

Fueling Your System for Flow

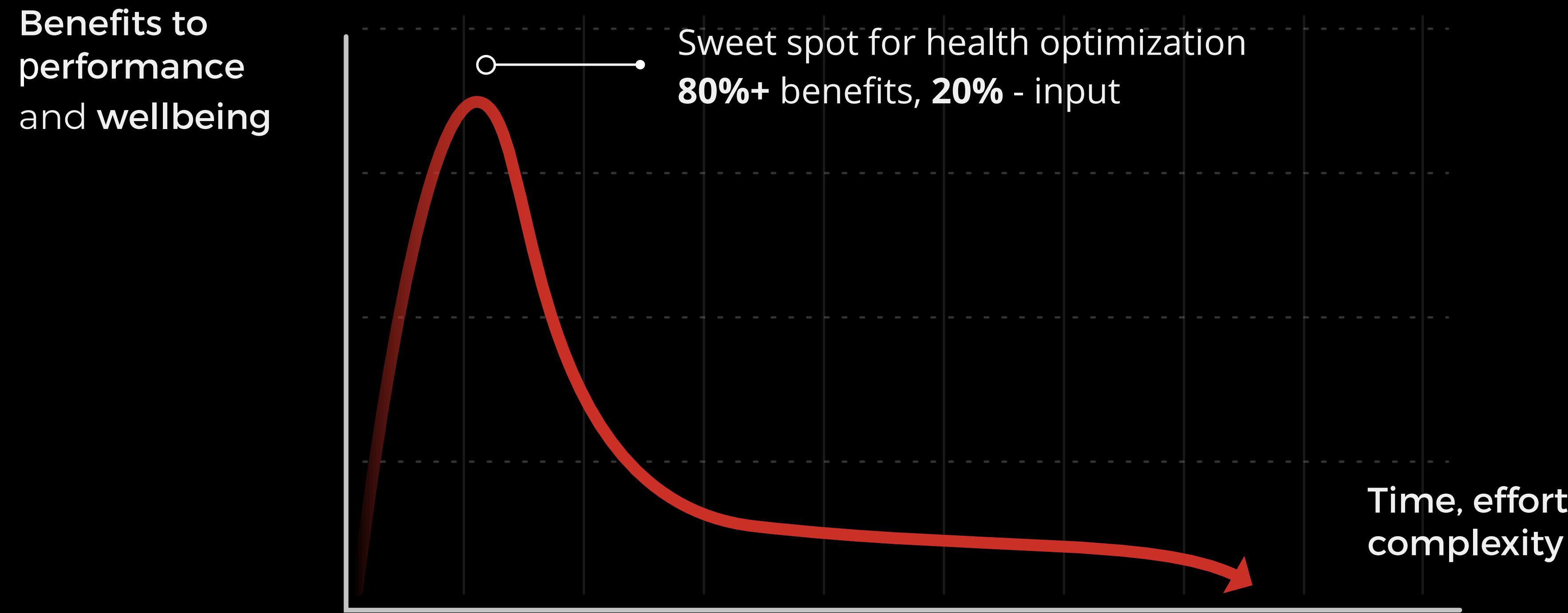
Today's Gameplan

- 1** The 80/20 of Health
- 2** Body Fat is Worse for us Than Bad Food
- 3** Consequences of Dehydration

