



SUPERCHARGED
ABUNDANT ENERGY FOR LIFE

How to SuperCharge Your Health
with Abundant Energy



What's The Biohacking

Imagine if you could wake up every day feeling supercharged - you just can't wait to take on your day! What would that mean to you to sleep deeply every night and wake up refreshed, have boundless energy to get through your day, recover quickly from occasional ailments, and heal any chronic illnesses?

If you already feel healthy and want to optimize your life, this booklet is for you. And if you're struggling with any kind of health issue, this book is even more important, especially if you are frustrated by your attempts to get better. You see, conventional medicine and even many forms of alternative medicine, have limits. They often address symptoms instead of getting to the root of the problem and promoting real healing.

For anyone who wants to get well and stay well, this could be the most important information you ever read. An evolution is taking place right now, and you're on the cutting-edge. It's literally changing the landscape of what we know about healing, rapidly speeding recovery time, and making old methods obsolete.

Why do I feel so sick and tired?

We live in a 24/7 always-on world. We are working longer hours, we are moving our bodies less, too many of us count on factory farms and instant food to feed our families. We live under artificial lights all our waking hours. We rely on computer screens, smartphones, and tablets to perform our work and to enjoy our free time. The accelerating pace of technology brings both a blessing and a curse.



Our bodies have not evolved at a pace to ward off ubiquitous Wifi transmissions, cell tower signal broadcasts, increased radiation from airplane travel, air pollution, carbon pollution, any pollution.... How do we adapt our bodies to a world that doesn't support optimal health?

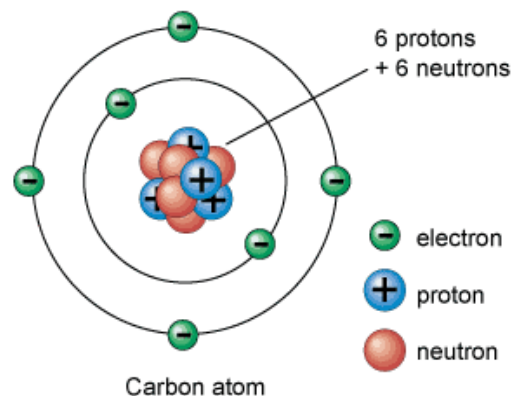
That's where the exploding practice of "biohacking" comes in. People are learning simple adjustments to bring their bodies into greater alignment with the natural world. And that's what this program will do.

You will learn the best habits that enlist the support of nature, that mimic a more natural environment to bring your body into harmony and to deliver non-stop energy. No, we won't ask you to go back to the caveman days. We love technology, too! In this book we give you scientifically backed techniques to support your body's energy.

SUPERCARGE YOUR ENERGY

For good health and optimum performance, your body needs an abundance of free flowing energy. Energy sources from the environment can power up your body like a battery for a SUPERCHARGED state of health that can transform your life.

With the following tools, you can double or even triple your energy. With enough energy, the possibilities become limitless. Energy is basically just movement of electrons, and if people remember from school, everything in the universe is made up of atoms, and An atom consists of a nucleus, and around that nucleus there are electrons.



Electrons are the things that are moving and transferring energy by going from one place to another. Really, when we're talking about energy, from a very simplistic term, we are just talking about movement of those electrons.

There are even Bacteria that live of pure Electrons – ie. the eat no food. And just like Bacteria can live on Electrons – so can our mitochondria. Simply by increasing our exposure and body's ability to allow electrons to flow, we can radically increase our Energy beyond the normal routes of biochemistry and diet.



SperCharge Your Energy

7 systems to get to abundant health & energy!

In this booklet, you will learn:

- The latest science that supports optimal health.
- Practical steps you can take immediately, most which require no special equipment or expensive memberships.

Why you want to get supercharged and how great you will feel when your energy is at its peak.

The BIOHACKS

WATER

Boost your energy by drinking “charged” water Go beyond what you thought you knew about water. Science has discovered “structured” water, and it is what turns your body into a battery. It’s not ice, it’s not liquid, it’s not vapor. In this module, you will learn what this fourth phase of water is, the influence it has on every cell in your body, and how you can biohack water to increase your energy. You’ll also learn how you can use Information imprinted water to stimulate your healing response. This is one of the most powerful and simple biohacks you can do.

GROUNDING

Recharge your body battery with earth energy Electromagnetic field pollution is impacting your sleep, increasing your stress, and messing with your DNA. Simple, no-cost activities can support your body to reset its electrical charge. Your energy will peak and your health will improve.

TEMPERATURE

Use heat and cold to speed your metabolism and improve your sleep. Cold thermogenesis stimulates the mitochondria to burn fat, accelerate healing, and improve the body’s performance. Heat therapy amplifies the structured water in every cell to increase its capacity to power your body. This module presents several remarkable biohacks, some as close as your kitchen.

SLEEP

Optimize your performance and your mood with these sleep biohacks Find the secret to better sleep by getting in harmony with your natural cycles. Sunlight offers a solution to sweeter dreams because it programs your body’s internal timekeeper, your circadian rhythm. Learn how our addiction to electronics keeps the light shining 24/7 and how you can adjust your exposure without giving up your screen fix.

MOVEMENT

The simple message is move more –every little helps Our bodies like movement – we do not do well sitting on our butts all day. There are many ways to incorporate simple functional movement into our current lifestyles - this module covers the basics on how to get the most out of the time you have available to move those bodies and flex those muscles.

DIET AND NUTRITION

Simple dietary shifts can boost the energy in every body There is no such thing as the ideal diet. Every body responds uniquely to food, and your body will respond differently depending on what you ask of it, the season, your location, and even what healing processes it is undergoing. Sure, there are a few “rules,” like eating local, organic, unprocessed foods as much as possible. But this module offers an abundance of biohacks for just about anyone, whether you are plant-based diet devotee, a committed carnivore, or any variation.

HABITS

Repetition, repetition, repetition.. Its all very well learning how to biohack yourself to optimal health and performance – but how do you stay that way? Forming healthy habits and simple methods of controlling your thoughts and emotions will keep you on the right track - and allow you to continually raise the bar for your own health and personal development goals. In this module you will learn how powerful simple practices can be if they are made part of your daily routines. No matter what your goal is – these methods will give you the secret to formidable willpower – the key to the new SuperCharged you!

Top 7 Habits

you can implement right now to start your journey to abundant health and energy

WATER

Did you know water has a 4th phase in addition to solid, liquid and gas? It's the gel phase - the so-called '4th Phase' as discovered by Professor Gerald Pollack of Washington State University. It is this strange property of water that might give an explanation on why water holds a memory.

- Drink clean structured water - spring water is best.
- Buy glass bottled water over plastic.
- Use energized, structured water. To learn more about this click [here](#)

TEMPERATURE

- Cold activates the healing process – start slowly – face dunking in ice cold water for a few minutes each day.
- Heat energizes the body – try using a hot sauna or a class like hot yoga to energize the cells in your body.

MOVEMENT

Use heat and cold to speed your metabolism and move more! – simple functional movement like walking, climbing trees, short sprints – are what bodies are designed to do. Make an effort to make some kind of natural movement part of your daily routine.

- Get off the bus one stop earlier.
- take a walk at lunchtime.
- Take the stairs, not the elevator.
- Take a swim – sea, lake or river doesn't matter.
- Get into the nature and move, move, move!!!

GROUNDING

- The earth is like a giant floating battery that carries a net negative charge. Spend some time walking barefoot in the grass and see how good you feel.
- Soak it up. Swim in the ocean or mineral hot springs to absorb the healing energies. Water is a particularly effective conduit, and the dissolved salts and minerals will supercharge you for sure.

LIGHT

- Avoid exposure to blue light after dark
- Use orange light bulbs and a blue blocking filter on device screens

SLEEP AND CIRCADIAN RHYTHMS

- Try to live as much as possible in harmony with natural day and night cycles.
- Get outside in the sun (or just outside you get the benefit even on overcast days!).
- Get between 7-8 hours sleep per night.

DIET

- As much as possible eat wild or organic or natural foods.
- If there was one top piece of advice – it would be “avoid processed sugar” – pretty simple, right?

A photograph of two women running outdoors. They are in motion, captured in a side profile. The woman in the foreground is wearing a green long-sleeved shirt and black leggings, with white headphones. The woman behind her is wearing a red and black athletic top and black leggings. They are running on a paved surface next to a large, textured concrete wall. The lighting suggests it's either early morning or late afternoon, with long shadows.

Introduction

I know what it is like to have no energy. I suffered for seven years with chronic fatigue syndrome. For years – literally – I could not get out of bed. My illness was especially challenging because I had been tremendously active, enjoying extreme sports like rock climbing and paragliding. I tried to push through my exhaustion, but eventually my body made that impossible. I lost my job, and I had to move back home with my parents.

I was only 21 years old. I tried every traditional and alternative health modality I could find. My search led me to Peter Fraser, whom together we formulated the map of the human body-field, the body's master control system. Illness and health are based in how energy flows in the body and the information that controls your energy.

When you give the body more energy and the right information, the body's intelligence restores your health. Information imprinted into water, what we now call "Infoceuticals," did what no other modality could. My health was restored and. We ended up creating NES Health, the world leader in energy and informational healthcare. My fascination with energy has never stopped. What simple tricks can powerfully increase energy and performance? In short – how can anyone get supercharged? I found the answer in biohacking.



Harry Massey, Biohacker, Extreme Sports Enthusiast, CEO of NES Health.

