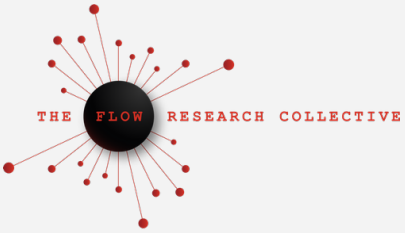

Fueling Your System for Flow

Key Takeaways

1. Don't Chase the Long Tail of Health
2. 80/20 of Health
3. The 101 Nutrition
4. Body Fat Is Worse for Us than Bad Food & Calories Drive Bodyfat
5. Bodyfat Exacerbates Stress & Impairs Cognitive Function
6. Becoming Insulin Sensitive to Avoid Lunch Brain
7. The Second and Third Order Consequences of Food
8. Consequences of Dehydration

Quote:

> "Take care of your body. It's the only place you have to live"
>
> — *Jim Rohn*

Diagnostic

N/A

Exercise

80/20 Diet Analysis — How can I improve my diet?

1 - Eating less/more total calories?

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Exercise

80/20 Diet Analysis — How can I improve my diet?

2. Eating less/more carbs/fat/protein?

3. Eating more nutrient dense foods?

4. Eating less/more carbs/fat/protein?

Exercise

80/20 Diet Analysis — How can I improve my diet?

5. Examine.Com Supplement Analysis — What supplements can I ditch?

6. Experiment with intermittent fasting; 8-hour eating window.

7. Buy a water bottle, keep it with you at all times, fully full.

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Glossary

80/20 Of Health: There are really just four key things required for optimal health and dialing all of them up is pretty simple. Here's the stack.

Sleep, nutrition, exercise — in that order of importance. With psychological wellbeing as a parallel initiative that positively impacts these three.

Insulin: Insulin is a hormone made by one of the body's organs called the pancreas. Insulin helps your body turn blood sugar (glucose) into energy. It also helps your body store it in your muscles, fat cells, and liver to use later, when your body needs it.

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Notes

Lesson Resources

Tools To Get & Stay Lean

1. Track caloric intake

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

2. Your Fasting Menu

5:2	Normal eating 5 days a week. Two fasting days of 500-600 calories.
24-hour	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.

3. Examine.com

4. 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

Lesson Resources

1. ´Twinkie Diet': A physician's take on what really happens
   By David Katz
2. The cognitive consequences of obesity
   By Ronald Devere
3. How many calories should you eat per day to lose weight?
   By Kris Gunnars
4. 10 Leading causes of weight gain and obesity
   By Kris Gunnars
5. Everything you need to know about insulin
   By Marina Basina
6. How insulin works
   By Meredith Cotton
7. 11 Reasons why too much sugar is bad for you
   By Jillian Kubala
8. Does all disease begin in your gut? The surprising truth
   By Kris Gunnars
9. 7 Science-Based health benefits of drinking enough water
   By Joe Leech
10. Chronic Intermittent Fasting Improves Cognitive Functions and Brain Structures in Mice
    By Liaoliao Li, Zhi Wang and Zhiyi Zuo
11. Intermittent fasting could ameliorate cognitive function against distress by regulation of inflammatory response pathway
    By Marjan Shojaiea, Farzane Ghanbarib and Nasrin Shojaie
12. Intermittent fasting may help you live longer
    By Johns Hopkins Medicine
13. How fasting can improve overall health
    By UC Irvine
14. Intermittent metabolic switching, neuroplasticity and brain health
    By Mark P. Mattson, Keelin Moehl, Nathaniel Ghena, Maggie Schmaedick & Aiwu Cheng
15. Intermittent Fasting: Physiological implications on outcomes in mice and men
    By Ju Hee Lee, Navkiran Verma, Nikita Thakkar, Christy Yeung, and Hoon-Ki Sung
16. The effects of high fat diets and environmental influences on cognitive performance in rats
    By Gordon Winocur and Carol E Greenwood