

9 Biohacks to Defy Aging &

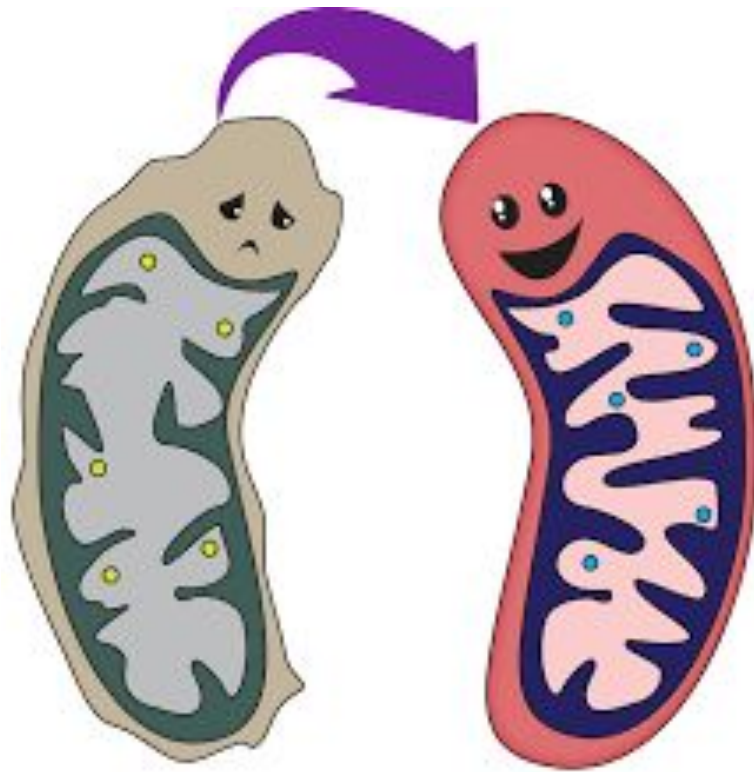


Supercharge Your Energy

JOURNEY TO OPTIMAL HEALTH

A BETTER YOU, A BETTER LIFE

The Key to Defy Aging & Supercharging Your Energy is...



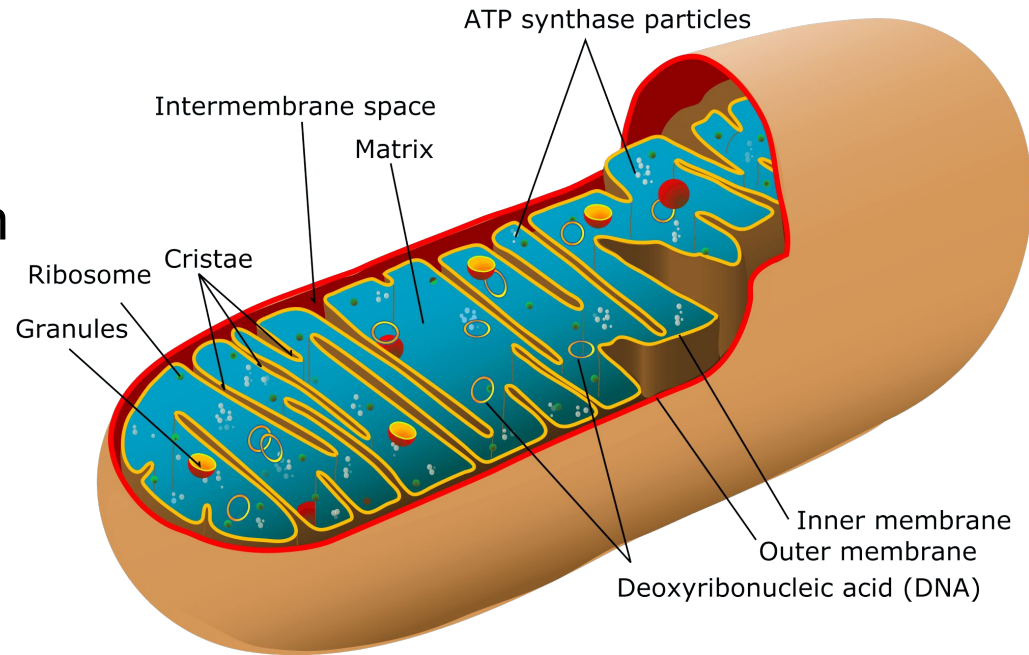
To become a mitochondriac
([hear from mitochondriacs in training](#))