SuperCharged Steps

- 1 WATER
- 2 GROUNDING
- 3 TEMPERATURE
- 4 CIRCADIAN RHYTHMS,
LIGHT AND SLEEP
- 5 MOVEMENT
- 6 DIET AND NUTRITION
- 7 HABITS
- 8 OXYGEN





You know you need to drink it – and probably more than you do. You know your body is made up of a whole lot of water. (You may not know that 99 percent of the tissues in your body are made up of water molecules.) You know that H_2O is the chemical formula for water, ice, or steam. You probably think the scientific community has pretty much figured out all there is to know about water. And you would be wrong. Leading-edge research has identified a fourth phase of water.

It is a gel that lines all the cells of your body and essentially turns your body into a battery. The gel fuels your mitochondria – the cell's energy generator – to use as a source of energy. It also stores and transmits information, much like a computer chip. This fourth phase of water, often called "structured water," has the greatest impact on your energy of any single molecule in your body. It is possible to introduce more structure to water by cooling it, by exposure to sunlight, vortexing and adding electrolytes such as in salt solutions. In other words, you can biohack it! Some biohacks you can implement yourself. Others require the help of nature.

Structured Water Biohacks

Boost your energy by drinking "charged" water

- **Just add pressure.** Because the earth's natural processes on water – melting, underground flow, and pressure – create structure, glacial, spring, volcanic, artesian, mineral, and sparkling waters are excellent choices to add structured water. Consider a company's extraction methods and environmental practices when choosing a brand. Water bottled in glass will retain its purity. Water bottled in plastic doesn't fair so well.

- **Research.** Visit 10BestWater.com to learn more about the different types of water and brands. o If you harvest water from rain or a ground source, filter it before drinking to make sure it is clean. A Berkey water filter is designed to purify this kind of water.

- **Chill.** Cool water to about 39 degrees before drinking. Lowering the temperature brings the water closer to the phase between ice and liquid to increase the structure.

- **Do the twist.** Pour water into a glass cylindrical container and stir it with a spoon to create a vortex. The mechanical action increases structure.

- **Get specific.** Information structured water solutions called Infoceuticals can deliver precise healing information to your cells. Infoceuticals are a 21st -century advancement on the theory of homeopathy. The appropriate remedy, mixed in water before drinking, charges the water with the correcting information.

- **Soak it up!** Because light increases water's structure, exposing your body to sunlight builds the charge in your cells. Infrared light will work, too. And you can add structure to your drinking water by exposing it to sunlight.

- **Squeeze it.** Juicing puts pressure on the plant cells which contain 4th phase water, so it creates structure in the resulting liquid.

- **Go negative.** Because structured water bears a negative charge, adding more will crank up your body battery's power. Antioxidants work because they maintain a negative charge.

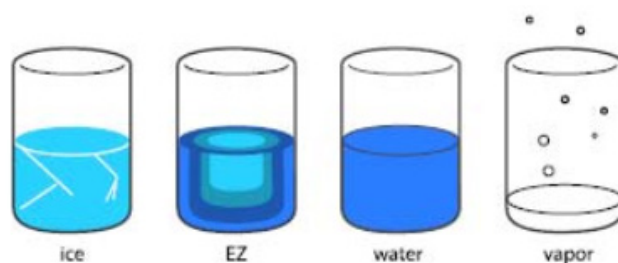
Excellent sources of antioxidants include fruits and veggies. (Juice them to increase the structured water content!) Also, the earth holds a net negative charge that is greater than the body.

When you connect your body to that negatively charged supply, you boost the negative charge in the gel lining your cells. So walk barefoot in the grass and catch some sun on the beach.

(It's another way to double up on cell structure production.) You can learn more about this in the Grounding module.

Why It Works

Gerald Pollack, Ph.D., a professor of bioengineering at the University of Washington, is at the forefront of the research on the fourth phase of water. He has found that, in addition to liquid, ice, and steam, water can also form itself into a fourth phase: a liquidcrystalline, or gel-like, structure, consisting of stacked hexagonal layers with oxygen and hydrogen in a 2:3 ratio. Its chemical formula is H_3O_2 . We will call it "structured" water because the molecules are ordered, not randomly dispersed.

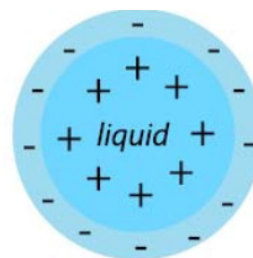


Principle 1 : Water Has Four Phases

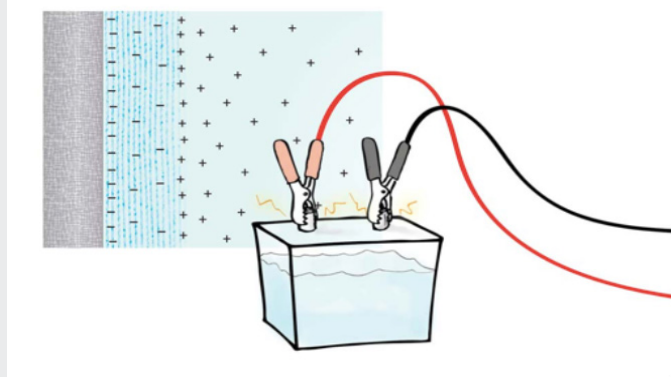
This gel forms at the point where water touches a water-loving (hydrophilic) surface like a cell membrane.

The gel appears to line the membrane, separating it from the rest of the liquid inside the cell. This gel, also called "structured" water, can convert heat and light into a source of electrons.

The gel is negatively charged while the liquid in the middle is positively charged. These opposing charges give the cells the potential to store and produce energy.



Because it stores energy, the gel lining the cells essentially turns your body into a battery, in effect. Think about it: because a hydrophilic membrane encases each of your body's cells, water touching the membrane turns into the negatively charged gel, which reacts to the positively charged liquid in the middle. Trillions of cells lined by this charged gel produce your body's energy!



The Water Battery

This gel – the structured water in the cells – can receive and hold information. This is good news because we can “inform” the cells with energy from various sources – food, sunlight, heat, the earth, and unique constituents called Infoceuticals. Infoceuticals are energetic remedies that have been imprinted with bio-information to pinpoint and correct distortions in your body-field directly.

Structured water is a relatively new area of study, and we are still learning about it. Some research suggests that structured water that hasn't been treated with chemicals may hold more energy. And if we impact the gel with “bad” information, from stuff you ingest that may not be so good for you, it may negatively affect your health. So tap water – water that has been treated with chlorine and other substances, that is loaded with fluoride – may not be the best to drink.

So there are two ways to benefit from structured water by positively impacting the gel in your cells and from drinking structured water itself.

There are new breed of liquid energetic remedies with information ‘imprinted’ or ‘encoded’ in water called Infoceuticals. Infoceuticals actually change the environment of your cells, turning on a positive epigenetic expression so that your body makes the right growth proteins for repair. These special remedies, based in the new health science of bioenergetic medicine, charge the water body-battery with the precise energies you may be missing.

A simple scan reads the information in your body to detect any correctible deficiencies in your body-field. A recommended remedy is placed in water, increasing the structure of the water itself and delivering the necessary information to directly impacting the cell's gel.

For more information on Infoceuticals – energized, structured water remedies, and to get your Bioenergetics scan – login to www.getsupercharged.com and book your free Get SuperCharged coaching session now.



2 GROUNDING

What if you could “plug in” to the energy of the earth and power your body with it? For eons, humans did just that. By walking and sleeping on the ground, they charged up their bodies, reset their circadian rhythms, and restored energy-depleting imbalances.

Today we practically swim in a sea of electromagnetic pollution from computers, ubiquitous wireless routers, cell phones and cellular towers, electrical power lines, and more. Your body is electrical, so this electromagnetic field (EMF) pollution disrupts the communication of your cells and can impact your sleep cycles, your stress level, and even your DNA.¹



The earth is like a giant floating battery that carries a net negative charge. And since our bodies often have too much of a positive charge, thanks in part to heavy use of electronic devices, we can balance ourselves by grounding to the earth. Your feet have some 1,300 nerve endings per square inch. Spend some time walking barefoot in the grass and see how good you feel. The health benefits are many, and they are significant

Grounding Biohacks

Recharge your body battery with earth energy

- **Bare your sole.** Take off your shoes and socks, and walk barefoot for at least 20 minutes. Chinese medicine identifies a point near the ball of the foot that absorbs the earth's energy. In acupuncture, this point connects with the urinary bladder meridian and most of the body's major organs.²

- **Ditch the beach chair.** When you sun with your body directly in contact with the sand, you make contact to soak up that earth energy. Push the towel aside, too. You want skin contact with the sand and sea.ture.

- **Soak it up.** Swim in the ocean or mineral hot springs to absorb the healing energies. Water is a particularly effective conduit, and the dissolved salts and minerals will supercharge you for sure. You can also add food-grade hydrogen peroxide to your bath.

- **Party on the patio.** Concrete is an excellent transmitter of negative earth energies, as long as it is in direct contact with the ground (no moisture lining as a barrier) and is not painted or stained. When you relax on your porch, kick off your shoes and dance the night away.

- **Drink up.** Be sure you are getting enough water. A hydrated body is a better conductor of the earth's energy.

- **Steam away.** Highly ionized oxygen, offers a rich source of electrons and a highly negative charge. Charge the body by getting in a steam tent and infusing it with ozone for a boost of energy. Do not directly breathe Ozone – the ozone is absorbed through your skin.

- **Plug in.** The Earthing Institute has developed unique grounding products that access the grounding in your house through that little third hole in the electrical outlets. Now you can recharge your body battery while you sleep, work, and even practice yoga – without getting all scratchy from lying in the grass. Earthing.com.