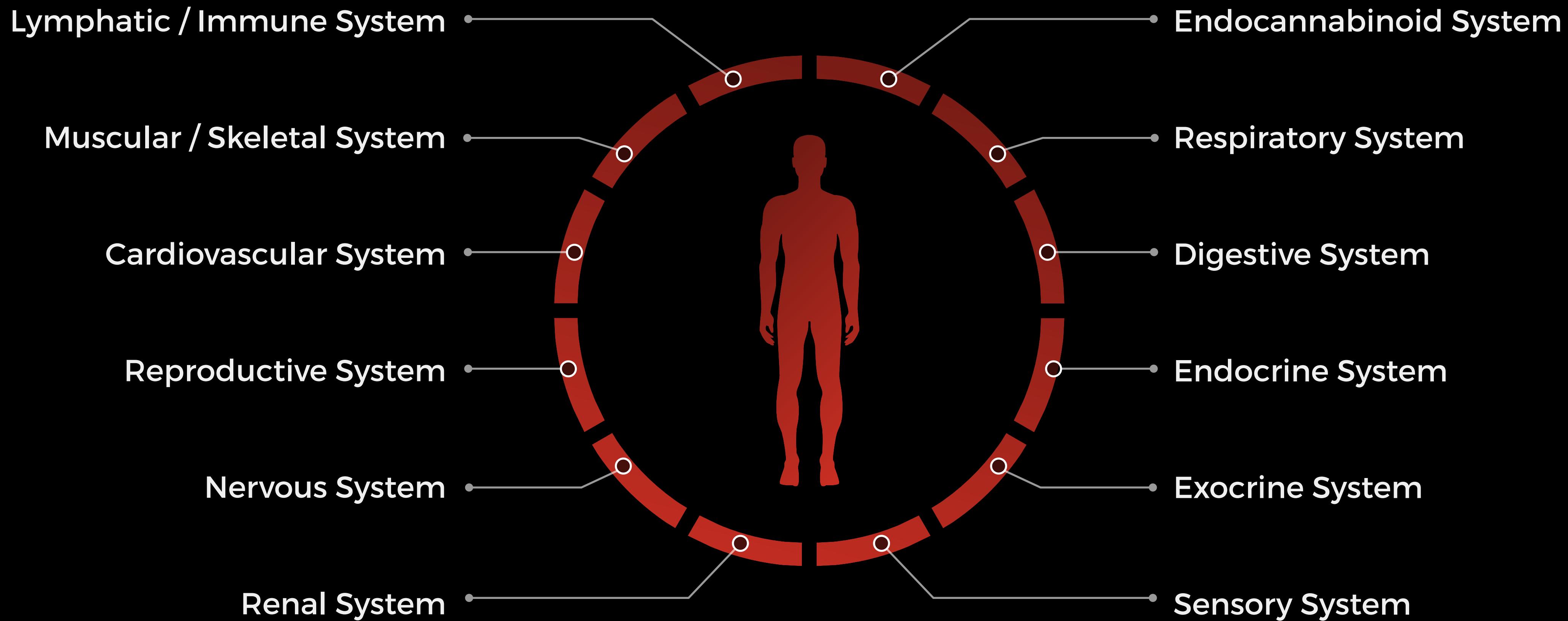
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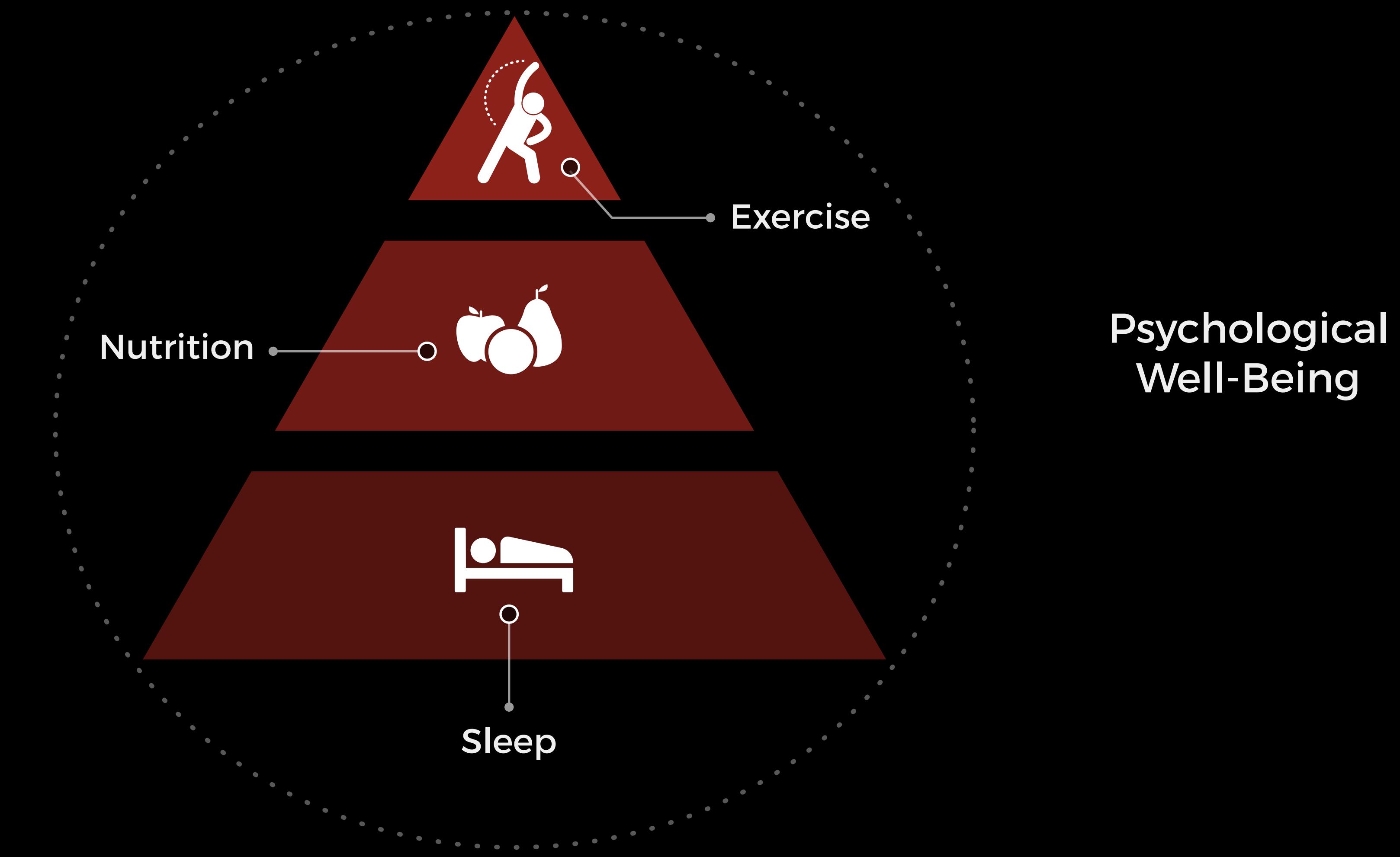
Don't Chase the Long Tail of Health



So, What Is The 80/20 of Health?



