**TBP 231 Bullet Proof Edited\_Transcription**

[Daniel Hill] (0:05 - 26:39)

Welcome to the Blueprint Podcast. In these episodes, I'm going to share with you my life's work boiled down into simple blueprints that I used to build a 10 million pound portfolio and retire with financial independence at the age of 35. You can listen to these podcasts in any order, and I guarantee you that when you execute them in practice, you will see that success and failure are both very predictable.

Let's get into the next blueprint. I don't like being ill, I can't afford to be ill, and it slows down my productivity and general enjoyment of life and business. As a high performer, somebody that works hard, is always busy, I cannot afford to be ill.

In this blueprint, I'm going to take you through the 14 things that I do and have done since 2022 to try and prevent being ill, and touch wood, have not been ill since 2022. This is the Bulletproof Blueprint. If you want to move fast and work hard and not get ill in the process, this is the blueprint for you.

What I'm going to take you through is the Bulletproof Blueprint, and I got to a point in 2019, 2020, I kept getting ill, kept getting burnt out, kept getting colds, and I just thought, this is not right, this is not how I want to live my life. Actually, as a high performer, if you constantly get burnt out and ill, it's a complete false economy because it puts you backwards. One of the things we teach on Property Entrepreneur is about the fast lane, the middle lane, and the slow lane.

I've been a notorious fast lane advocate, beast mode, traveler for the last decade. In recent years, I've moved more towards the middle lane. Actually, for those of you that want more balance, perhaps you've got a partner, you're married, you've got kids, and actually, you don't want everything to be about working seven days a week, 24 hours a day.

The middle lane in the main is the best place to be. If we can do our business and our personal life and not get ill in the process, that is a fantastic place to be. What I'm going to do is I'm going to take you through this.

If you've not already secured a place at one of the three day events this year, in there we talk about our values. Property Entrepreneur has three values. Whilst you might think a lot of it is about wealth creation, it's actually wealth, health, and life by design.

Wealth, financial fortress, health, being on your triple A game, looking your best, feeling your best, performing your best, and life by design. Whether you want to be fast lane, slow lane, middle lane, whatever you want, whenever you want it, it's your life by design. I don't want to tempt fate, I do want to take you through this, and I want to show you the things that I've done to stop me from getting ill.

I can say it's been very deliberate, it's been very intentional, and it's been very effective. I genuinely have not been ill since 2022, and we're recording this in April 2024. That is a fantastic stretch to not get ill for somebody who before that was consistently burnt out.

That said, what I would say is, this is a big disclaimer, is I'm not saying you should do this. I'm not saying that this series of things 100% works. I'm not saying that any of these things specifically are even good for you.

I'm just saying, and I'm not recommending it. I'm saying, I've done these things. These are the consistent things I've done, and I haven't been ill since 2022.

When I looked at this and started to put it down, all I can say is that I've done these things consciously. I've stacked these habits, and what I've looked for is ultimate performance, peak performance. I've just refined my diet, my nutrition, my habits, my health and fitness, and I've come up with this stack, which is what I now do.

I've no idea which one or two or all of them is required to make it work, but up to now, again, touch wood, the outcome has been effective. I haven't been ill since 2022. So, I'll take you through these 14 things.

I'll take you through them at a reasonable pace. They're very straightforward, and like I say, I'm not recommending it. I'm not advising it.

I've read around them. I've decided to do it myself. There's pros and cons for lots of these, and if you go online, you'll find as many things against them as for them.

I'm just sharing with you what I've done and what I'm doing. I'm not recommending it. So, the first is sleep.

I have not had an alarm clock since before the pandemic. So, over the last five years, I've never set an alarm clock. The only time I'll set an alarm clock is when I'm traveling, when I've got to fly.

Apart from that, I have no alarm clock when I sleep. I sleep in a cold room, so I have no heating on. I might even have a window open.

I deliberately make the room quite cool because there's lots of studies that say that that can be a good thing for sleep. I don't take any fluids on before two hours before I go to bed. The logic is I don't want to wake up in the night and go to the toilet.

I used to hydrate a lot, and I didn't, especially as I got older, realize I'd get up once in the night and go to the gents. Completely stopped doing that, and I sleep on my back. I actually found out that I, I don't know what it's called, but when you have penguin legs where you stand with your feet open, I previously I was standing and sleeping with my legs open.