- **DIY.** Ground yourself with some 20-gauge wire attached to a ground rod. Wrap the wire around your ankle, stick the rod in the ground, and try not to go anywhere. Pretend you're a Dog.

Why It Works

Grounding, or "earthing" as many call it, requires your bare skin to be in direct contact with the earth. The skin-to-ground contact restores a negative charge to the body that seems to stabilize it, bringing it back to its natural electrical state. Research shows that the body absorbs negatively charged free electrons to balance out the dominance of positive electrons. In plain terms, this means the body can regulate itself and heal more efficiently.

The Earthing Institute cites nearly two dozen studies on the health effects of grounding, including improvements in inflammation, stress and cortisol levels, mood, thyroid hormone levels, diabetes, circulation and oxygen uptake, and wound healing.

Even mainstream science attests to the effectiveness of grounding. Consider this from the Journal of Environmental and Public Health: "Emerging evidence shows that contact with the Earth—whether being outside barefoot or indoors connected to grounded conductive systems—may be a simple, natural, and yet profoundly effective environmental strategy against chronic stress, ANS dysfunction, inflammation, pain, poor sleep, disturbed HRV, hypercoagulable blood, and many common health disorders, including cardiovascular disease."³

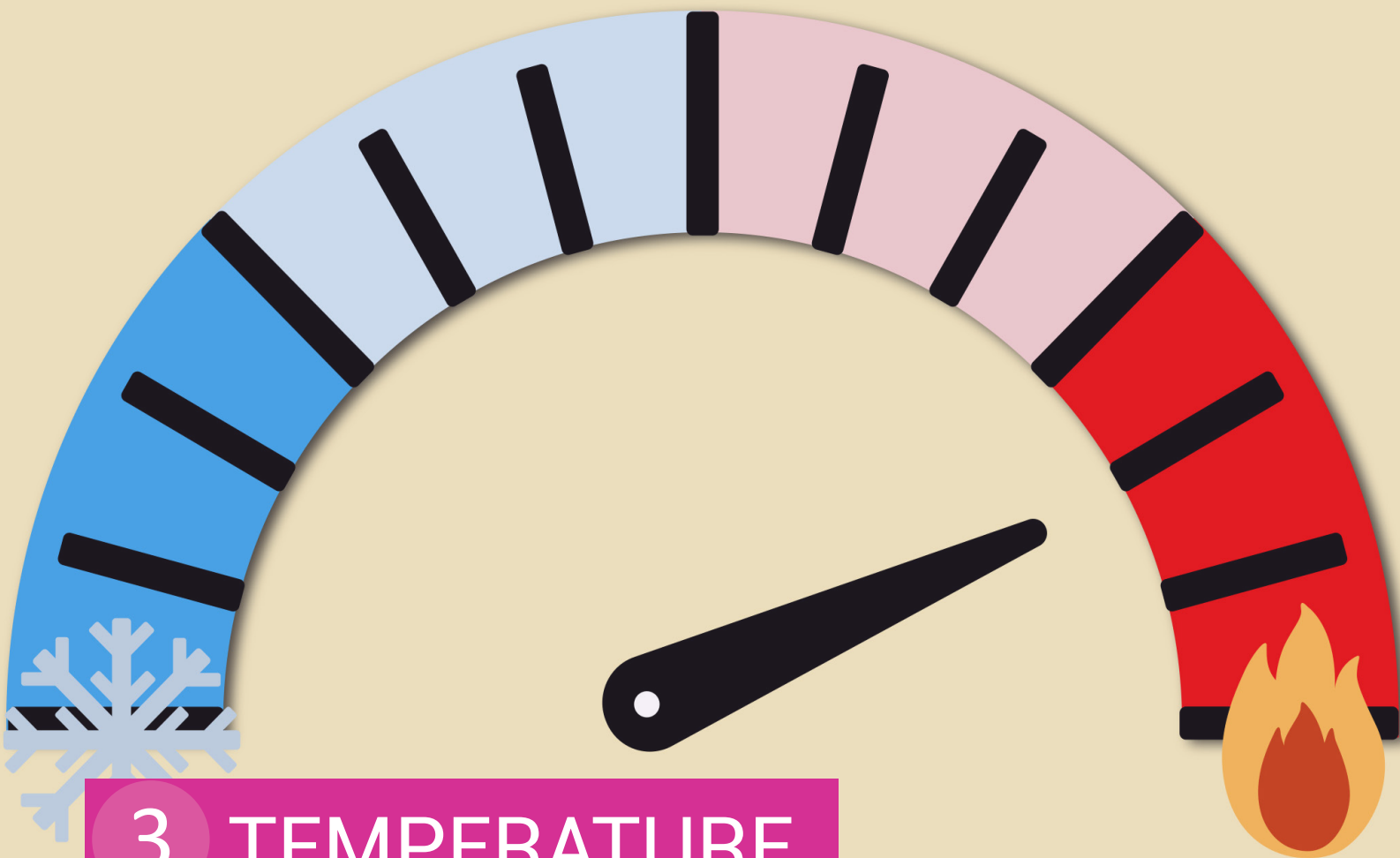


Why is this important? The negative charge from the ground neutralizes free radicals. Too many free radicals damage tissues and cause chronic inflammation.

Inflammation is the body's attempt to protect and heal itself. Acute inflammation is good. Chronic inflammation is not. Chronic inflammation can last for years. Chronic inflammation is the basis for just about everything that can go wrong with your body.

Grounding or earthing also speeds recovery from "Delayed Onset Muscle Soreness," the a fancy term for working out too much. A study found that those who were grounded perceived much less pain, evidenced by a muted white blood cell response indicating reduced inflammation.

Bioenergetic medicine is the new health science of information and energy in living organisms. A simple scan can reveal the overall charge of your body. A body-field scan from NES Health can indicate the need for grounding and more negative charge. A simple remedy, called an "Infoceutical," taken in water over several days can enhance your body's use of electrons through grounding.



3 TEMPERATURE

Cold thermogenesis is a tremendous long-term energy-booster. Fans find it can ease chronic pain, reduce stress, ease insomnia, improve skin conditions, boost the immune response, and improve athletic performance. Many have experienced relief from stress and depression. Others say it eases arthritis and even multiple sclerosis.¹

Biohackers sink into the deep freeze – even if only dunking face-deep – because it can accelerate metabolism and build the good fat that burns the bad fat. They also sleep better, feel better, and have more energy. And that's the whole point, right?

Extreme Cold Biohacks

Boost your energy with these CT practices

Cold thermogenesis is not for rookies. First, be sure your doctor approves of the practice. Next, take each step in order – build up to a greater exposure so your body can handle the cold. You really can get hurt if your first attempt is submerging your body in a tub of ice. Plan a session for first thing in the morning or right after dinner. Load up on healthy fat and protein before the session. Follow the meal with between 16 and 32 ounces of ice water. You want to begin to acclimate your body to the cold from the inside.

- **Plug in.** Face dunking is the ideal introduction to CT. Remove anything that might be on your skin, like makeup. Fill a large mixing bowl halfway with ice, then water. Get the temperature to between 50 and 55 degrees Fahrenheit. (Use a thermometer – don't guess!) Dunk your face in the water, and hold it there for as long as you can. Time yourself. You may only last a few seconds. That's okay! You will be able to build up over time. Record your time. Take your temperature with a skin thermometer. You don't want the temperature of your face to drop below 55°F. Rest a minute, then dunk again. Try to increase the time you can hold your face in the cold water.

- **Get the cold shoulder.** Cold showers might not sound like the ideal way to start the day – but some find it easier and more practical than face dunking. Try switching the cold on for a few seconds and then back to warm – and gradually build up the length of time in the cold until you can go for a few minutes. Again – you don't want to over do and drop your core temperature – so monitor yourself and go for a slight change in the tone and color of the skin and the initiation of the shiver reflex.

- **Dress for success.** You can purchase special cooling vests and pants to help chill your body. They may boost your metabolism and burn more calories. Check out CoolFatBurner.com for apparel and decide for yourself.

- **Cold water swimming.** If you are lucky enough to live near the ocean, lake or river – one of the best and most enjoyable ways of getting cold is by swimming in these natural bodies of water. There are multiple potential biohacks here – you are grounding by having your bare feet on the wet ground, you are getting beneficial light from the sun (even on cloudy days), you are surrounded by energized structured water and (in most areas) getting some good cold exposure. A great reason if you ever needed one to take that vacation by the sea!

- **High-Intensity CT Biohacking.** Some extreme CT biohackers put on a compression shirt and then lay on the floor with bags of ice on the torso. Others dump bags of ice in tubs filled with water and climb in. Unless you know what you are doing, you can suffer from burns and inflammation of the skin and even hypothermia. (Symptoms of hypothermia include dizziness, nausea, confusion, difficulty speaking or slurred speech, and an unusually fast or slow pulse. Not good.)

Why It Works

Cold Thermogenesis (CT) is a biological process in which you use cold to produce heat within the body. CT works by activating brown adipose tissue (BAT). (BAT) is a unique kind of fat that can generate heat by burning the regular white fat (adipose tissue) located primarily in your neck, upper back, sternum, and collarbones. Exposing yourself to cold temperatures leads to an increase in BAT energy production, a faster metabolism, and weight loss. Simply put: When you get cold enough, the brown fat begins to burn calories from either glucose or fat. So you lose weight.

Adiponectin is a hormone released during cold exposure that breaks down fat and shuttles glucose into muscles (which can lower blood sugar). This has a muscle repair effect and so enhances recovery.

