

## **Fatigue Fighting**

### **Supplements**

Turmeric  
Astaxanthin  
NT factors  
D-ribose

### **Foods**

Matcha/Green tea  
Protein  
colorful non-starchy veggies  
Broccoli and broccoli sprouts  
Blueberries  
Cacao  
Pomegranate

### **Activities**

**Hormesis most important** (more and stronger mitochondria): Intermittent fasting, intermittent nutrient cycling, cold, heat, hypoxia, red and near-infrared light, exercise, oxygen bankruptcy, UV light, dietary phytochemicals, Xenobiotics. Temporary stress then rest, relaxation and cellular regeneration. Sauna therapy if possible, 4-7 times/wk for a duration of 15-20 minutes and staying under a blanket to rest for 30 minutes afterwards. Intermittent hypoxic breathing techniques. Implement as many different ones as possible regularly.

Optimize your blood sugar levels. Prioritize protein and colorful non-starchy veggies in every meal and at the beginning of the meal. Eat whole foods. Not a lot of carbs or fats. Get rid of added sugars and refined grains from your diet, and avoid processed foods more broadly. In the short term, as a crutch, use increased meal frequency and regular intervals.

Cycle coffee and caffeine use, consume it for one or two days, and then take one or two days off or only occasionally when you need a boost. Use green tea or matcha green tea as a supplement with your coffee and that will combat some of the negative effects.

Morning routine: Breathing practice (3-5 minutes) see notes below. Self massage or foam rolling (2-5 minutes) see notes below. ([Massage and myofascial release on Vimeo](#)) Sing a song or 2 you love (3+ minutes) Secret Smile Meditation MP3

Circadian rhythm and sleep optimization- **2nd most important** Bright light every morning upon waking, electronic devices off or 6 ft away 1 hr before bedtime, sleep with an eye mask, Optimize your sleep time based on your chronotype- your optimal bedtime is probably one to 2.5 hours earlier than you think it is (see SleepChronotype image). Shorten your feeding window to 10-11 hours daily.

Breathing practice- He also has some suggestions.

Wim Hof Breathing Exercise

Find a comfortable position.

Breathe in deeply through the nose or mouth and through the belly to the chest. Then let the breath go unforced.

Exhale through the mouth, then immediately breathe in again.

Take 30–40 such breaths in short bursts.

Take one final, deep inhalation then let the air out and stop inhaling. Hold the breath until you feel the urge to breathe again.

Inhale very deeply to full capacity and hold for 15 seconds, then let it go. This completes the first round.

Repeat the whole process, 3-4 times.

After completion, take time to enjoy the relaxation.

Massage- notes from video or try lymphatic massage/foam rolling

Rub gently in this order, don't cause pain.

1. Above and below the collar bone, on both sides
2. Behind the angle of your jaw below the ears
3. Axillary- armpits, from the pectoral muscle to the armpit
4. Abdomen- navel and above, both hands on the belly and under the rib cage
5. Groin inguinal in creases
6. Behind the knees

If it hurts, be more gentle.

Meditation- Relax, few deep breaths, small smile, recall times when you felt happy, loved, accomplished, grateful.