JOURNEY TO OPTIMAL HEALTH

A BETTER YOU, A BETTER LIFE

Mitochondria 101

- Mitochondria create ATP, the energy currency of life
- In 1 day your mitochondria produce more than your own body weight in ATP
- Each cell has ~1,000-2,000 mitochondria each creating 150 mv
- A healthy person has 10^{17} mitochondria = a bolt of lightning



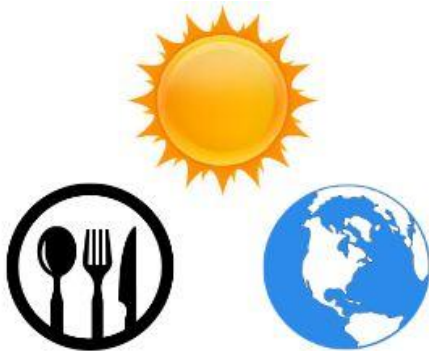
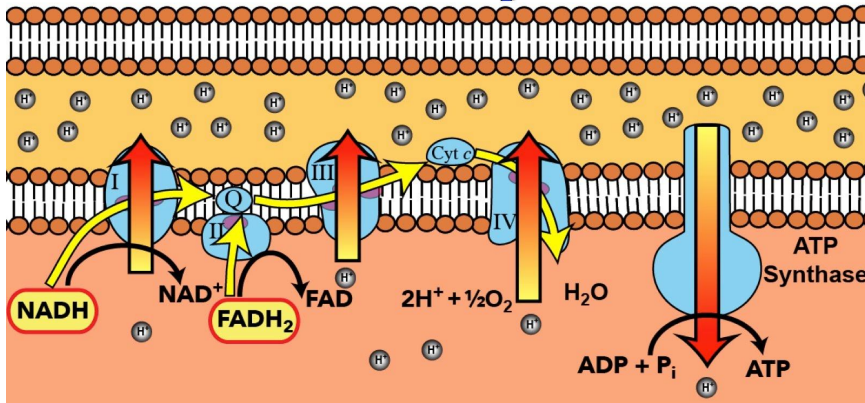
Mitochondria evolved from 3.5-4B year old bacteria

JOURNEY TO OPTIMAL HEALTH

A BETTER YOU, A BETTER LIFE

Mitochondria 101

Electron Transport Chain

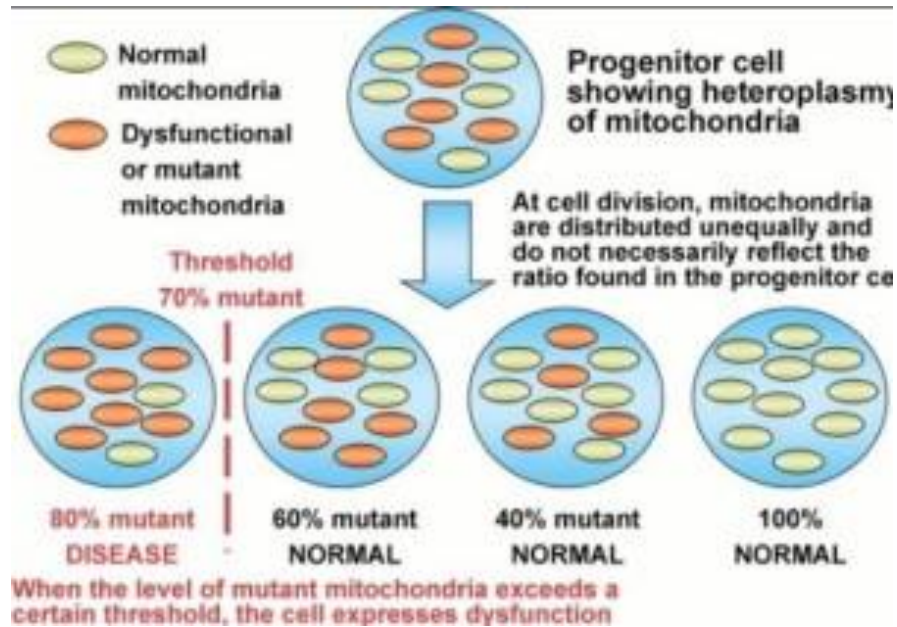


- Mitochondria use electrons, protons, & O₂ and create water, CO₂ and ATP
- **There are 3 sources of electrons:** food, sun, earth
- All food is broken down into electrons
- **DHA converts sunlight to electrons**
- Blue light & nnEMF decrease mitochondrial function
- ↓mitochondrial function drives 85%-90% of disease

