

iMessage
10/16/22, 2:54 PM

Aaron Morris

Linking here. Robert worked for Onnit and knows nootropics far more than anyone else I know. Steve is on the journey

Robert...it's either you save me with a cocktail of nootropics or I'm resorting to an 8 ball a week to get me through

+12817032833

My main recommendation is to just try individual nootropics and see which ones click with you. Then you can test stacks from there

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It's much cheaper that way and you'll really learn what works and what doesn't

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Having that said, if you find a cocktail that works for you, go with it

Let's pretend money is no issue

Aaron Morris

Laughed at "Let's pretend money is no issue "

Aaron Morris

A real addict statement

Do you approve of Onnit ?

Aaron Morris

Alphabrain he has approved of to me, but said it won't compare to adderall

Any insights on Korean red ginseng?

I ordered the extract. I heard people getting off adderall with it

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My main gripe with them is you need more than their serving size to really do the trick

Bottle a day. Got it

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More like 4-6 instead of 1-2

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I'd try the ginseng. I've heard that before but never tried it myself

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Nicotine is always a great bridge to get off other substances

Sweet. I have a lip in as we speak

Aaron Morris

Hahaha

Killin it

I'm also getting back on Lions Mane

Aaron Morris

he puts an adderall in the lip and lets it enter his bloodstream sub-lingual

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I've been on the lions mane train for a while. I think it's more of a long term benefit than a short term one

Yea I'm aligned to that

The science of mushrooms is fascinating

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The main things to look for are dopamine precursors when it comes to getting off adderall

Can you elaborate please

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Alpha brain is one

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Things that help promote your body's self production of dopamine because adderall depletes it

Aaron Morris

Magnesium citrate should also help reduce adderall tolerance

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Sorta like people who get hooked on melatonin to sleep can try to supplement 5-HTP to help facilitate their body's serotonin production

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Magnesium is the #1 recommended supplement for everyone

Aaron Morris

of a version of magnesium that actually breaks the blood brain barrier

Aaron Morris

magnesium l-threonate I think

Any brand rec for magnesium ?

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Never take tablets, always take capsules is a great rule of thumb for supplementation

Liked "Never take tablets, always take capsules is a great rule of thumb for supplementation "

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Two of my favorite brands on amazon are Sports Research and Pure Encapsulations

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That goes for all supplements

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Dr Mercola and Thorne are good too

Aaron Morris

The other obvious help for dopamine... exercise

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Liposomal supplements are all the rage these days

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That's a form of supplement, not a brand. Mercola has those

Aaron Morris

Nothing from bodybuilding.com? Damn the customer service from them is fantastic

Aaron Morris

If something is late or even missing, they'll replace it ASAP

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Orthomolecular is more expensive but a pharmaceutical grade brand of supplements. They are the best I know of

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They can be harder to get because they only sell to practitioners

Ok I just bought magnesium citrate from pure encapsulations on amazon

I don't want Parkinson's !

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Le gustó "Ok I just bought magnesium citrate from pure encapsulations on amazon "

+12817032833

Nutrition & fitness is also important obviously

After a stretch of adderall I crash so hard and sleep so much

Liked "Nutrition & fitness is also important obviously "

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This may sound funny but if you abstain from jerking off, that can help restore dopamine levels too

I would love to not return to addys

Disliked "This may sound funny but if you abstain from jerking off, that can help restore dopamine levels too "

Aaron Morris

I've heard that about jerking off too. Reducing the places where you get dopamine input so that it's stronger from the places you want it

Makes sense

Aaron Morris

But I've been with the same person for like 12 years so.....

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I've done stretches of no porn and no jerking and it makes you feel like Superman


I've heard that

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But the powers you receive are only as strong as the urges you fight off

So true

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Also, go Iggles 

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And go Phillies

Aaron Morris

Robert fell in love with Philly when he visited



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Next time you're in Austin, you owe me 18 holes 🤔

Aaron Morris

He didn't even make it to Delilahs or the republican

Done deal

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Philly is very underrated. I had no expectations going in and it blew me away

+12817032833

Food was incredible

+12817032833

Top notch sports city

Good man

+12817032833

Nightlife is way better than Austin

For a young gun I agree

Aaron Morris

It's different than Austin, not necessarily better. Having access to both is great

Aaron Morris

I really have no urge to get off of adderall, but I would like a healthier relationship with it. Less mg per day would be a good key result

Same. I can't have a lifetime of addy dependency

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Pot is my thing that's hard to live without

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But it's not as hard to get off obviously

Aaron Morris

Pot, Porn, Partying, and Pills

Aaron Morris

I'm a 4 P kind of guy

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I'm doing sober October 🕶️

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It's awful and great at the same time

Aaron Morris

Yes and this week you looked like a worn out porn star

Aaron Morris

Also the ingredients of this pill are good

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I've been really tired all month. My brain is getting actual REM sleep

Aaron Morris

<https://www.amazon.com/Strong-Swimmers-Sperm-Enhancement-Multivitamin/dp/B0887W7GNP>

Aaron Morris

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I have a sperm test on Tuesday

Aaron Morris

Beyond the sperm volume and help this should have, it has other good pieces of the stack

How do we feel about caffeine pills ?

