

# Peak Health & Longevity

1. Drink coffee. It cuts your risk of an early death by 30%.

It reduces your risk of heart disease, cancer, diabetes and stroke if you:

- Have it black
- 2-3 cups a day
- Only in the mornings

It's rich in polyphenols, antioxidants and even has some vitamins and minerals.

It even slows aging.

2. Get enough Vitamin D.

Get more sunlight. If you can't, take 5000 IUs of D3 a day with 100 mcg of Vitamin K2.

It's not just a vitamin - it's a steroid hormone.

It lowers your risk of every chronic disease, depression and dementia.

It even gets inside the nucleus in your cells where it improves your genetics to make you healthier.

3. Eat more eggs.

Eggs causing heart disease is one of the worst nutrition myths.

They're rich in protein, healthy fats and vitamins and minerals, including choline.

Choline is vital for your brain but 90% of people are deficient in it.

It improves cognitive function, memory and focus.

Pregnant women who consume more choline have children who score higher in IQ tests.

It literally makes you more intelligent.

4. Supplement creatine.

Everyone thought it was just for your muscles and you should take 5g a day.

But the latest research shows that it supercharges your brain if you take 10g a day.

You have more mental energy and a lower risk of depression and neurodegenerative diseases.

#### 5. Exercise for your brain.

Everyone knows that you should exercise for your physical health.

But exercise is the most powerful way to improve your brain health.

It improves mood, focus and reduces your risk of:

- Anxiety
- Depression
- Dementia & Alzheimer's.

When you exercise hard, you produce lactate.

It triggers the brain to produce neurotransmitters and brain-derived neurotrophic factor (BDNF).

This improves your learning, memory and even physically regenerates your brain.

#### 6. Get enough magnesium.

It helps:

- Organs
- DNA repair
- Sleep & stress
- Blood pressure
- Insulin sensitivity.

Eat foods high in it like:

- Legumes
- Leafy greens
- Seeds & nuts
- 70%+ cacao dark chocolate.

Supplement 120mg/day of elemental magnesium.

#### 7. Increase your Omega-3s intake.

Eat fatty fish 2-3x/week and supplement 1-2g/day.

They don't just reduce inflammation. They:

- Reduce triglycerides
- Improve brain health
- Lower blood pressure
- Boost insulin sensitivity.

Being low in them reduces your lifespan as much as smoking.

8. Exercise for your heart.

The perfect stack:

- Walking more
- Zone 2 cardio
- Resistance training
- Norwegian 4x4 protocol.

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Revision #1

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