JOURNEY TO OPTIMAL HEALTH

A BETTER YOU, A BETTER LIFE

Mitochondria 101



- ↓mitochondrial function =
- ↑heteroplasmy = Aging & Disease
- High heteroplasmy in heart = CVD; high heteroplasmy in brain = neurodegeneration (AD, PD, autism)
- Lack of energy is the single cause for all chronic disease
- **To reverse disease, improve mitochondrial function = become a MITOCHONDRIC**

Dr. Wallace's work has shown us that the answer to health & longevity is in our mitochondria and not our DNA

JOURNEY TO OPTIMAL HEALTH

A BETTER YOU, A BETTER LIFE

Becoming a Mitochondriac

Sun Exposure - your eyes are most important and you want as much skin exposure as possible

- **AM most important** – ↑ hormones & NTs
- **IR-A** - regenerates
- **UV-A** - creates melatonin, serotonin, [dopamine](#), melanin
- **UV-B** - creates vitamin D
- resets circadian rhythm; increases vagal tone
- **Sun Rx** - Watch the sunrise; 15 minutes 2 hours after sunrise; 15 minutes in the afternoon; watch the sunset
- **Video** - [how light affects health](#)

Becoming a Mitochondriac

- **Water** – ½ your body weight in oz. / fluoride free
 - You are ~67% water
 - Intracellular water is your battery & surrounds all of your mitochondria
 - Radiant energy (sunlight) charges your battery
 - Dehydration = inflammation
 - Always drink the best water possible

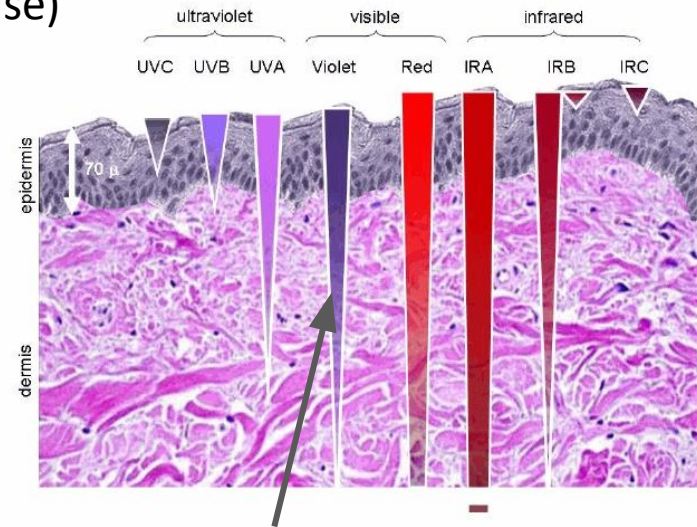
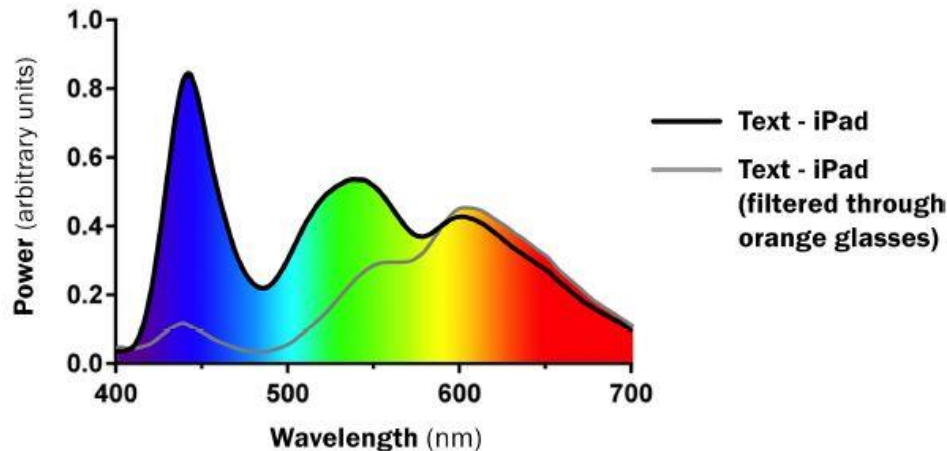


- **Quality Sleep** - key to growth & regeneration
 - Room cold & dark
 - [Mouth taping](#)
 - and...

