide by it.

Pro Tip: Your time at the computer will become more productive when you know you have a limited session to get your work done.

Exercise Before Eating

Physical activity



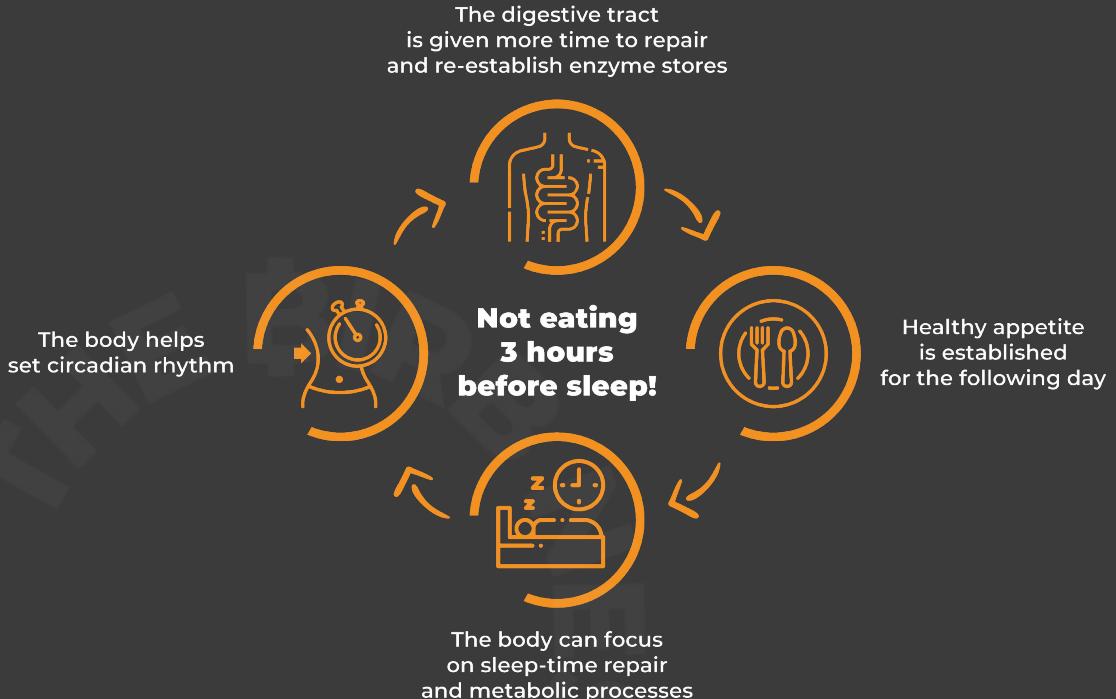
So much of successful trading is resource management. The same can be said of proper eating habits.

Performing some physical activity before you eat can have many benefits.

Even a hint of exercise before meals can directly impact how you deploy the food resources you are about to consume, as well as signal the portion size your body will crave.

Simply doing 25 push-ups or taking a 10 minute walk right before sitting down to a meal will help mitigate your blood sugar spike, and pre-dispose your body to burning more of what you eat for fuel instead of storing it as fat. It also primes your body for more physical activity, which naturally reduces appetite.

Avoid Eating Before Bed



By this point we have covered the importance of good sleep. If you are like so many around the world, though, you are likely shooting your sleep cycle in the foot by eating too close to your natural sleep cycle. There are a number of outcomes that affect this.

For starters, late evening snacking usually includes a number of foods that aren't considered nutritious to begin with. These include salty and fatty snack foods that are habitually overconsumed while watching TV on the couch. This repeated behavior leads to weight gain, which leads to a further decline in sleep. Late night coffee or alcohol also contribute to poor sleep.

Finally, a full stomach that is put horizontal for bedtime easily leads to indigestion and acid reflux.

For a number of reasons, good sleep is on the list of the top three most important considerations for good trading habits.

Do your body and mind the favor of getting a good night's sleep, and discipline yourself to refrain from eating within 3 hours of going to sleep. Your sleep and trading results will promptly thank you.

Fix Your Posture



There is enough to say on this topic to fill a book. Like Newton's first law, objects in motion stay in motion, and objects at rest tend to stay at rest. This is especially important in the body.