Aaron Morris

I like green tea extract

Aaron Morris

Another goal of mine is to reduce caffeine intake

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I'm an all natural kind of guy so I'd just prefer coffee or at most green tea pills

10/21/22, 1:41 PM

Alpha brain day 5 today. Felt funny day one but don't feel anything since. Modest focus gains, modest recall, etc.

I got the Korean red ginseng extract today and put it in hot water as a tea. More noticeable focus gains layering that in.

Also added lions mane which obviously don't feel a difference day to day. Long term as we know.

I also got magnesium citrate but haven't added that in until my cardiologist approved as I'm on BP meds

Also no porn or beating off this week. Could be a personal record. Actually very easy to not do it surprisingly

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No jerking off is a roller coaster. The urges may initially subside but they will be back with a vengeance

Aaron Morris

Laughed at "No jerking off is a roller coaster. The urges may ..."

Attachment stored in iCloud:
giphy.GIF (Image)

Aaron Morris

Robert is in a secret meeting with HR right now. He wasn't given context as to why, but we suspect he's going to be asked to give data to get someone fired

They call that a data DUMP

"you just got data dumped"

Aaron Morris

HAHA

Aaron Morris

It can't be good when they ask the senior business analyst to hand over data about you

10/24/22, 2:44 PM

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Alright Steve, what supplements are we on this week?

Aaron Morris

I started taking Creatine HCL and monohydrate!

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➔ Replying to Aaron Morris, 2022-10-24 14:44:59: « I started taking Creatine HCL and monohydrate! »

Creatine is a top supplement recommendation for men for testosterone production and is also classified as a nootropic

Aaron Morris

boerner lets gets jacked and smarter

Ok

You gotta cycle!

On off

+12817032833

I am a fan of lower dosage daily creatine

+12817032833

Don't "load" it like those bicep flexing idiots carrying around gallon jugs

Aaron Morris

Yeah just going to take it constantly

Ok so jacked but not JACKED got it

10/24/22, 7:50 PM

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<https://neurohacker.com/shop/qualia-mind-100-off>

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Qualia \$100 discount offer

This comparable to alpha brain? I can't see I notice a thing on alpha brain

Can't say*

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Qualia is one of the best known stacks out there. The price point is too high for my taste but that's a good deal for \$39

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https://www.amazon.com/Methylene-Laboratory-Methylthioninium-Supplement-Formaldehyde/dp/B09J1JRS LC/ref=mp_s_a_1_1?adgrpid=61746515971&gclid=CjwKCAjw79iaBhAJEiwAPYwoCPc3DUXkXCbmEBn3GH4cm9NpC8p6XAZZ5k-SYDD4YYQ7aY2KL0wsm_RoC2pYQAvD_BwE&hvadid=617002351392&hvdev=m&hvlocphy=1026201&hvnetw=g&hvqmt=e&hvrnd=13086547893636235601&hvtargid=kwd-299665899009&hydadcr=12191_13376089&keywords=methylene+blue&qid=1666655470&qu=eyJxc2MiOiI0LjE3liwicXNhIjoIMy4zMStInFzcCI6IjMuMTgifQ%3D%3D&sr=8-1

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^not necessarily this brand but a lot of people at Onnit are obsessed with methylene blue. I've heard strong reviews on it.

Aaron Morris

That's the adderall replacement?

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From what I've heard methylene blue is the shit.

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I have not tried it but am going to soon

Aaron Morris

Bought it 🙌

+12817032833

Aaron's going to be walking around the office with a blue tongue like a psycho

Aaron Morris

I'm going to try it with adderall

Aaron Morris

Float across the office like a stigmata

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*Note: It will dye your tongue blue for a few hours

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tmp.gif (Image)

Aaron Morris

Call us veruca salt

Aaron Morris

Robert what's the covid stack too?

Aaron Morris

Is methalyne blue basically a SARM?

10/24/22, 9:26 PM

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<https://sarmscentral.org/blog/nootropics/methylene-blue/>

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The covid stack is just D, C and zinc. That's just a basic one for any virus

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<https://troscritptions.com/products/bluecannatine>

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^this is the brand they were taking at Onnit. This link is for the nootropic stack and there's another product on there that is pure methylene blue

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The nootropic stack is designed for cognitive enhancement, the pure one is good for that too but also often used as pre workout

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Attachment stored in iCloud:
Screen Shot 2022-10-24 at 8.31.38 PM.jpeg (Image)

1/21/23, 9:39 PM

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Aaron Morris