Becoming a Mitochondriac

Minimize nnEMF/Blue Light - especially at night

- blue blockers
 - [RaOptics](#) (code **JTOH** saves you **15%**)
 - [BluBlox](#) (code **optimal** saves you **15%**)
- Iris - [save 10%](#), NightShift (for iPhone), Twilight (for Android)
- Switch from LED/CFL to incandescent bulbs; amber bulbs at night
- minimize use of wifi, cell phones, wireless home phones, bluetooth, printers (unplug when not in use)



Blue light is represented by violet. Notice how deeply it penetrates into your skin. Protect your thyroid and other organs close to the surface from artificial sources of light

JOURNEY TO OPTIMAL HEALTH

A BETTER YOU, A BETTER LIFE

Becoming a Mitochondriac

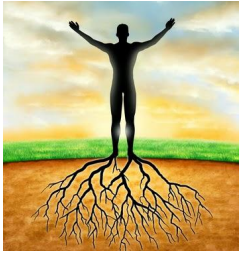
Optimal Food for Mitochondrial & Brain Function

- **Seafood** - best source of DHA & iodine & high in brain nutrients
- **Healthy fats** - grass fed butter, ghee, olive oil, CO, pastured animals
- **Avoid GMOs / Glyphosate**
- **Turmeric/Curcumin** - absorbs UV light, P
- **Intermittent Fasting** - 12+ hours no food, water is great

JOURNEY TO OPTIMAL HEALTH

A BETTER YOU, A BETTER LIFE

Becoming a Mitochondriac



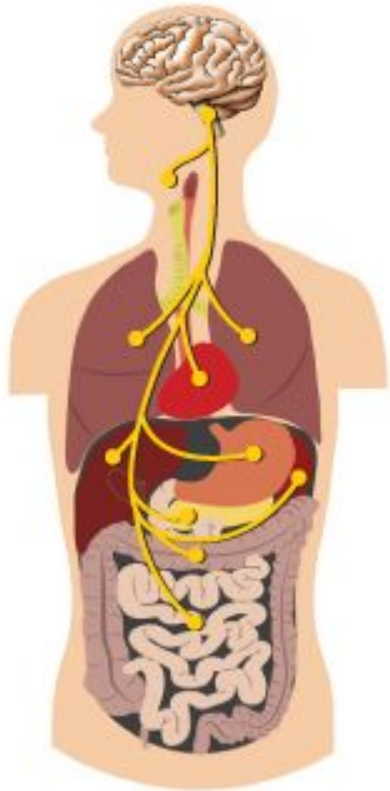
- **Grounding** - the Schumann resonance is coded for in your brain and is mother nature's tuning fork
 - ↓ inflammation, stress, pain, cortisol
 - ↑ electrons, negative charge, circadian rhythm, sleep, immune function, HRV
- **Cold Exposure** - (Cold Thermogenesis)
 - ↑ mitochondrial function & growth, fat burning, insulin sensitivity, muscle growth, longevity, dopamine
 - ↓ inflammation, blood glucose levels
 - [Interview of benefits](#)
 - **How To:** [video 1](#), [video 2](#), [video 3](#)



JOURNEY TO OPTIMAL HEALTH

A BETTER YOU, A BETTER LIFE

Becoming a Mitochondriac



Vagal Stimulation

Workout: gargle water (1 glass 5x/day), press on back of tongue with tongue blade (5x, 5x/day), sing loudly.

Think of gargling as weight lifting and the tongue blade & singing as cardio for your vagus

Maintenance: running water, meditation, deep breathing, cold water face dunks, exercise

- improves brain-gut connection
- amplifies neurogenesis & mitochondrial growth
- reduces inflammation & blood pressure
- reduces stress, activates PNS
- improves sleep, increases immune system, HGH

Becoming a Mitochondriac

Sauna (Heat Stress)

- Improves endurance
- Improves mitochondrial function
- Supports muscle growth / GH
- Improves insulin sensitivity
- Increases BDNF & norepinephrine
- Improves blood pressure
- Supports detoxification
- Decreases CVD
- Increased HSP
- Increases longevity

Best Practices

- Temp should be ~174F
- Duration 20 minutes or longer
- 2-3 times a week is ideal
- Can be done in conjunction with workout or without
- Take a cold shower after to wash off toxins
- *Avoid steam room

Becoming a Mitochondriac

Questions:

nathan@journeytooptimalhealth.com



If these biohacks are up your alley and you want accountability and guided support, **schedule a call** - & **see what others** have to say. It's free and my goal is to give you clarity on what's holding you back with your health challenges.

JOURNEY TO OPTIMAL HEALTH

A BETTER YOU, A BETTER LIFE