The End of Health



Nutrition 101

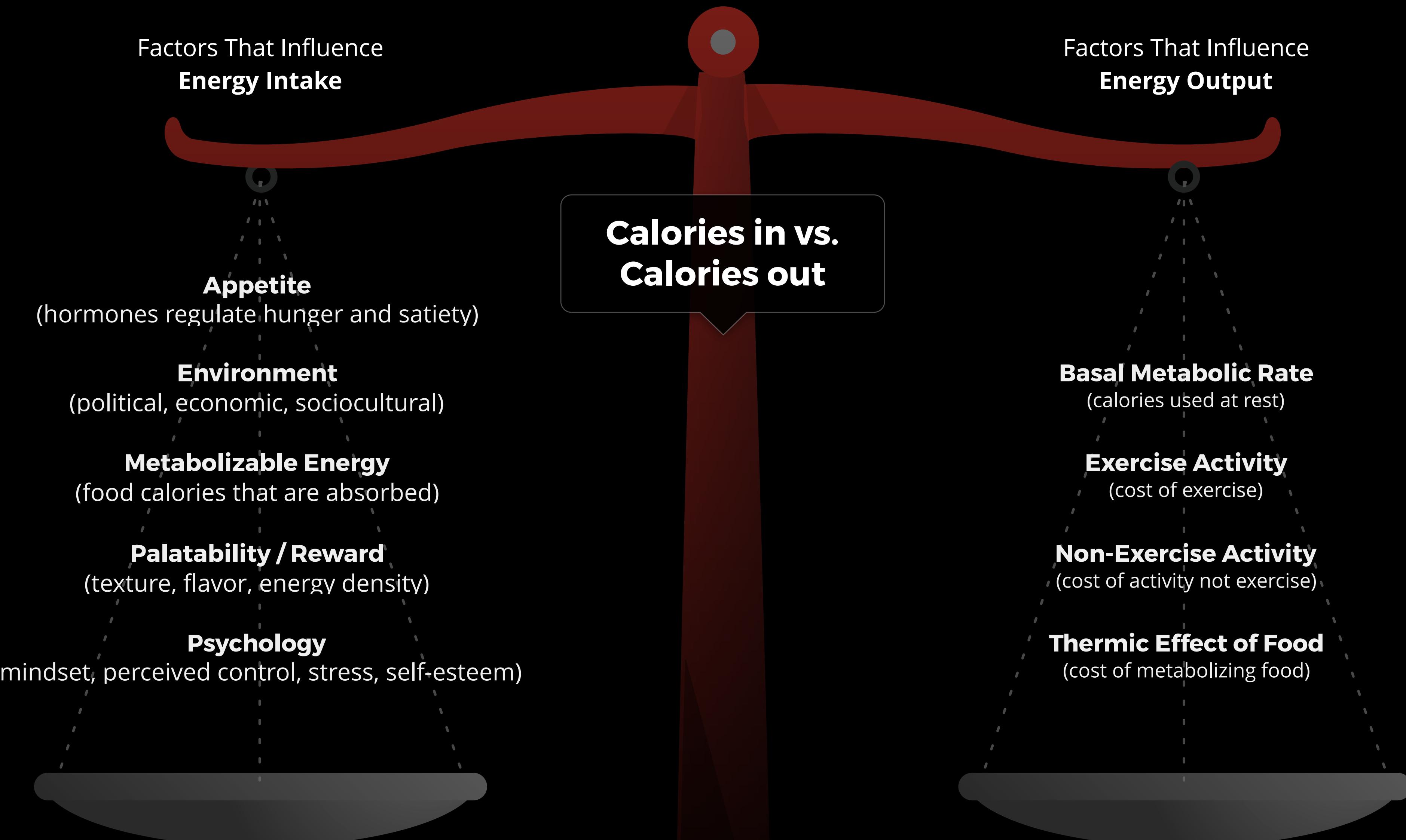


- 1 Micronutrient Intake**
- 2 Macronutrient Ratio**
- 3 Macronutrient Intake**
- 4 Avoidance of Intolerances**

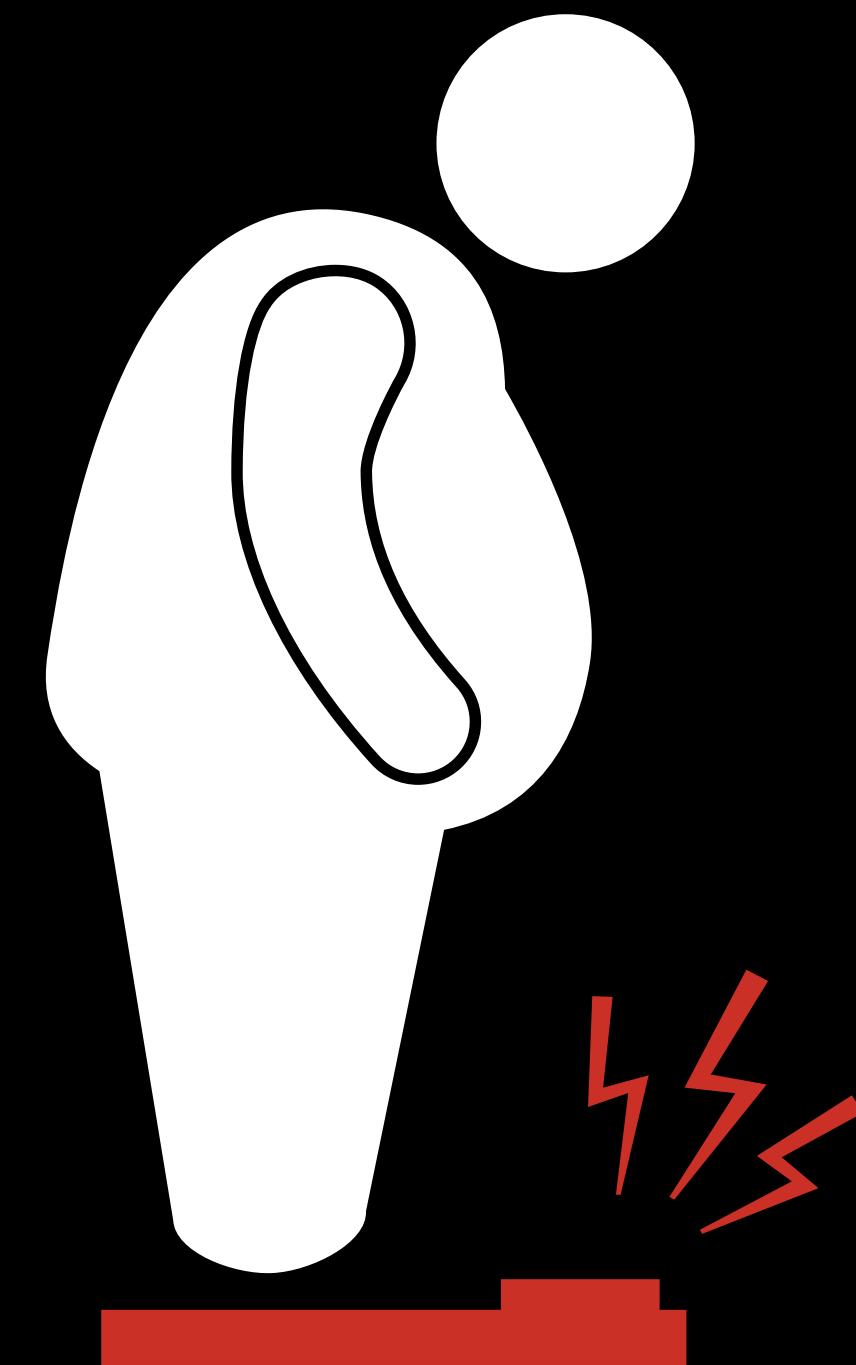
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Body Fat Is Worse For Us Than Bad Food and Calories Drive Bodyfat