In addition cold exposure has been proven to enhance the immune system by inducing an increase in white blood cell count and activity. An evolutionary adaption for the harder life of frozen months – and perhaps why cold exposure is also associated with greater cell longevity. All in all – cold thermogenesis seems to be something worth looking into if you are serious about SuperCharging your health.

And Some Like It Hot...

Heat has always been a deeply healing therapy. Native Americans traditionally – and still – practice the ceremony of the sweat lodge to cleanse and heal the body. Hot springs and saunas are valued for their energizing and cleansing properties. Sweating can also facilitate wound healing.

Heat Biohacks

Boost your energy with these CT practices

- **Try a modern sweat lodge.** Saunas are an obvious way to increase the heat. They may be better than a steam room or wet heat because you can stay in them longer. Even better is an infrared sauna. Far infrared heat is the same as the heat from the sun. It easily penetrates human tissue 1.5 inches deep to impact the gel lining each of your cells. Because an infrared sauna heats you instead of the air, it can be used at a lower, more comfortable temperature, and you will use it longer. As a bonus, an infrared sauna can burn up to 600 calories in half an hour!²
- **Double up.** A steam sauna with ozone combines infrared heat with negative ozone. Be sure to use a sauna that leaves your head free to keep the ozone from irritating your lungs.
- **Warm up your down dog.** Hot yoga will also accelerate the power charging the gel in your cells. Be sure to hydrate before and after your class. And monitor your body during the practice. Instructors often caution first-time students that just being able to stay in the room – in child's pose or savasana – is good enough for the first few classes.

Why It Works

The healing and energizing function of heat is supported by the concept of structured water. This fourth phase of water – between liquid and ice – is a gel with a negative charge. Heat amplifies this gel, increasing the negative charge and strengthening the body's capacity to serve essentially as a battery.

Your veins and arteries act like little tubes for the flow of blood, which is 90% water. So by exposing your body to heat and drinking more water, you can maximize the structured water in own cells. This may enhance your body's circulatory system, increase cell longevity, and improve your overall health.



4

CIRCADIAN RHYTHMS, LIGHT AND SLEEP

Sleep is critical to optimal health, daily functioning, and mental well being. You know that. And you know you probably need more sleep than you get. When you sleep, your body heals. It's like putting gas back in the vehicle. The body reboots its energy storage and repairs itself.

Bragging about how little sleep you get is so-last-century. These days, only US presidents brag about sleeping 5 hours or less every night. Unless you want to get gray hair faster (and stress, weight gain, diabetes, heart disease, depression...) shoot for at least 7 hours of sleep. You need it!

Your eyes may have the strongest influence on good sleep. Your circadian rhythm is an internal 24-hour clock that is set by light. When the eye senses light or darkness, it signals the brain to release various chemicals. These chemicals establish sleep patterns. If the eye senses light, no matter the time of day, it tells the brain it's time to wake up. In this non-stop, 24/7 world, we all need a few biohacks to improve our sleep at night for nonstop energy during the day.

Sleep Biohacks

Optimize your performance and your health with these sleep tools

- **Bring on the blue day!** Sunlight has a blue frequency that stimulates wakefulness. Most indoor lighting lacks this energizing blue wavelength. Getting just 15 minutes of sunlight when you awake can boost your mood. Move your desk next to a window for more full spectrum sunlight. Avoid sunglasses that block blue spectrum light. Install LED or full spectrum lighting indoors for daytime use.

- **Block the blue at night.** That blue light frequency stops your body's production of melatonin, making it harder to fall asleep. Install red lights to fixtures in rooms where you spend your evening, including the bedroom. Red light has the least influence on shifting your circadian rhythms and may even kick-start melatonin production. If red lights in your living room seem like overkill, look for GE Align™ light bulbs that have been designed to promote the body's natural sleep cycle. They come in bulbs for daytime and for evening use. GE says the GE Align PM bulbs produce an amber light and do not disrupt sleep circadian rhythm.¹ You can buy them on Amazon. And install black-out curtains in your bedroom. Even the smallest amount of light – from a streetlight or a full moon – can alter your sleep.

- **Go hybrid.** If you don't want to install separate bulbs for daytime and evening, check out the Philips Hue system. A handy app lets you set it for bright, energizing light during the day and subdued, sleep-enhancing lighting in the evening.²

- **Step away from the screens.** Avoid looking at higher-luminance displays two to three hours before bedtime. Try reading a book before bed. If an old-fashioned paper book is unreasonable, at least use an e-reader that is not backlit.

- **Cover up.** If you can't give up your device at sunset, consider a filter for your screen. Check out LowBlueLights.com for your tablet. Or install an app to alter the blue light output of your device; many may be set to kick in at a certain time of day. Check out flux for your computer and Twilight for your Android phone. Also see if your smartphone has such a function already installed – newer iPhones do.

- **Fly right.** Put your phone on "airplane mode" if you sleep with it by your bed. You will avoid EMF contamination – not to mention incoming calls and messages from nocturnal acquaintances.³

- **Grab some glasses.** If you can't unplug in the evening, grab some glasses to wear when gaming, watching television, or using your electronic device. Search online for "blue blocker glasses" to find a huge selection. Consumer Reports found the orange-tinted Uvex Skyper safety eyewear, just \$8, cut out almost all blue light.⁴

Want a cooler look? Crizal Prevencia and Blue Tech make lenses that block blue light and glare for everyday or for use when you work on the computer. And there's a bonus: these lenses may be protective, writes Diana L. Shechtman, OD, FAAO. Lenses designed to provide optimum vision, protect against ultraviolet light, and selectively block the narrow band of blue violet could benefit your long term eye health, including a reduction in age-related macular degeneration.

- **Chill.** A cold shower before bedtime will accelerate the body's natural inclination to cool down for a sweeter slumber. Turn the thermostat to between 67 and 69 degrees. If you balk at paying for that much air conditioning in the summer, look for a cooling mattress pad. The deluxe version is a ChiliPad with a temperature control system for two.

- **Ditch the munchies.** Avoid late-night snacks, which may raise your blood sugar and delay sleep. Then, when your blood sugar drops, you may find yourself wide-awake. Also eating carbohydrates signals to the body that it's day, confusing your natural rhythms. Instead, enjoy a small meal at dinnertime and include some healthful carbs like quinoa to calm the body and ready it for sleep.

- **Enjoy a nighttime toddy.** (No, not wine!) Magnesium citrate is an essential bedtime tonic. It acts as a mild sedative to help you fall asleep, it increases your deep sleep, and it lowers your nocturnal cortisol levels. Chamomile tea is an age-old favorite, too.

Why It Works

Sleep may be more important than even most health experts realize. A lack of sleep can negatively impact the immune system. It disrupts the production of cortisol and growth hormones. It decreases leptin and increases ghrelin, two hormones that influence appetite. This imbalance may lead to overeating, weight gain, and a predisposition to diabetes.⁵

Before we explore this phenomenon we generally experience in darkness, first let's understand the critical influence on the human body of light.



Circadian Rhythms and the Power of Light

Your body has a master clock. It is called the suprachiasmatic nucleus, and it sits in the hypothalamus where the two optic nerves cross behind your eyes. The SCN uses the timing of light and dark to direct your body's many physiological processes. A set of cells in the retina of the eye, the intrinsically photosensitive retinal ganglion cells, also seem to influence the human body's master clock.⁶

This internal timekeeper controls your body's circadian rhythms: it directs your sleep, metabolism, and body temperature. It regulates cortisol, melatonin, and other hormone levels. Your circadian rhythms promote sleep at night and alertness during the day. In short, your circadian rhythm helps you live in harmony with both day and night cycles. If you alter the input of light to this internal clock, you may have trouble sleeping.⁷

Light offers one of the strongest influences on your body's circadian rhythms. The type of light and when your brain receives light is critical to great sleep. Melatonin is a hormone that helps to regulate the sleep cycle. It is secreted by the pineal gland at night. Morning sunlight helps us wake up. The blue light in daylight blocks the production of melatonin.

One of the reasons sunlight is so good for our health, including mood, is the full spectrum of light it delivers. Incandescent light bulbs do not include the full spectrum frequency; neither do traditional fluorescent lights that are commonly used in office buildings. A special "full-spectrum" light bulb can ease feelings of sleepiness, nervousness, and irritability. Even energy-efficient LED light bulbs produce more blue light than traditional lighting.

One of the reasons sunlight is so good for our health, including mood, is the full spectrum of light it delivers. Incandescent light bulbs do not include the full spectrum frequency; neither do traditional fluorescent lights that are commonly used in office buildings. A special "full-spectrum" light bulb can ease feelings of sleepiness, nervousness, and irritability. Even energy-efficient LED light bulbs produce more blue light than traditional lighting. The blue wavelengths in LED and full-spectrum bulbs come closer to resembling sunlight, and they help to suppress melatonin and raise serotonin.

A study by Harvard researchers compared the effects of blue light to green light. They found that blue light suppresses melatonin for about twice as long – and shifted circadian rhythms by twice as much!⁸ Blue light also spurs cognitive function and raises levels of alertness to those we are accustomed to experiencing during daylight hours.⁹

But when the sun goes down, so do the blue wavelengths – unless we keep exposing ourselves to the blue frequency in artificial lights. A constant exposure to blue light inhibits the proper function of circadian rhythms and sleep.

Because artificial light at night interferes with the body's production of melatonin and raises alertness, it becomes harder to fall asleep. This includes the light coming from your television, your computer, tablet, e-book¹⁰, and smartphone. Looking at these devices after the sun goes down – when your body thinks it should be dark – can negatively influence your circadian rhythms.