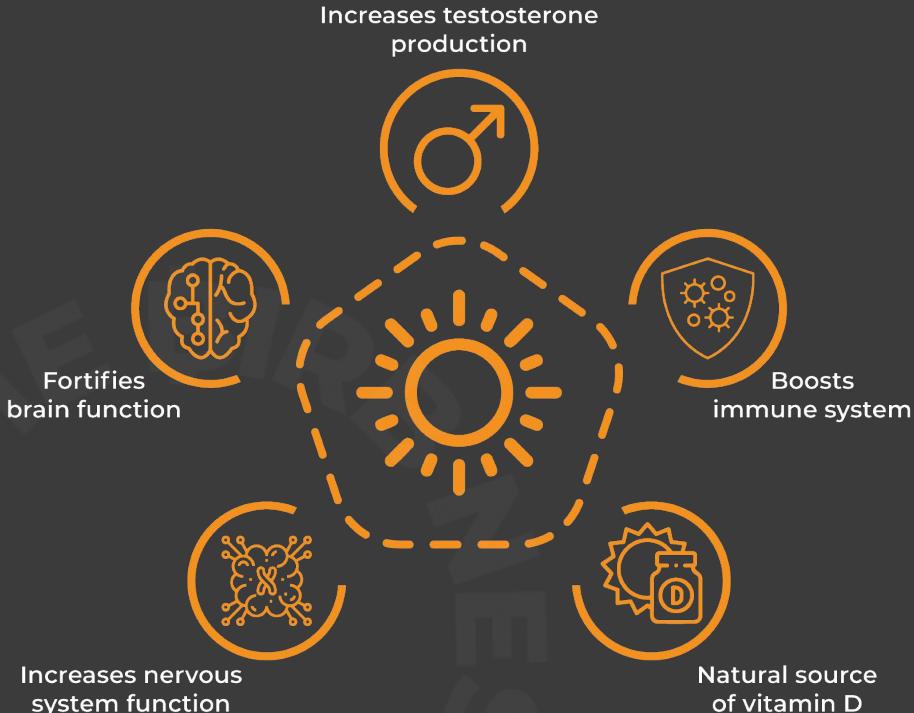
When you sit in the same position for long periods of time, the lack of flow in the body generates a gradual contraction of sitting posture that if unchecked, leads to stiffening of joints, injury susceptibility, tiredness, and reduced focus. All of these issues are the enemy of a primed trader.

Stay ahead of the problem with focused posture stretching, and physical activity. This can easily coincide with the computer break schedule we advise.

Another open secret is to adopt 'winning' postures. Simply standing with your chest out, and shoulder blades folded back and down your spine creates a clinically significant boost in testosterone production.

Testosterone is fundamental to successful trading as it boosts your ability to react to stress, and increases the ability to successfully identify and capture opportunities in the marketplace.

Get Sunlight



Get direct sun exposure where you can.

Prolonged time spent in front of a computer screen can strain the nervous system and decrease immune function. Direct sunlight optimizes production of vitamin D, which strengthens these systems, and boosts brain health.

In men, direct sunlight to the upper chest has been shown to increase testosterone production.

We have evolved for millennia toiling under the sun, our body gets back to its natural rhythm when we ebb and flow in accordance with the great golden market maker in the sky.

Pro Tip: Depending on how close you are to the equator, harmful UV rays are at their strongest between 11AM-2PM.

Avoid prolonged sun exposure during these times, and find a shady tree to enjoy your lunch under instead.

Congratulations!

You now have enough basic knowledge to begin improving your physical fitness and significantly boost your trading performance.

However, physical fitness does not improve by simply reading about it. In order to begin optimizing your body, you will need to take action.

Take a few or even all of these tips and apply them to your daily life. As your energy levels, mental focus, and various other aspects of your physical health start to improve, you'll notice your trading performance start to improve as well.

Taking care of your body is an important part of maintaining your edge over other traders, but there is a lot more you have to master in order to become a profitable trader. For more information on our exclusive trading services, products, and community, please visit www.TheBirbNest.com.

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