Obesity Adversely Affects :

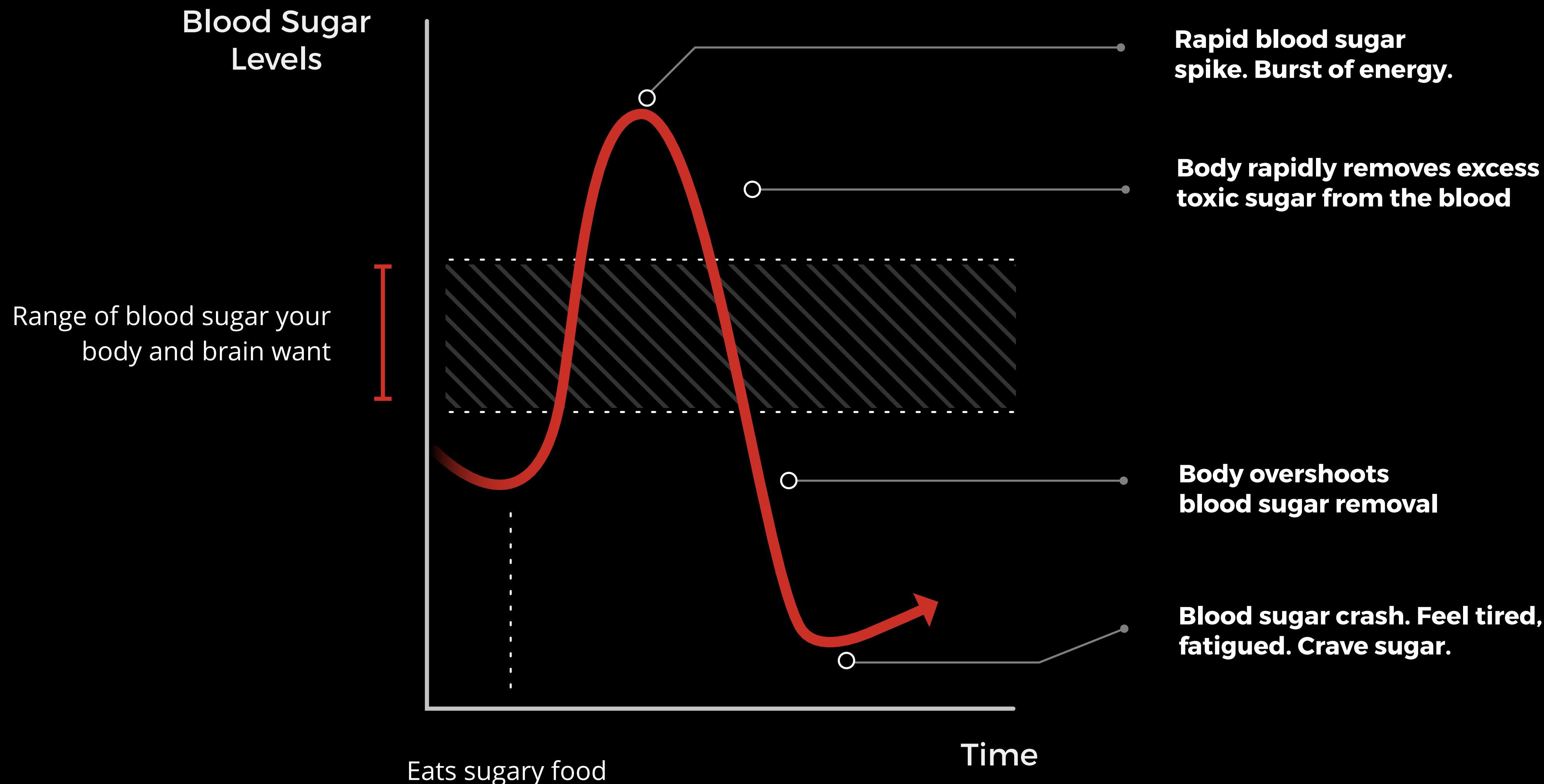


- 1 Attention**
- 2 Executive Function**
- 3 Decision Making**
- 4 Verbal Learning**