Michael J. Breus, a psychologist with a specialty in clinical sleep disorders, suggests honoring what he calls your "sleep window." Your circadian rhythms, directed by that master timekeeper, or SCN, kick in to make you sleepy. Your sleep window is open. But if you push through it – if you're not in bed and ready for sleep – you trigger your nervous system. Now you're wide-awake again, and sleep is elusive. Observing a regular bedtime will adjust your sleep window to the time you want to go to sleep, assuring a sound night's sleep.¹¹

Bioenergetic medicine is the new health science of information and energy in living organisms. A simple scan can reveal how effectively your body is benefiting from sleep and if the body-field has any correctible deficiencies. Special remedies, called "Infoceuticals," can assist the body-field to help you feel energized and to support healing and repair while sleeping.

Healing the inside out

Fritz-Albert Popp is a German biophysicist fascinated with light. He is known for his work in "biophotons": light used by all biological organisms, including the cells of the human body. Biophotons may control all the body's biochemical reactions, particularly the ability to heal.¹²

Popp's work reveals a fascinating connection between light and health. Cells repair damage by ultraviolet rays through a process called photo-repair. Popp suggested that to conduct photo-repair, cells actually emit light. So, not only do our cells absorb light; they also produce light! Popp then discovered that there is one wavelength at which the cellular photo-repair process works best: 380 nanometers.

Popp also discovered that carcinogenic compounds change the light used by cells, jumbling the frequency before the cell can emit the light that repairs itself. At what frequency did these cancer-causing compounds scramble the light? 380 nanometers.

Can you see the connection between light and cellular health? Special substances called "Infoceuticals" can deliver precise information to the cells that supports them in regulating light and repairing any damage.



5 MOVEMENT

Regular exercise delivers more energy. Period. And you get a bonus if you do it first thing in the morning. Why? Exercise floods the body with oxygen. It helps you to think more clearly, preparing you for whatever the day throws your way. And it primes your mental attitude to make healthy choices throughout the day.

Movement of any kind works. Biohackers like to say that sitting is the new smoking. If you, like most of us, have a deskbound lifestyle, you will have less energy. Find opportunities to move every hour or so: step away from your desk to stretch and take a walk or do some jumping jacks.

Movement Biohacks

Tap into the original human energy generator.

- **Take a walk** Some celebrity fitness buffs and trend-conscious media have tried to declaim the benefits of time-honored steady-state cardiovascular exercise. Don't buy it. Fit and energetic people have been swimming, jogging, and brisk walking since, well, forever. Aim for around 30 minutes walking or swimming a day. If you go outdoors, you can soak up a bonus of direct sunlight to supercharge your body battery.
- **Lift your body.** Sure, you can lift weights. But since you are carrying around at least a hundred pounds all the time, why not put that ever-present weight to work? Abel James (AKA Fat Burning Man) recommends moving like our ancestors – lifting heavy object in a natural environment, climbing trees and lifting your body weight with pushups, pull-ups, squats, and planks. Embrace your inner child and go wild in the park!

- **On again, off again.** High-intensity interval training (HIIT) swaps intense bursts of activity with less-intense activity or even complete rest. (HIIT is a fancy term for sprints!) For example, you run as fast as you can for one minute and then walk for two minutes to slow your heart rate. Repeat the three-minute cycle four or five times. What other workout can give you as much benefit in just 15 minutes? And you can do on your favorite machine at the gym, too.

- **Slow it down.** Take a hike. Go for a bike ride. Play a round of golf. Garden. Do it every day. Move your body frequently, aiming for a low-to mid-range heart rate. This is what your body was built for.

- **Bounce a lot.** Rebounding involves bouncing up and down on a mini-trampoline. NASA has done research on rebounding and found that it is 68 percent more effective for cardiovascular health and fat burning than running! Rebounding tones, conditions, strengthens, and exercises every cell in your entire body in as little as 15 minutes per day.

- **Be sure to play.** Swim. Surf. Ski. Practice yoga. Play soccer with some buddies. Hike. Toss the ball with your kids. Move your body. Have fun. Isn't that the reason you're doing all this?

Why It Works

Research has shown that people who exercise consistently have more energy and less fatigue. Exercise protects us from disease by reducing chronic inflammation and oxidative damage. That reduces your chance of developing heart disease – a good thing!

Cardiovascular exercise will increase your energy and sharpen your focus. It has been scientifically validated to improve your cognitive function and working memory. Cardio increases a compound called brain-derived neurotrophic factor, which supports the growth of neurons and neural connections.

That increases the energy of your brain. Cardio also improves your body's overall ability to function, and it maximizes your athletic performance. Twenty to 60 minutes of steady-state aerobic exercise, three to five times a week, will do it. Low-level aerobic activity will support your metabolism and help you maintain your weight. It can tone your muscles and support your joints and the connective tissue. It lowers systemic inflammation (very important!) and other degenerative diseases, and it reduces stress. It's the happy pill!

Research shows you can achieve more progress in just fifteen minutes of interval training done three times a week than jogging on a treadmill for an hour. The intense exertion increases metabolism, and you continue to burn fat for 24 hours afterwards.¹ Izumi Tabata proved that high-intensity intermittent training improves both anaerobic (intensity and muscle building) and aerobic (slower, oxygen consuming) body systems, while aerobic exercise only improves aerobic systems.

A "Tabata" session consists of twenty seconds of maximum (think extreme!) output on a recumbent or stationary bike, versaclimber, rowing machine, or elliptical trainer, followed by ten seconds of rest, repeated eight times without pause for a total of four minutes. And you're done! (If you do your Tabata session right, you may not be able to complete eight intervals. That's how hard you have to work.)

Rebounding is a more efficient way to exercise your body because it applies weight and movement to every cell. And remember that every one of those cells is powered by structured water. It's very likely that rebounding is so effective because the movement powers the gel lining the cell and increases its power-generating force. That equals more energy.

Dr. James Levine, who invented the treadmill desk, said, "Sitting is more dangerous than smoking, kills more people than HIV and is more treacherous than parachuting. We are sitting ourselves to death."

Research backs him up. Prolonged sitting leads to an increase in diseases like cancer, heart disease, and type 2 diabetes. Sadly, it seems the effects of long-term sitting are not reversed by exercise. We just have to get up and move!



6 DIET AND NUTRITION

Science is continually changing and updating its understanding of how food supports the body. Once upon a time, whole grains were all the rage; now healthful fats are dominating the nutrition conversation. Friendships can be challenged as committed carnivores and devoted vegans face off at the dinner table.

When it comes to food, there is no such thing as the perfect diet. In fact, every body is different; yours will respond uniquely to the fuel you give it, and it may have different demands depending on what it needs at the time. Every person is different; you come with a unique upbringing and cultural influence that impacts your food choices.

Every nutrition expert is different; some swear by a plant-based diet while others proclaim that the body thrives on some meat every day. These biohacks will serve you regardless of the demands your body requires – and desires – at the dinner table.

Nutrition Biohacks

Simple dietary shifts can boost the energy in every body.

- **Get smart.** Start at the top - invest in your brain health. DHA (docosahexaenoic acid) is a long-chain omega-3 fatty acid in the cell membranes of the brain, retina, and nervous system. Adequate levels may reduce the progression of Alzheimer's disease. Fatty fish, particularly salmon and sardines, have traditionally provided the surest source of DHA. Consider supplementing with fish oil if you don't eat fish several times a week. If you are vegan, there are algae-based DHA supplements you can try.

- **Go fish.** Humans through the ages evolved near the ocean. This makes our bodies disposed to eating lots of fish. Eating fish twice weekly may reduce the risk of a whole slew of bad stuff, from heart disease, lung cancer, and type 2 diabetes to metabolic disorders, inflammation, and oxidative stress. If you worry about mercury contamination, look to The Monterey Bay Aquarium's recommended list of seafood at SeafoodWatch.org. These fish tend to be free of industrial pollutants like mercury and dioxins and contain the highest levels of healthy omega-3 fatty acids. By the way, there's an app for that!

- **Clean it up.** Eat organic as much as you can. The closer your food is to its original state – unprocessed, no pesticides, fewer heavy metals – and the more local it is, the more nutrients it will have. Avoid genetically modified food, especially corn, canola, and soy, if for no other reason than to be pretty sure the food hasn't been sprayed with Roundup.

- **Eat "designer" meat.** Cows are designed to eat grass. Pigs are designed to forage. Chickens are meant to get protein from bugs and stuff. Meat from grass-fed animals has a better fatty acid composition and contains more antioxidants. Eating meat from animals grown on a feedlot or in a cage will not fuel your body properly and may hurt your heart. This is what gives meat a bad name. Find a farmer who raises livestock right and get to know her.

- **Crank up the collagen.** There is a reason your Jewish grandmother pushed the chicken soup when you were sick. The broth, made from chicken bones, is a "soup-er" source of collagen and other bioavailable nutrients. And you don't have to be sick to benefit. Bone broth is an impressive energy booster. It supports healthy skin, hair, nails, teeth, and joints. It may reduce chronic inflammation, improve your sleep, and protect your cells. Bone broth may be made from the bones and skin of fish and pasture-raised chicken, turkey, beef. Those odd parts like knuckles, feet, joints, necks, heads, and tails (like oxtail) produce the richest collagen.