I actually now sleep with my legs crossed on my back, and it's actually for my back because I've got a number of issues in my back from when I used to do athletics, and I had an issue with one of my vertebrae. For me, that works, and I suppose the thing there is it's habitual. It's set up, but I do it every night, and the outcome is I just get good sleep.

I sleep for, in most cases, there's periods where if I'm stressed, I don't sleep. If I've drunk alcohol, I don't sleep well, but when I am sleeping well, this is what I do, and I get about seven hours, and I wake up naturally. It doesn't matter really what time I go to bed.

I tend to wake up seven hours later if I get a good sleep, so I get up in the morning, and then I fast. In the morning, you might have heard me talk about this previously, I fast. Since 2019, when I learned how to train properly, and I learned about nutrition, I learned about especially for someone like me that puts on fat very quickly, is that actually closing the eating window and not starting eating at like seven, eight, nine in the morning, and then having breakfast, and then a snack, and then lunch, and dinner.

Actually fasting in the morning, I find, has lots of benefits. There's lots of people who advocate it. David Sinclair is a good person that I follow who say fasting is really good for you, and the logic is the human body needs to eat.

Again, this is not me advising it. I'm just sharing what I've learned. The human body, if it's constantly processing food, it never really catches up with itself.

In the morning, so I'm recording this at quarter past 10 in the morning, this podcast, I haven't eaten today. I probably won't eat until about midday, one o'clock. I feel clean.

I feel lean. I feel motivated. I've got lots of energy.

In my head, what I think's happening is my body's then eating all the dead cells. It's like catching up with all the food that we had yesterday. The body's hydrating.

It's just getting a bit clearer, a bit cleaner. It keeps my energy levels high, and it keeps me feeling good. There's a lot of proposed health benefits of fasting, which includes some of the things I've just shared there.

I'll do that in the morning. I'll fast. What I don't want to do is I don't want to feel hungry.

I want to feel clean, and I want to feel, not satiated necessarily, but I want to feel able to perform. What I do, again, this is just what I choose to do, is when I get up, I have two big pots of green tea. It's probably about a liter in each pot.

I have one pot. I go up to my Zenda and have my pot of green tea, and I have two pucker matcha tea bags, and then two lemon and ginger or lemon, ginger, and turmeric ingredients that I believe are good for me. There's various benefits about what they do for ...

I won't go into the detail, but things about blood count, things about supporting your digestion, things about you might find you actually, your body temperature rises, and you actually sweat when you have things like lemongrass. Specifically, with no flavoring, so you want to buy ones that don't have any ... If you go and buy lemon ginger from the supermarket, you might find it's just lemon ginger flavorings.

I'm talking about basically dried extracts in a tea bag. There's only one company that I know from the supermarket that we shop in that sells it. So lemon, ginger, or lemon, ginger, and turmeric, again, they're things that I believe help me.

They just clean my body out. They cleanse it. I find that they help with immunity, stuff like that, and when I'm fasting, it sorts that out.

And then what happens is later in the morning, as I will start to get hungry, so I'll have two pots of tea in the morning, that'll last me the first couple of hours, and then I stay hydrated. If you want to get through a fast, replace food with water and fluids. It will fill you up.

It'll make you feel full. It'll remove hunger. And what I do a little bit later in the morning, perhaps like, depends what time it is, what I'm doing, but say 10, 11, is I'll take Broca.

So I'll get a Broca tablet, and again, I'm not recommending these for you today, but I actually take two of those in a pint of water, and there's a few calories in there, but that process, again, it's bringing the next level of stuff in, it's vitamins, it's all those sorts of various bits and pieces, and it's hydrating me, it's filling me up, it delays the necessity to eat through hunger, and it helps me maintain my fast. And then what I'll do is I'll have my first meal.

You'll notice a lot of this is about nutrition, which, you know, because that's what we're fueling our body on. If you fill a car up with gravy, it's not going to perform that well, whereas if you fill it up with high nitrous oxide, triple distilled Formula One fuel, it's going to go like a rocket. Next is stunt.

You do need to eat. Obviously, you need to eat. So I'll have my first meal.

It could be as early as 10 if I've got weight training at midday, one o'clock, something like that, or it could be as late as one in the afternoon. I'll tend to be that sort of eating window, between 10 a.m. and maybe one. Sometimes I'll put it off a little bit later.