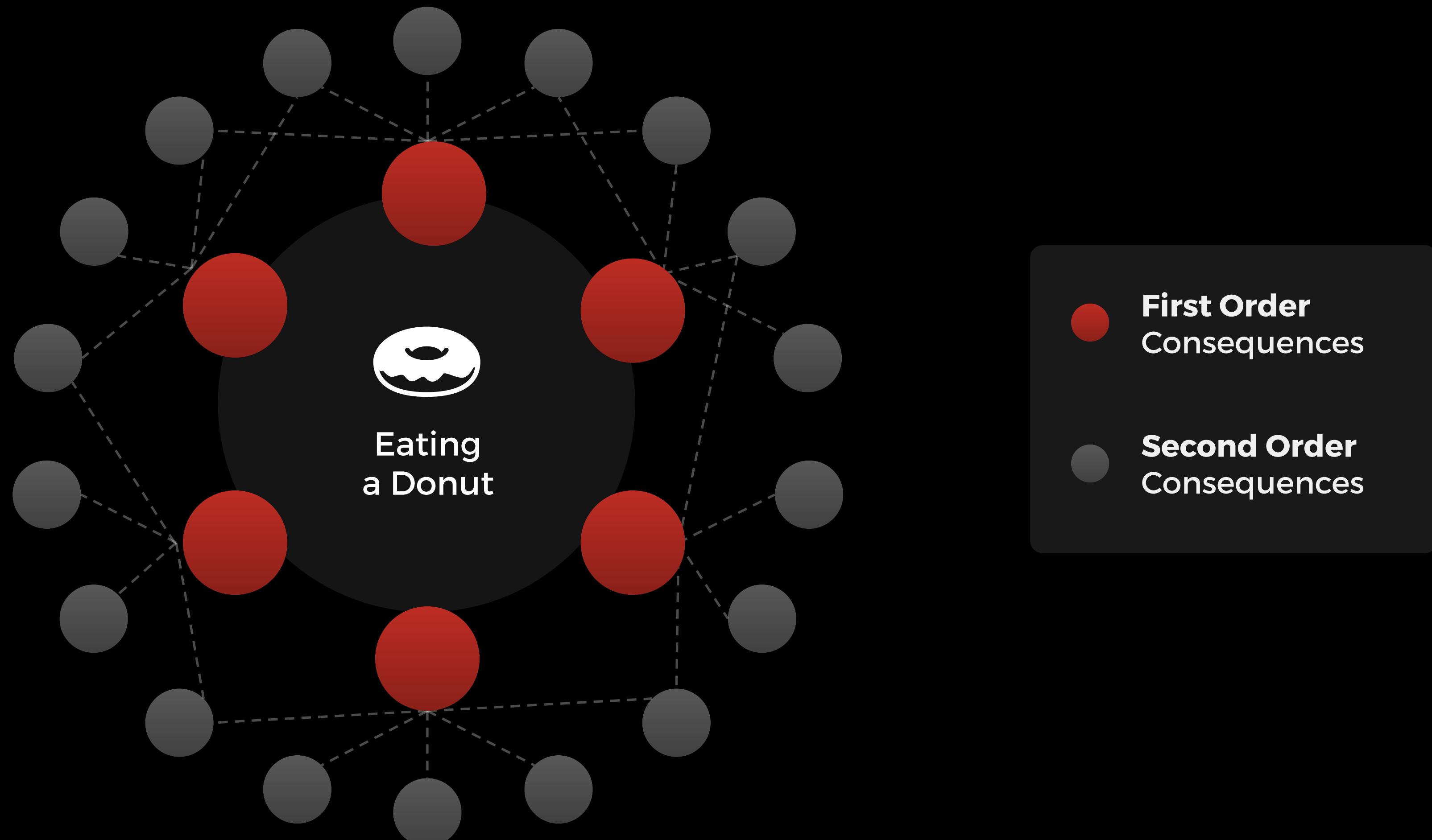
Tools to Get and Stay Lean

- 1** | Track caloric intake
- 2** | Walk 10,000+ steps per day (boost energy expenditure without spiking appetite)
- 3** | Eat high volume, low calorie foods like vegetables (high satiety, low palatability)
- 4** | Avoid hyper palatable, calorie dense foods
- 5** | Narrow your feeding window (boosts satiety, reduces opportunity for overfeeding)
- 6** | Sporadic, prolonged fasts (~48 hours)