- **Fight back.** Many plants defend themselves with "anti-nutrients": compounds that protect the plant from enemies like bacteria, molds, pests... and us. To make sure your body can absorb all the nutrition available in a nut, a seed, or meat, you want to prepare it properly. This involves soaking nuts, sprouting seeds, and marinating meats. For example, when you soak almonds and other nuts, you release enzyme inhibitors so your body can digest it fully. Rinse quinoa before cooking to wash off the bitter saponin coating. Marinating meat – particularly pork – in an acidic medium may reduce inflammation and make nutrients more available to the body.¹

- **Incredible edible eggs.** You can't go wrong eating an egg. Fear not about too much cholesterol in the yolk. It's not true. In fact, all the nutrients are in the yolk, so skip those tasteless egg-white omelets deemed a "healthy" choice at the pancake restaurant. Look for eggs from pastured hens. Those chicks get to eat bugs like they are supposed to.

- **Go against the grain.** People who eat whole grains may be healthier because they have better life-style habits – not because they eat more whole grains. Wholegrain cereals by themselves do not lower the levels of inflammatory markers or improve insulin sensitivity. There is more evidence for the health benefits of eating vegetables than for eating cereals. If you long for the comfort of a grain, go for quinoa, millet, amaranth, teff, and buckwheat. (They are actually seeds.) If you enjoy them at your evening meal, you may sleep better.

- **Fatten up.** The much-maligned butter and coconut oil are back in the spotlight. It seems unscrupulous marketing and bad science led us to believe that fat makes you fat and hurts your heart. Now we know better. You need to eat some fat with your salad if you want to absorb the fat-soluble nutrients. Fish and fish liver oil will help you get that all-important DHA. Make sure your butter is from grass-fed cows. Cook with avocado oil, which can withstand high heat. Macadamia and hemp oils are loaded with healthful omega-3s. Be picky about your olive oil. Much of it is adulterated and/or rancid. Find an olive farm you trust or follow Tom Mueller's blog at TruthInOliveOil.com.

• **Skip a meal.** (Or three) Intermittent fasting is an amazing energy booster. And there are lots of ways to try it. Suffering is not required. **1:** You can eat normally for five days; then for two eat very little or nothing. **2:** If you eat dinner at six and skip breakfast the next day, you will have fasted for 18 hours by the time you eat lunch at noon. **3:** You can limit the time you eat to 6 or 8 hours in the day.²

• **Drink your dinner.** Juicing squeezes all the nutrients from the fruit or vegetable, so your body absorbs more of the good stuff. You can quickly consume your daily 5 to 9 servings of fruits and vegetables when it's in juice. And you may be more inclined to vary the vegetables you eat, juicing those you might not normally eat in their whole form.

• **Power up with magnesium.** Too little magnesium can really slow you down, making you feel tired and lethargic. A deficiency can also contribute to muscle cramps.³ Magnesium makes sure calcium gets to your bones, where it belongs. Excess calcium from supplements and dairy foods may accumulate in cells, tissues and organs, a phenomenon called "ectopic calcification." In fact, osteoporosis and tooth decay may be a result of too little magnesium and too much calcium! Magnesium deficiencies can result in a range of ailments, from anxiety to thyroid disorders. If you take magnesium at night, you will sleep sweetly.⁴

• **Clean up your coffee.** It seems that, after oil, coffee is the world's most actively traded commodity. Because there is so much demand for this consumable "black gold," producers try to maximize yield with pesticides. You want to purchase a single origin, water-washed coffee that has been grown at high altitudes. Make it organic to sidestep pesticides and mold. A tablespoon each of grass-fed butter and MCT oil or cold-pressed coconut oil will boost the brew with energy and brainpower.

• **Give it some sole!** Electrolytes are essential in maintaining charge in the body. The main electrolytes in the body are sodium, chloride, potassium and magnesium. All of these electrolytes become either positively or negatively charged ions when dissolved in the blood and plasma. The presence of these ions has a two-fold effect. **Firstly** they create a charge on cell membranes, so helping to increase the structured water layer.

Secondly - they create structure in the water around them – also increasing the amount of structured water in the cells – and so the energy potential available to the cell.

To increase your electrolytes you can drink sole (salt water). Himalayan Sea Salt is an electrolyte and contains essential trace minerals. You can also take a salt solution of potassium or magnesium chloride. The NES Health Infoceuticals are made with all 3 of these mineral salts to increase the energy in the body. You can also take a quarter of a teaspoon of Himalayan or natural sea salt in water first thing in the morning to help balance electrolytes and improve hydration and nerve function.

21st-Century Tools Can Eliminate the Guesswork.

When it comes to choosing the best diet biohacks for your body and incorporating them for ultimate health, please listen to your intuition and honor what your body whispers that it wants. (Not just your taste buds or the holler of that carb craving!) Then test it to see if the biohack works. We may not know the best biohacks for your physique – but your body does.

And there are some technological tools you can use to go beyond guessing at what your body needs to thrive. One looks to genetics; the other accesses the real-time status of your body-field to evaluate the holistic state of your health, including opportunities for nutritional balance.

Bioenergetics is the new health science of information and energy in living organisms. A simple scan can reveal precisely what your body needs energetically at a particular moment in time by distinguishing distortions and blockages in your body-field's information. It recommends "Infoceuticals," simple remedies that are not unlike homeopathy, but that are much more precise. The scan also recommends nutrition your body needs to rebuild itself. Visit NESHealth.com to learn more about how bioenergetic medicine can take the guesswork out of your nutrition planning.

A man and a woman are jogging on a paved path in a park. The woman is on the left, wearing a light blue tank top and white shorts. The man is on the right, wearing a dark blue t-shirt and dark shorts. They are both smiling and looking towards the camera. The background is filled with lush green trees and foliage.

7 HABITS

It's one thing to know what you want. It's another actually to achieve it. These awesome biohacks will help you create and keep healthy habits!

Habit Biohacks

Get your mental game on to power up your life.

- **First find the “why.”** If you want an extraordinary result, figure out the why before you figure out the how. Stanford psychologist Kelly McGonigal says that a kick-ass inspiring goal requires a bit of navel-gazing. Why do you want to lose weight? To look good in a swimsuit. Why do you want to look good in a swimsuit? To feel great about your body. Why do you want to feel great about your body? To feel great in your body. Why do you want to feel great in your body? To know your body is capable of just about anything you ask of it. You keep asking the question until you reach an answer that feels obvious and significant. The deeper you drive the inquiry, the greater your motivation will entice you to achieve your desire.
- **Buddy up.** Having social support is one of the surest predictors of success. An accountability system – in another person or from an app – can make the difference. If you know your buddy is waiting for you to go to the gym, you'll be there. If you track everything you eat on a web-based app, you are much more likely to maintain your food program. (And you can find online partners to cheer you on!)
- **Double up.** Find a way to have fun while performing a less-than-inspiring task. Listen to a favorite podcast during your morning jog. Call a friend while you cook a healthy dinner at home. Practice yoga poses during the webinar.

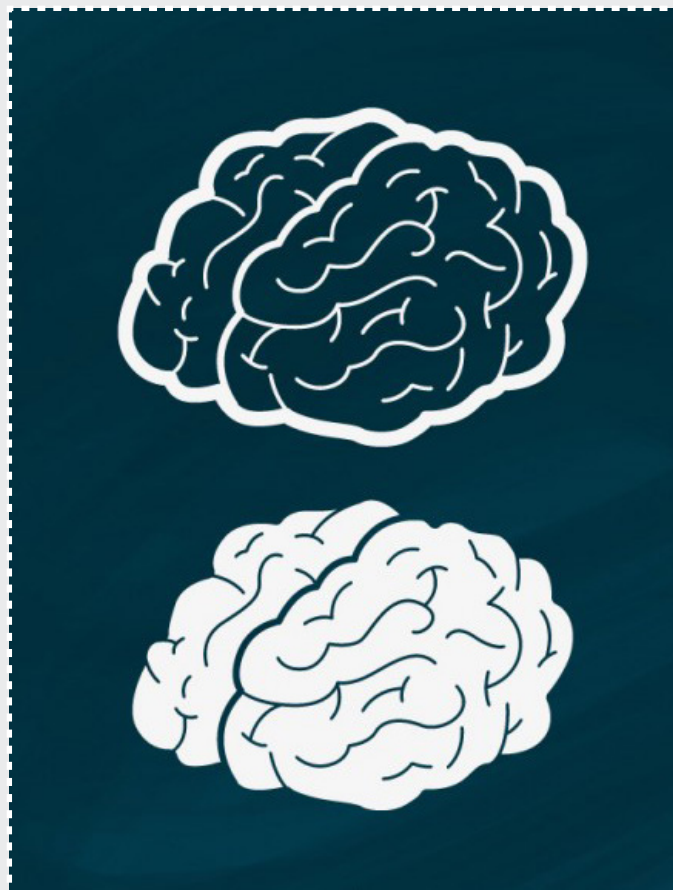
- **Do this first.** The hour after you wake up will set you up for success or failure. Get your workout in. Then, take ten minutes to write down your intentions for the day. Your day will flow more smoothly, you will have more energy when you know what task is up next, and you will get lots more done. If you don't control your day, your day will control you.
- **Be present to be more productive.** When you are not fully present to the activity you have chosen to do, your mind is distracted, your energy is dissipated, and your body is stressed. When you commit to your workout, be present for it. Your body will get more benefits when you do. When you choose to spend time relaxing, allow your body to truly relax.
- **Just show up.** Some call them microhabits. Some call them daily disciplines. Maybe you do one pull-up a day. Save a dollar every day for a vacation. Turn off the computer an hour before bed. Step away from your desk every hour. Little things, simple productive actions taken over and over every day for months and years, add up to extraordinary results. They are non-negotiable. But they are so small and easy to do that you don't have a reason not to do it.

Tools to SuperCharge Your Mindset

This is the "master's program"

These practices may require a suspension of belief while you wait to experience the benefits. They take commitment to integrate into your life. They demand repetition. But they can supercharge your life in ways that some have called life changing.