I'm not sure that's always a good thing to do. If you fast for long enough, you actually stop getting hungry, as in you could miss I'm going to have my oats at midday, I miss midday oats, run out of time, I could go to three in the afternoon and not eat. I find that tends to have a bit of a tailwind on it.

It's not actually good. But that sort of fasting window, I think, is sorting my body out. It's letting my cells all catch up with each other.

It's allowing my body just to get on top of the meal we had last night, sort it all out. And I have my first meal, whatever time I have it, and it's 60 grams of oats. So I use jumbo organic oats, 60 grams of those, 50 grams of low carb, high protein, protein, mix that together.

I then have 150 grams of blueberries. Again, this is where I think that some of the nutrition, the antioxidants, the immune system is supported. Sprinkle of Guji berries, large flamed raisins, selection of seeds and maybe even nuts on top, probably about seven to eight hundred calories.

But it's a big meal. It's it's I think it's the most nutritious meal I could have for a first meal in the day. As far as I'm aware, it covers everything.

Carbohydrates, proteins, fats, nutrients, vitamins. I just think it's all in there. I look at it and just think, wow, that's chocolatey.

It's tasty. It's fruity. It's sweet.

It's amazing. I'm hungry. And it just makes me feel good.

I don't you know, I don't struggle to get it down. Jumping in quickly with a huge congratulations to everyone who managed to secure a place at this year's annual three day Blueprint events in person at the five star Belfry Golf and Spa Resort. Both events in June and July sold out in record time.

The first event didn't even make it to the open market. And the last event, the grand finale on the 5th to the 7th of August was 50 percent sold out before we even launched the places. If you've not yet secured a place, this is your last chance.

We only open the doors once a year. If you miss the grand finale event on the 5th to the 7th of August, you will not be able to attend an event for another 12 months. Go to www.donttalktotenants.co.uk now to secure one of the final places at the three day Blueprint grand finale event, the biggest event of the year, the last one of the seasons. Don't be the one that misses the boat. If you enjoy these podcasts, you listen to the content, you get huge value. Imagine how much you would get from three days in a five star resort with some of the UK's leading and award winning property entrepreneurs teaching you how to do this and putting this actually into practice.

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Let's get back to the podcast. Then I don't, I probably won't eat till the evening. If I do get hungry, I might have a little protein snack, not a grenade bar, although I would have eaten them back in the days.

Not a grenade bar, something like that. Something clean, something healthy. So if I'm out and about, I'll go to like Waitrose or Marks and Spencer's, get a pot of green bean salad or something in the main vegetarian or like sort of the grains and the pulses and the edamame and the shredded cabbage.

You go Marks and Spencer's, there's loads of them, but a nice pot like that. And then if I want some protein on top of that, I might have some tofu with it or I might have some chicken with it or I might have some smoked salmon, not smoked salmon, baked salmon with it. Just depends what's there really.

And you really want the proteins and the fats to give you, just to get the appetite under control. Definitely don't want to be getting hungry and stuffing your face with bags of crisps and sweets because that would just start the, yeah, it would just go crazy. So a little snack if I need it.

In the main, I won't have it. I'll then go all the way through to dinner and again, I'll keep drinking during the afternoon, mainly water. And if I do have something in the evening, I might have a CBD drink or I might have a flavoured water or a kombucha, these sort of things.

Evening meal, I'll have a protein source, so chicken or fish or tofu. I have very little red meat, not that I think that would have a huge impact on me getting ill as in colds and flus, although there is reasons why you may not want to eat a huge amount of red meat. Again, nobody really knows what the actual answer is.

I wish they did. I've listened to most of it, I've read most of it and I'm just doing what I think makes me feel good and sounds logical to me. A protein source, then I have carbs with that.

So I'll have either rice or more recently I've started having more like pulses and legumes, chickpeas, edamames. You can actually get some really good pouches now from I get them from Aldi or Sainsbury's. There's some called Jim Kitchen.

There's other ones. There's all sorts of brands. And it's a pouch.

It's just basically packed with high nutrition pulses and legumes. Just you look at stuff, you just think like chickpeas, lentils, a bit of rice in there, couscous and loads of stuff. And it's all flavoured, it's seasoned.