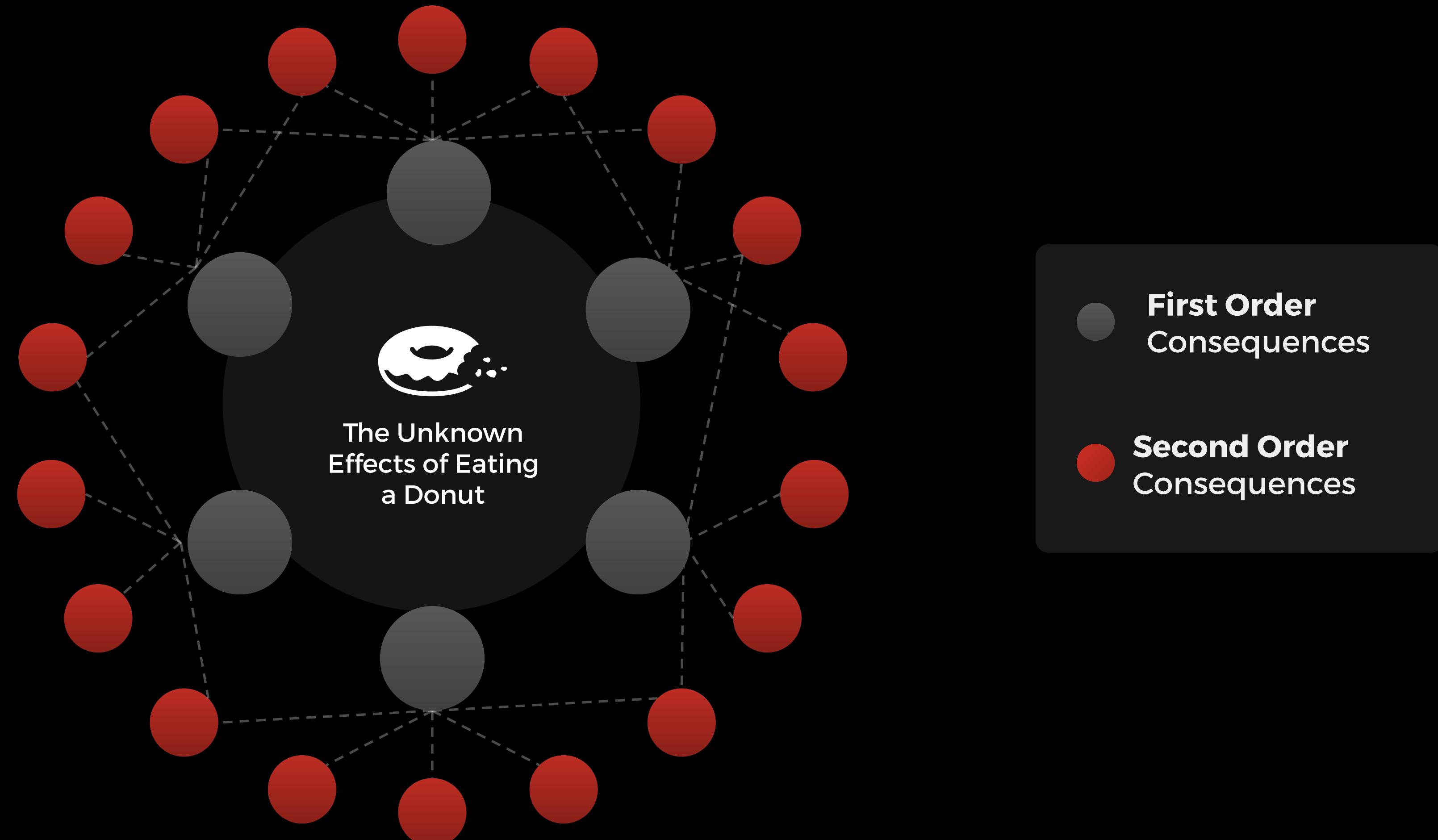
Becoming Insulin Sensitive to Avoid Lunch Brain



The Second Order Consequences of Food



The Third Order Consequences of Food



Your Fasting Menu

5:2

Normal eating 5 days a week.
Two fasting days of 500-600 calories.

