



[Energy Blueprint]

30 day guide to get more energy

There are three things I focused on to get more energy...

#1 Hydration

#2 Improving Sleep

#3 Improving Mitochondria Function

I'm going to break down how I go about these 3 areas which is my energy blueprint...

#1 Why even a healthy diet doesn't work without proper hydration...

Water is one of the main raw materials your body uses to produce energy...

If you don't drink enough water, you won't have the raw materials needed to produce energy...

Without water you can't digest food...

Ever heard of the saltine cracker challenge?

Try eating 6 saltine crackers in under 60 seconds without help from liquids...

You'll quickly see that the dry carbs and saltiness quickly absorbs your saliva and dehydrates your mouth... it makes the crackers stick to your mouth... and that's pretty much what happens in your intestines... as you get dehydrated, food begins to stick to your gut and you end up constipated...

Drinking the right quantity of water is one thing... but quality also matters...

Not all water is created equal...

Water should be just that... pure H₂O...

... but water comes from a variety of sources and the question you should be asking is... "am I drinking clean water?"...

What's in your water?...

Most people don't know the answer to this question...

I didn't...

The first step to proper hydration is to determine the cleanliness and quality of your water, which has a huge impact on your microbiome...

Here's how I discovered this...

As I was researching gut health, I learned that 80% of your immune system is your gut flora. Your gut flora is made up of yeast and bacteria... which we call probiotics...

I realized that the probiotics that live in our guts are the same probiotics we use to make fermented foods and beverages like beer, wine, kombucha, sauerkraut, kimchi, yogurt, etc.

That's when it dawned on me that as a beer brewer I would look up our city water quality report to see what kind of contaminants were in our water... things like chlorine, chloramines, fluoride, etc.

... and if the water had those contaminants, I wouldn't brew beer with it without treating the water first because it affected brewer's yeast... which again it's a probiotic...

That's when I connected the dots...

If contaminated water affected brewer's yeast, then it made sense that if I drank that water it would also affect the probiotics that live in my gut...

If I can't brew beer with it, then I won't drink it... to me it's that simple because I want to grow probiotics in my gut, not inhibit their growth...

Paying attention to the quality of water I drink was one step closer to getting more energy...

Water should be free of contaminants... but it should also have minerals...

Minerals are what kickstart the digestive process... without minerals, you can't digest food... here's another brewing lesson turned health lesson...

To brew beer I would add water to grains to digest starch into sugar... if the water didn't have minerals, I wouldn't be able to digest the starch into sugar...

This made me realize that I needed to have minerals in my water (and diet) so I could digest food properly...

So the way I measure the quality of the water I drink starts by making sure it's clean and then by making sure it has minerals...

There are spring water sources where you can find clean mineralized water, but they're not usually found in cities...

Since I live in a city I personally make my own drinking water from scratch to make sure that...

#1 It's clean (free of any contaminants)...

#2 ... and mineralized

I have a steam distilling water machine... but note that I don't buy distilled water at the store because it comes in plastic and the plastic leaches into the water...

I make my own distilled water so it doesn't come into contact with plastic, only glass.

Be aware that distilled water has no minerals, but it's the cleanest source of water if you have to remove contaminants... so in order to hydrate and digest food, I add minerals to my distilled water...

Hydration is pillar number one that you must master to increase your energy levels...

There are many factors that determine how much water and minerals you need...

Your diet for example plays a role in this...

Bad carbohydrates dehydrate you...

Here's how I found that out...

When brewing beer, I would take roughly 6 pounds of grain and 10 gallons of water... I would soak the grains to convert (digest) starch into sugar... during that process I would lose about one third of the water to grain absorption...

... that's when I came up with my own definition of a bad carbohydrate...

A bad carbohydrate for me is a carbohydrate that lacks water...

The word carbo-hydrate when broken down, refers to a hydrated carbon...

Good carbohydrates are water rich and mineral rich... they essentially keep you hydrated (think cucumber)...

Bad carbohydrates are “dry” carbs... these are starches that have little to no water and in order for your body to digest, you need water and minerals...

If you eat bad carbohydrates and you're not drinking water and minerals, then your body uses its own... (think back to saltine crackers...)

Your body is supposed to be 74% water... but when you eat too many bad carbs (pasta, bread, etc.), your body slowly becomes dehydrated and this loss of water is what lowers your body's ability to produce energy...

This doesn't happen overnight or by eating bad food once... it happens slowly over time...

That's why you don't feel the effects until it's too late and you start to feel tired all the time...

So step one to get more energy is to stay hydrated...

Keyword, is to “stay” hydrated...

First thing I do to stay hydrated is to drink one quart of mineralized water as soon as I wake up...

I prepare my water the night before and have it on my nightstand so it's there ready to go when I wake up... I don't wait an hour... I don't wait five minutes... I literally drink a quart of water first thing upon waking up...

This was not an easy habit for me to create...

I used to not like drinking water... drinking a pint glass of water used to feel like a lot of water to chug at once, so drinking one quart (liter) of water first thing in the morning was definitely a challenge...

... but I was 28 years old, tired all the time, feeling like I was 84 and was desperately looking to get more energy...

That's why I started with a 5 day hydration challenge to create a habit of drinking a minimum of 2 quarts (liters) a day... that's minimum...

Ideally you'll be closer to your body weight in ounces, but again, there are many factors that determine how much you should drink... more important than a minimum or maximum amount is to stay hydrated throughout the day... that's something you will learn to do through intuition meaning you just have to take action... get started and figure it out... it's time to experiment...