Depending what you get, it's between 400 and say 750 calories for the whole pouch. But I look at it and it's just high nutrition. There's some carbohydrates in there, really, really tasty, really nice.

And then whatever green veg I want, I'll tend to have like sugar snaps. I'll have asparagus. I'll have broccoli and I just like that.

If it's green, it's good. It's just the way I go. And I have a big bowl of like loads of greens, a whole pouch of legumes, chickpeas, lentils already made up and then some baked tofu on top or maybe a bit of chicken, something like that.

Amazing, really tasty, huge bowl. But again, it's probably only 700 calories to 1000 calories, depending what you put in it. And, you know, that keeps me on my normal calories for the day.

So that's the meals. And then after my meal, I'll take a vitamin D supplement. So in the UK, specifically, if you're darker skinned, I'm not, I'm very fair skinned.

Most people in the UK have a vitamin D deficiency. I actually have a vitamin D deficiency. And vitamin D is a huge part of your immune system.

They say the recommended daily allowance is about 1000 IUs. There's studies out there from people that are biologists and scientists who take 20 or 30 thousand IUs a day. You got to read up on it, understand the pros and cons.

But I take 5000 IUs a day, which is one little liquid capsule. You can buy them on Amazon. And I take one after my dinner because it's fat soluble, not water soluble.

So it needs to go into your blood. It needs to go into your food. So you have to not necessarily fat, not necessarily food fat.

It's fat soluble. You get those in, it goes into the food, it gets into your system. I take it in the evening.

I just think it can process nicely at night while I'm asleep. And it's just it just makes sense for me to to eat it, then eat it with a meal. And then if I'm doing anything that I would say is high risk for getting ill, like I'm getting on a plane or I'm seeing kids and I know that, you know, when you go to meet your friends and they say, oh, just so you know, so-and-so has had a cold or a chest infection.

I'll just consciously acknowledge I'm going into a high risk situation where people might be ill and there's chances of me getting germs. I'll actually take two, which is ten thousand IUs. And I'll be clear, I'm sure the RDA for vitamin D is one thousand.

I take five thousand as standard. If I'm feeling tired or like I might be burning out, I'll take ten thousand. If I'm getting on a plane or public transport or going to see somebody that's ill, I'll take ten thousand.

It basically just ramps up my immune system, keeps those vitamin D levels high. If I'm out of the country in the sun, I don't take that, but I would take it when I get on the plane. Next is, yes, any any reason to take ten thousand or even twenty thousand.

If I started to feel ill, I probably would do. But I haven't started to feel ill, I can remember, since in this sort of in this window. Next is nutrition.

I just don't tend to eat crap. It makes me feel rubbish. I don't like it.

Yeah, I just don't eat crap. I just wouldn't eat. Even if I went to a takeaway, I would go out to eat a restaurant.

I don't say, oh, I'm going to treat myself and have fish and chips. I love fish and chips. I've been saying for about two and a half years, I'm going to have fish and chips.

I get to the point of nearly ordering it and I'm like, you know what? It's going to make me feel like rubbish, all that fat. There's not really any nutrition in it at all.

Maybe if you have some garden peas as a teaspoons worth, it's not where you want to be. I just don't eat rubbish. And especially when I'm out, when I go out, I'll always look for things on the menu.

I'll make my own dishes up at sides and salads. I'm not sitting there eating lettuce and dust. I'm having something tasty, nutritious and big.

But I don't want to eat. I just don't eat rubbish because I think, you know, if you were going to put gravy in your car, it would definitely slow you down. Hydration.

I drink water all day. Exercise minimum steps. I do.

Obviously, I'm human. There's times where I might get to the end of the day and I'm only on 4000 steps. I'm like, wow, that's a bad day.

And I'm not surprised I felt rubbish. As a minimum, I tend to aim for 10,000 steps this time of year. Spring, summer, I'll do twelve and a half thousand steps a day.

I get a lot of those in in the morning. Again, I just think it's this thing of looking after the machine, keeping it moving, keeping it clean. Four times weight workouts a week.

So I go to the gym four times and do weight sessions. Then I do 20 minute cardio afterwards. 250 calories on a on a bike takes me about 20 minutes to do it.

That's my target. The 250 calories on a resistance bike in 20 minutes. If somebody's ill, I'll tend to stay away from them.