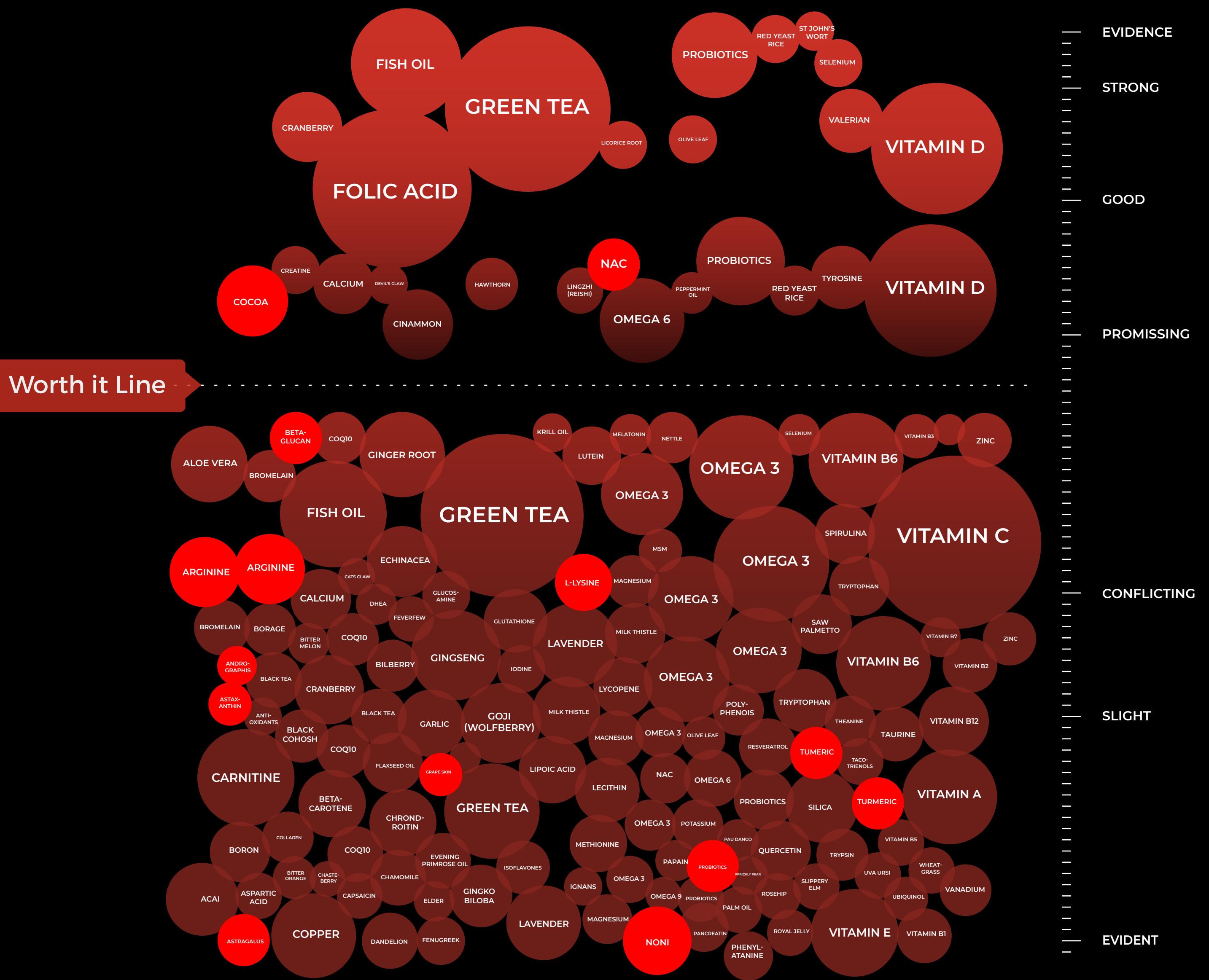
24 hr

No food for 24 hours,
1 - 3 days per week.

**Time -
Restricted**

Consume day's calories during an 8 - 12 hour block
each day, fast the remaining 12 - 16 hours.

As a General Rule – Save The Cash, Time and Dopamine Hit



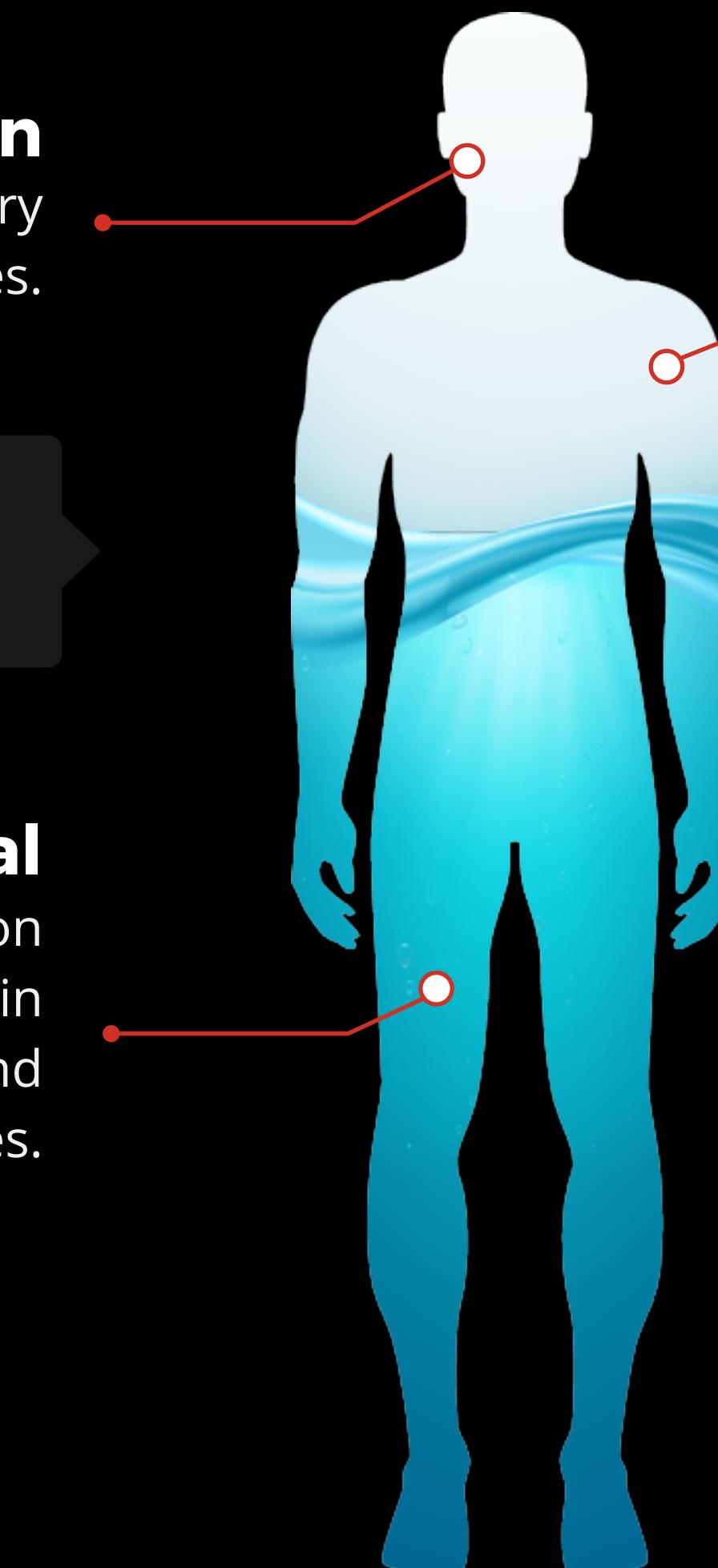
Use the Examine.Com Truth Filter to Protect Your Wallet



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Consequences of Dehydration



Skin

Dehydration results in dry skin and wrinkles.

60%

of body weight
is water

Dehydration

A 1% loss of body mass due to fluid loss is defined as dehydration.

Physical

Studies have shown that the modest level of dehydration (2% of body mass) can result in around a 20% decrease in physical performance levels in temperate climates and up to a 40% decrease in hot temperatures.

*Water

Water plays crucial roles in transporting nutrients and waste 'products between our major organs and helping regulate temperature.