- **Work out your brain.** Meditation looks easy, but it's not. It is never easy to sit for 20 minutes and simply be with your thoughts. But the science is clear. A daily meditation practice reduces stress, improves your performance, and grows your creativity. Most of all, meditation helps you become more present, and it increases your "flow" state. That's the best place to be! Choosing a meditation practice may be the most challenging. Saying you meditate is like saying you play sports. There are as many meditation practices as there are sports. You can start by watching your breath. Don't worry about the thoughts that flit across your mind. Or you can repeat a favorite phrase, called a mantra.



- **Little details create significant results.** As any athlete can tell you, visualization may be the most effective manifestation tool in the box. Picturing success before you achieve it will create your reality. You will recognize what you want when you see it. And you will be ready for it when it shows up. For big goals, spend about ten or fifteen minutes visualizing each one. What will it take to reach the goal? How will you overcome obstacles? How can you create a vision more empowering than any setbacks? Get as detailed as you can. Visualization is also a super practice to create an extraordinary day. After you've planned your day (see Do this first, above), spend five minutes imagining what you want to have happen during the day. As things come up, react accordingly.

- **Count your blessings.** Appreciation is a powerful, energetic force, actively seeking something good, even in tough times. And practicing appreciation makes a more perfect life. Find three things every day to appreciate and write them down. It won't be easy at first; it takes 66 days to entrench a habit. Science has shown that developing a habit of appreciation is can have a tremendously positive impact on your health. In fact, it is the one thing centenarians have in common: they appreciate the ordinary moments of life.¹

- **Find your funny bone.** Life is just too serious for many of us. Finding something that makes you laugh every single day may be the most powerful biohack of all. Laughing lowers your blood pressure and reduces stress. It boosts your immune system. Best of all, a good belly laugh, or even a giggle, releases endorphins and makes you happy!²

- **Scan for success.** A bio-energetics scan can chart your progress in this "Mind Tools Master's Program" and recommend the most productive tools to go deep to boost your mental and physical performance. Will meditation be the most effective practice? Should you start an appreciation journal? Do you have some forgiveness work to do? How can you visualize a positive outcome? A trained practitioner with NES Health can conduct a scan and coach you to successful results.



8 OXYGEN

Oxygen is an essential element of life. Every day, you inhale and exhale some twenty thousand times! Oxygen influences every metabolic process in the body. The cells are aerobic and require oxygen for cellular respiration and growth. If your cells are deprived of oxygen, they can mutate (think: cancer) or die.

Adequate oxygen is critical to optimal energy. Some 90 percent of your energy comes from oxygen; the rest comes from the food and water you consume.

Oxygen also sharpens your mental acuity, promotes healing, strengthens the heart, speeds the body's recovery after exertion, boosts cell metabolism, improves athletic performance, and helps you sleep better!

Managing your intake of oxygen levels and practicing various breathing techniques can deliver phenomenal results in your energy and performance. An increase in oxygen has been shown to enhance physical performance, endurance, and resilience to injury. It also can provide improved mental focus and clarity.

Energy hackers have discovered a range of oxygen-enhancing tools ranging from high-tech equipment that mimics the effect of high-altitude training to various types of exercise, a rediscovery and refinement of ancient breathing techniques practiced by yogis for thousands of years.

Oxygen Energy Hacks

Feel rejuvenated, refreshed, and ready to take on the world.

• **Move It!** The easiest, cheapest, most available oxygen enhancer is wherever you are. Walking, hiking, or bicycling increase oxygenation and remove waste through the lymphatic system. "VO2 max" is the maximum amount of oxygen that you can use during intense exercise. It is considered the best indicator of cardiovascular fitness and aerobic endurance. Theoretically, the more oxygen you can use during high-level exercise, the more ATP (energy) you can produce. You can increase your VO2 max through training – by as much as 20 percent if you are a novice!

• **Climb every mountain.** Hypoxic training, or the practice of limiting oxygen availability while training, can improve performance. Oxygen deprivation increases the body's strength, energy, speed, and endurance. Until recently, training at high altitudes has been an option only for those who could train at nearly 6,000 feet for at least four weeks. Now there are DIY options that require no travel, just some money.

Oxygen deprivation tents use compressed nitrogen gas to reduce the air's oxygen content to below normal levels. Exercising in the tent forces the body to produce more blood cells. When you return to a normal environment, you get a boost in oxygen. Increased oxygen can improve muscle performance.

If you don't want to spring for the \$10K+ price tag of an oxygen deprivation tent, altitude masks or elevation training masks just might generate the same results for around a hundred bucks. Instead of restricting the oxygen content in the air, these masks use mechanical valves to produce resistance to inhalation.

• **Just add oxygen.** Hyperbaric oxygen therapy floods the tissues and blood with oxygen. More oxygen increases the amount of adenosine triphosphate (ATP) in the body. ATP is the body's energy generator. A hyperbaric chamber delivers pure oxygen at 1 to 3 times the normal atmospheric pressure. The heightened pressure conditions increase the oxygen-carrying capacity of the blood, which allows the body to absorb ten to fifteen times more oxygen than normal. are a novice!

Health centers everywhere offer hyperbaric oxygen therapy, and many accommodate those who want to accelerate their physical fitness. Or you can purchase a hyperbaric oxygen therapy machine for home use.

Exercise with oxygen therapy (EWOT) utilizes an oxygen concentrator to deliver oxygen through a special mask while you exercise. You can purchase an EWOT system to use at home. You can use an oxygen tank instead of an oxygen concentrator, but it must be refilled more often, and that can be a lot more expensive.

• **Breathe like the Ice Man.** Wim Hof, "The Iceman" and SuperCharged star, uses a kind of controlled hyperventilation breathing practice that deeply oxygenates the body and allows him to endure extreme conditions. He follows the Tumi breathing method, where you breathe in and out thirty times – not too shallow or deep. Imagine oxygen saturating your whole body. You may feel like you are hyperventilating, or a tingling or lightheaded sensation the first time. After thirty to forty repetitions, push the air out of your lungs and hold for as long as you can without force. Then take a deep breath in and hold it for ten to fifteen seconds before exhaling. Repeat the process for another three rounds. After several days, follow your practice with meditation and/or stretching. Then you can begin adding exercises of your choice. Start out with short exercises – a ten-minute run, for example – and work your way up to longer, more intense activities.

- Pranayama: Secret of the Yogis

Pranayamas are breathing exercises derived from yoga. They improve health, reduce stress, increase energy levels, and clear the mind.

• **Breathe like a bee.** Bhramari pranayama, known colloquially as "bee breath" because of its similarity to the sound made by the black Indian bee, is ideal for calming the nerves. To begin, assume a meditation posture and close your eyes. Place an index finger on the tragus of each ear. The tragus is the small bit of cartilage that juts out toward the opening of the ear. Take a deep breath. As you exhale, press on the tragus gently. While exhaling, make a high-pitched sound in your throat. Keep your mouth closed while humming and repeat three or four times.

• **Polish your pate, inside and out.** Kapal Bhati pranayama is useful for detoxifying the body and clarifying the mind. Its Hindi translation, “shining forehead,” reflects the impact the pranayama has on the practitioner: a forehead that glows and an intellect that becomes sharp and refined. To get started, sit comfortably on the floor and place your hands on your knees with your palms facing up. Breathe in deeply. As you exhale, pull your belly in. Tighten your abdominal muscles as you do so. It might help you to place one hand on your stomach as you do this, to allow you to feel the tension in your muscles. Then relax the abdomen and return your stomach to a normal position. Repeat twenty times.

• **Huff and puff.** Bhastrika pranayama will strengthen your immune system, memory, and boost your overall energy levels. Its name translates to “bellows breath,” so you know you’re going to work your lungs! Sitting comfortably, take a few deep breaths in and out, making the inhalation and exhalation equal. Exhale deeply, tightening the abdominal muscles just as you would during kapal bhati pranayama, but much faster. The effect should be a rapid exhalation of breath. Follow it up immediately with a rapid inhalation of breath not unlike the ones you do during the thirty power breaths used in the Wim Hof Method. Repeat two or three times each day on an empty stomach.

- NES Health Lung driver

BioEnergetic medicine can also significantly improve the oxygenation of the cells. The Lung driver Infoceutical has been designed to reactivate the correct exchange of gases in the bronchioles, which fuels the primary mechanisms of metabolism. Increased oxygen in the lungs (to optimal levels) may be of aid in reducing viral infection.

Why It Works

- Altitude Training

At high altitudes, air pressure is reduced, and air molecules are further apart, making less oxygen available. When the body enters a low oxygen (hypoxic) environment, it goes into a panic-like state and sends blood cell production into overdrive. The body also reacts by producing erythropoietin, a glycoprotein hormone that controls red blood cell production. of strength, energy, speed, and endurance. More erythropoietin generates more and larger red blood cells, and this transmits more oxygen throughout the body.

The more oxygen you have, the more efficiently your organs and muscles will operate. Once your body gets used to training in low-oxygen environments, it will continue to produce additional erythropoietin for up to two weeks. When you return to a normally oxygenated environment, you’ll have a higher level of oxygen in the blood than you normally would. The result is greater levels

- Hypoxic Tents

If you cannot train in the Rocky Mountains or the Himalayas, you can set up treadmill or stationary bike inside an oxygen deprivation tent to simulate a high-altitude workout. Alternately, you could try the “live high, train low” method in which you exercise outside the tent, but sleep, eat, and spend more of your time within the low-oxygen environment (which might be expanded to the size of a house). You must use caution when in a hypoxic environment. (Think altitude sickness.) Too much can lead to cancer, brain damage, and circulatory disorders. And you can die.