So if somebody says I'm ill or the kids are ill, I'll say, look, no offence. I've got a big week at work. I can't afford to get ill.

Can we reschedule for when you're feeling bad? Nobody gets offended. If they're ill, they probably don't want to come out and socialise and honour an obligation to see you.

I'll tend to steer clear of them. Equally, if I go anywhere and people are sick, I'll acknowledge it. So if I'm standing near somebody in a queue and that's ill, I'll tend to sort of consciously not breathe in their air, or maybe I'll stand a different direction.

Or if somebody is talking to me and they're ill, I'll maybe I'll hold my mouth and breathe out through my nose and just try and just consciously acknowledge there's germs coming out of them. Just try not to get the germs in them. But one is getting the germs in and being able to fight it.

The other thing is just not letting the germs in. This week I was in the bank doing a couple of chaps transfers and the lady who was serving me had a sniffly nose and a tissue in her pocket and she was getting out very polite. No issue.

You know, sneezing into a tissue, blowing a nose. No problem with that at all. But I'm consciously sitting there thinking I need to sit as far away from her as I can.

This room is filling up with bugs and germs, and she's handing me card readers, documents to sign, pens. I got a pen out of my bag, so I didn't have to use hers. I didn't acknowledge it.

I didn't make her feel uncomfortable. I didn't make it awkward. I'm just thinking there is germs in this room and I do not want to lose a week of my life by being ill.

And as soon as I got out of there, I didn't. I was just conscious, just conscious. So I did.

I went and washed my hands at the shopping center toilet. Just nearest place. I didn't put any food in my mouth.

I didn't put a bit of chewing gum in my mouth. I didn't touch my face. I didn't touch my lips.

It's just being, you know, savvy. It might sound extreme, but I've not been ill since 2022. If you don't want to be ill for the next three years, maybe these are the things you should consider.

And then finally, it's being cold. I actually quite like being cold. I've done cold plunges and the ice baths, and I'd actually really like to introduce that to my diet or my process.

But at the minute, I do find it really uncomfortable. I haven't broken through. I've not manned up.

I've not got through that. I've not fired the flywheel up. I did a couple of weeks ago and I was in Bali.

I did a cold plunge sauna, cold plunge, all of that stuff, putting the body in extremes in my head. It just gets those cells fighting. It gets them fired up.

They're on the defense. The body's powerful. It's strong.

I think it makes a lot of sense. And I'd like to do more of that. But equally, I'm quite happy doing small things like that.

Like I'll expose myself to cold temperatures. I'm quite happy this morning. I went out in my pajamas to let the chickens out.

It's six o'clock in the morning. It's cold. It's England.

I could have wrapped up in a coat and a scarf and gloves. And my thoughts are, if you do that, your body's comfortable and it's happy. Actually, if you go out there and you're cold and your body's cold, those cells start to get stronger and the body's more resistant.

And it'd be easy to think that being cold and getting in the cold can make you ill. And if you're not nutritionally fit and healthy, absolutely. Or if you're vulnerable or you're burnt out or your immune system is running low, absolutely.

It's probably a silly thing to do. But every morning I'll go up on my zenden on the top floor of our house. It's there's no heating in the winter.

It's actually cold. You wouldn't want to stand up there, let alone sit up there in your pajamas. But I'll sit up there in the cold.

I drink my hot green tea and I just like the process of it. I feel like it's doing something for me again, apart from reading around being cold. And it's also good for for calorie burning.

Your body has to work a bit harder to keep you warm if you're cold. I just find it's conducive to this practice. And like I say, of those 14 things I've shared with you, it might be that there's only two or three or it might be complete luck.

I don't think it is complete luck. There's periods in my life where I've got consistently ill, consistently burnt out, always got a cold, never really getting fit and healthy. There's other times like now where I haven't been ill at all.

I also stand quite lean. When I'm lean, I just feel like my body is. Yeah, you want every cell like fighting for survival, not starving yourself or anything like that, but also not ridiculously comfy.

And you don't want everything to just slow down and shut down, which you might do if you overeat and and get lethargic. Hopefully you got value from that. And hopefully you're enjoying these blueprints.

These blueprints are my life's work. There's over 200 of them now on this podcast. Go and listen to them in any order you want.

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