Consequences Of Dehydration

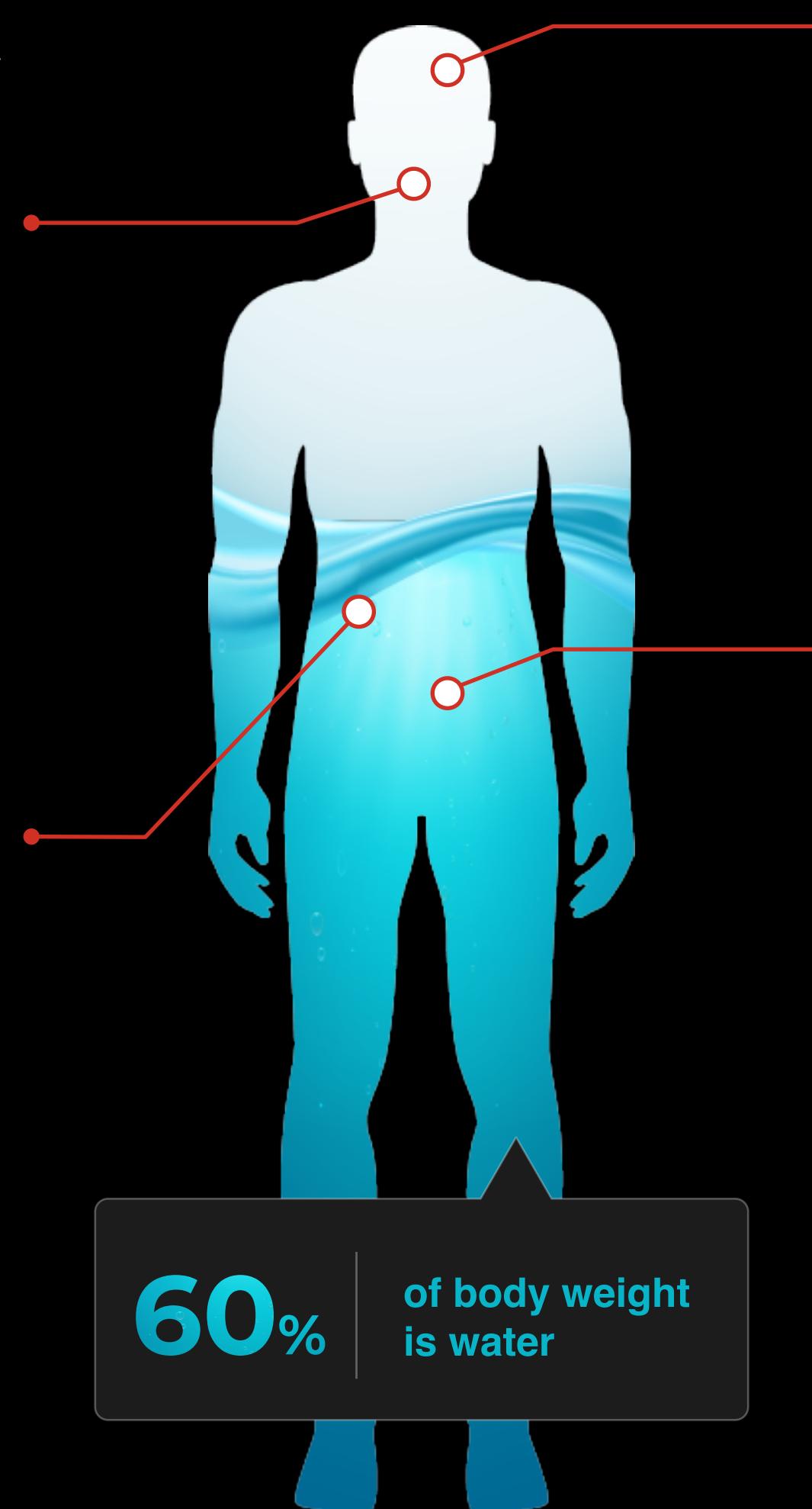
Thirst

Thirst is a useful indicator of daily fluid requirements.

Unfortunately, it's not fully reliable since the body is already mildly dehydrated by the time an average person starts to notice thirst.

Kidneys

Higher water intake is shown to have a protective impact on the kidneys, and there is initial evidence that CKD (Chronic Kidney Disease) may be inversely related to higher water intake. A study by Dai, et al., found a strong protective effect of fluid intake in preventing kidney stone formation in men



Mental

Dehydration can degrade specific aspect of cognitive performance including visual vigilance, tension, anxiety, fatigue visual working memory. Dehydration was also linked to negative mood rating, impaired motor performance and short-term memory.

Weight Loss

Opting for water instead of sugary drinks can help reduce body weight and fat levels. According to Stookey, just drinking 500 ml (17 oz) of water increases energy expenditure by 100kJ. Findings in the same study indicate that an absolute increase in drinking water to $\geq 1\text{ l}$ (34 oz)/day was associated with $\sim 2\text{ kg}$ or 5 lbs weight loss over 12 months.

The Only Way to Get Smarter In 30 Seconds (And It's Free)



0:30

Be Hyper Hydrated – Always

- 1 Always have a water bottle on hand**
- 2 1:3 coffee to water ratio**
- 3 The liter of water cure**
- 4 Rehydrate hard**
- 5 Aim for almost fully clear**
- 6 Get your electrolytes in**

What We've Covered

- 1 The 80/20 of Health
- 2 Body Fat is Worse for us Than Bad Food
- 3 Consequences of Dehydration

Exercise:

80/20 Diet Analysis Examine.Com Supplement Analysis



Download Workbook
To get started

- 1 80/20 Diet Analysis — How can I improve my diet?
 - a. Eating less/more total calories?
 - b. Eating less/more carbs/fat/protein?
 - c. Eating more nutrient dense foods?
 - d. Eating less poorly tolerated foods?
- 2 Examine.Com Supplement Analysis — What supplements can I ditch?
- 3 Experiment with intermittent fasting; 8 hour eating window.
- 4 Buy a water bottle, keep it with you at all times, fully full.