- EWOT

German researchers found that test subjects who exercised for fifteen minutes each day while breathing purified oxygen experienced beneficial results. They found that blood plasma could store more oxygen if one breathes oxygen while performing some form of stationary exercise. To get the benefit of EWOT, you must use oxygen equipment that is capable of delivering at least 8 to 10 liters per minute (LPM) of purified oxygen. (Higher flow rates of 15 to 20 LPM can also be used; lower flow rates of 3, 4, or 5 LPM should be avoided.) The oxygen must be at a concentration of 90 to 95 percent pure. You must wear a special mask to make sure that you do not lose any oxygen that is being produced.

- Tumi Breathing Method

At the core of the method is a kind of controlled hyperventilation (rapidly breathing in and out). But while hyperventilation is an involuntary response to cold exposure, the Tumi Breathing Method requires the practitioner to be in full control. According to Hof, the method works because he engages in cold exposure, meditation, and breathing exercises. When Hof begins his cycle of power breaths, he imitates the fight-or-flight response that we get when, for instance, encountering a tiger in the woods. Hof drew inspiration for his method from meditation and yoga, which he studied for years. One of the most easily identifiable antecedents of Wim Hof’s breathing method is the pranayama.

- Pranayama

The ancient yogi of India identified prana as the universal life force that flows through the energy centers, or chakras, found in every living thing. The yogis believed that breathing techniques could increase and focus the prana. After all, they reasoned, when we stop breathing, we die. The yogis joined the notion of prana with the verb ayama, which means "to regulate" or "lengthen." Pranayama, then, is the elongation or regulation of the breath. Rapid oxygenation leads to alterations in the body's hormonal balance, kicking energy levels up at the cellular level and reducing unwanted immune system responses.

- Infoceuticals

Infoceuticals are special remedies, based in the new health science of information as medicine. A simple scan reads the information in your body to detect any distortions in your body-field. A recommended Infoceutical is placed in water, increasing the structure of the water itself and delivering the necessary information to directly effect epigenetic expression in the cell – triggering the body's self repair process. The Lung Driver Infoceutical supports the lungs to oxygenate the blood, excrete carbon dioxide and water, initiate energetic movement through every tissue of the body, and produce sound via the larynx.

Visit www.neshealth.com to learn more about how bio-energetic medicine can maximize your body-battery's charge for optimal health.



CONCLUSION

WELL DONE!

You have just learned how to biohack your body in 7 different areas to power up your body and increase your energy exponentially!

I've married a modern life to an ancestral life. The light bulb went on for me when I realized that the way that I was training, the way I was eating, even my environment was not allowing me to have the longevity that I wanted. Now, when you really need to pull the trigger physically, mentally, and emotionally; when you need to create a lot of energy, the amount of charge your battery contains is the most important thing. You need to think about how you are charging your battery.

– Ben Greenfield, fitness coach, author, and SuperCharged Movie star.



Why It Works

- **Your body is a battery.** The structured water lining every cell in the body is negatively charged. The water inside the lining is positively charged. This makes every cell a little power generator. Working together, the body functions holistically to produce energy. Technology increases the body's positive charge. The earth and its natural gifts increase the negative charge. The biohacks presented in this program increase negative charge to balance the dominant positive charge most of us have in our bodies.

- **Water holds a memory.** Water is not as uniform as we once believed - we are starting to understand that water has some strange properties indeed - it can change structure depending on what it comes in contact with. This strange property of water to become charged at nature's surfaces means that it can hold a memory of something it comes in contact with - or an informational signal. This is the reason why homeopathic remedies are effective, and it is also how 'Infoceuticals' - imprinted energized water remedies have a positive effect on the body.

- **Your body can hold and maintain a charge.** Because the body is a battery made from structured water, your body can maintain the charge you give it. In this way you can generate energy in your cells by increasing the charge in your body's water battery - food is not the only source of electrons. Light, heat, cold and movement will charge you up too.

- **There are more ways to boost your body's energy than just food.** Eating is like putting regular gas in your car. Biohacking can upgrade your body's performance, much like you can accelerate your car's performance by using a superior oil, running ethanol-free gasoline, maintaining the right pressure in the tires, and replacing your spark plugs and fuel filter regularly. So biohacking can really help you to become Super-Charged! and movement will charge you up too.

List Of Biohacks

Find one or two biohacks in each system to try this week.

WATER

- Drink structured water from a natural source.
- Cool your drinking water to 39 degrees.
- Activate a vortex of water in a glass.
- Charge water with the ideal Infoceuticals for your body.
- Juice fruits and vegetables - Get sunlight to activate the structured water in your cells.
- Up your intake of antioxidants to increase your negative charge.

GROUNDING

- Walk barefoot on the ground.
- Lounge directly on sand at the beach.
- Swim in the ocean, a river, or mineral hot springs.
- Go barefoot on your patio.
- Drink lots of water (See above for ways to increase the structure.).
- Use an ozone steam tent.
- Use an Earthing product.
- Wrap wire around your ankle, tie it to a ground rod, and hold still.

TEMPERATURE

- Dunk your face in 55°F water or take a Cold Shower.
- Sit outside or in a cold room or bath where the temperature is between 50 and 60°F.
- Wear a special cooling vest.
- Enjoy time in an infrared sauna or a steam sauna with ozone.
- Practice hot yoga.

SLEEP

- Wake up with 15 minutes of sunlight.
- Reduce exposure to artificial blue light after sunset.
- Avoid looking at electronics two hours before bedtime.
- Install blue-light filters on your screens.
- Put your smartphone on "airplane mode" at night.
- Wear glasses that block blue light.
- Take a cold shower before bed.
- Avoid late-night snacks.
- Take magnesium citrate or herbal teas before bed.

MOVEMENT

- Get 20 to 30 minutes of cardio several times a week.
- Lift weights, or lift your body. Pushups, pull-ups, squats, and planks are super.
- Do sprints, also called high-intensity interval training.
- Move at a comfortable pace as much as you can.
- Try rebounding.
- Play.

DIET

- Get enough DHA.
- Eat more fish, especially fatty fish. Try for two meals a week.
- Eat organic, unprocessed food.
- Eat pastured meat and eggs.
- Enjoy bone broth daily.
- Soak, rinse, and marinate foods before preparation.
- Eat the egg yolk.
- Skip grains. Choose seed-like grains instead.
- Get plenty of fat from plants, fish, and pastured animals.
- Try intermittent fasting.
- Juice fruit and veggies.
- Maximize your magnesium intake.

HABITS

- Get your bioenergetics scan with a coach and to find out what emotion / goal you need to focus on.
- Use the scan to discover why you really really want to achieve a goal.
- Create a support system.
- Plan your day and set goals.
- Write a positive affirmation based on your own meditation or one of the emotional indicators that shows up in your bioenergetic scan.
- Be present in all your activities.
- Meditate on your current emotional state or on the top priority of the scan from the mind screen.
- Visualize how you would like things to go.
- Appreciate – write a gratitude list.
- Laugh – above all – have fun!





Harry Massey

Producer of Supercharged

It took me years – literally – to get on the path to wellness. But my seven years with CFS showed me my purpose. My purpose is to show people like you that you don't need to take years to achieve optimal health.

I have found – and you can, too – that when I discovered and followed my true path in life, I was filled with the greatest passion. When you are living from your passion, you will be at your most creative, and you will be the most energized. You will be a magnet to solutions. Your purpose can serve the world. (Maybe it can even save the world!)

I created a company – NES Health – to bring what I call “bioenergetic medicine” to a wider public awareness. I've looked for various and innovative ways to do that, from writing books on health and energy to producing three documentary films: Supercharged, The Living Matrix and Choice Point.

I have built a worldwide network of more than 4,500 healthcare practitioners who work with the emerging field of bio-energetic healthcare. I'm working to put this new model of healthcare into the homes and the hands of every person who wants to take responsibility for, control, and restore their own health.

I need a healthy body to produce a lot of energy to accomplish my huge goals and to enjoy the active life I crave. Thanks to Infoceuticals and to biohacking, I travel around the world, I am active in extreme sports like kite surfing and rock climbing, and I run the two companies I founded.



Explore Infoceuticals

Infoceuticals are special remedies, based in the new health science of bio-energetic medicine, that provide your body with the instructions they need. A simple scan reads the information in your body to detect any correctable deficiencies in your body-field. A recommended remedy is placed in water, increasing the structure of the water itself and delivering the necessary information to directly impacting the cell's repair mechanisms.

The Infoceuticals activate your body's energy-field so it can function at the highest levels of energy and health. They address problems beyond the biochemistry of the body by clearing physical, emotional, environmental, and chemical toxic blocks.

A proprietary device scans your body's energy-field to analyze its health status and determine where the information may be blocked or influenced by toxins and other pollutants. An evaluation recommends specific Infoceuticals to support the body based on priority. A "check-up" each month will evaluate the success of the protocol and see where your body might need more information to continue your journey to extreme health.

The beauty of the NES Health system is it eliminates guessing! No more guessing about the best nutritional program for your body. No more guessing about what supplements you need, what sleep adjustments you need to make, how much you should ground your body. No more trial and error, no more wasting money on supplements you may not need, no more wondering why you feel lousy and how you can feel better.

Watch all 3 of our movies to learn more about how bio-energetic medicine can optimize your health. And book your scan with one of NES Health's bio-energetic coaches.



SUPERCHARGED
ABUNDANT ENERGY FOR LIFE