That's what the 5 day hydration challenge is about... it's for you to learn your own body and take control of your health...

If you want more energy start with the minimum of 2 quarts (liters) of mineralized water a day and increase from there...

There are many ways to optimize your water... we cover more advanced hydration strategies later on... for now, start by making sure your drinking water is clean and that it has minerals.

Minerals are conductive, meaning they allow you to use the energy that your body produces...

The most important mineral that you need is ionic magnesium... but you also need a full spectrum of minerals which you can get from large SOLE salt crystals...

The amount of minerals you need depends on your diet...

When I do a ketogenic diet, for example, I increase the amount of salt (minerals) in my diet...

I typically add about 2 droppers of ionic magnesium and 4 droppers of SOLE salt per quart of water...

To learn more about the 5 day hydration challenge go here:

<https://beerdietproject.com/30-day-energy-jumpstart/>

#2 Getting deep restorative sleep so you wake up full of energy

If you observe trees grow, you'll notice that just like us they need water, minerals and sunshine...

Sunshine is one source of vitamin D...

When I started my health journey, I was low in vitamin D.

Vitamin D helps absorb calcium...

Calcium regulates pH...

When your body can't regulate pH, it can create an environment for bad bacteria to wake up... and weaken probiotics...

That's why there is a direct correlation between your Vitamin D levels and your immune system strength...

Your immune system is your gut flora... your gut flora is what we call probiotics, which make nutrients, vitamins, and hormones for you...

When you have low vitamin D, you are likely to become nutrient deficient because your gut flora is too weak to make nutrients out of food and uptake nutrients...

That's why hydration and raising your vitamin D levels are the 2 most important things you can do to get more energy...

I call this "charging your batteries"...

It's the first step before we get into the nutrients and foods you need to get more energy...

In other words, if you don't hydrate AND raise your vitamin D levels, and try to eat the foods and nutrients I'll be sharing next, chances are that your body won't uptake the nutrients...

The only two natural sources of vitamin D that I know of are sunshine and food...

To get vitamin D out of sunshine you need the proper conditions...

First, you need to make sure that your lymph system is clean... if your lymph system is clogged with toxins, then you will get sunburnt...

If you have gut issues, then chances are that your lymph system is clogged... especially if you can't lose weight or gain weight no matter what...

It's the toxins in your lymph system that burns when your skin is exposed to sunshine...

Second thing is that you need chlorophyll in your diet... chlorophyll is a pigment and a pigment is a material that absorbs light... chlorophyll is the green color that turns leaves in plants into solar panels... it's what allows us to absorb sunlight...

Melanin is another pigment... it's what determines skin color... Although skin color is a factor, a clean lymph system and good

amounts of chlorophyll in your diet can dramatically change the amount of sun exposure you can get regardless of skin color...

Third, you need good access to sunlight... the closer you are to the equator the better access to sunlight you'll have...

The further away you are from the equator, the less access to sunlight you will have... other factors like elevation also play a role...

So what do you do, if you don't live near the equator?

That's where food comes into play...

How did cultures like the Inuits who live in the Northern parts of the world get vitamin D if they have little access to sunlight and can't grow many green leafy vegetables during winter?

They understood that vitamins are made by probiotics through fermentation...

Any vitamin your body needs will be made through fermentation...

When you eat food, you are usually getting the precursor to a vitamin and it's your gut flora (probiotics) that makes the vitamin...

The foods you need to make vitamin D are healthy fats and cholesterol...

That's why the Inuit diet is high in fat from fatty fishes... your gut flora will turn these fats into vitamin D assuming you have a healthy microbiome...

If you have low vitamin D like I did, then you don't have a healthy microbiome... you probably lack the probiotics that make vitamin D out of foods...

That means that even if you eat foods or supplements that supposedly give you vitamin D, you won't uptake vitamin D because you lack the probiotics in your gut.

I see people taking vitamin D supplements ranging from 1,000 IU's to 50,000 IU's (which is crazy high) and they don't see their levels budge.

To me it made more sense to take fermented cod liver oil, because it's through fermentation that vitamins are made... fermented cod liver oil has vitamin D already made as if your gut had made it... and it has the probiotics that make vitamin D which is what you need in your gut to begin with...

To put this together... I think of vitamin D as sun energy... it's like the charge inside a battery... minerals are the conductive material that allow you to use that charge...

Think of a copper wire (mineral) that you use to connect positive to negative to use the energy inside a battery and power up electronics...

Your body works the same way... you need to build up the charge first with vitamin D and then you need minerals, which are the conductive material that will allow you to use the energy your body produces...

Which leads us to the third thing you must understand... how does your body produce energy?

#3 The thyroid doesn't give you energy... it's your Mitochondria that gives you energy...

Every cell of your body is indeed a battery... a battery "cell"...

Inside the cell there is an organelle called mitochondria... think of an organelle as a tiny organ inside the cell... that's what produces energy for you...

So if you are feeling sluggish, no energy... tired all the time... it's not because of low thyroid function... it's because of poor mitochondria function...

Your mitochondria is a living creature... and it needs food. When it metabolizes food it makes energy for you...

That means that in order for you to produce energy, you have to get nutrients to your mitochondria... if you have poor gut health, you won't be able to get nutrients to the cells of your body...

There's a difference between eating and nourishing the body...

Eating means you are stuffing food down your throat, but that doesn't mean that you are getting nutrients delivered to the cells of your body...

You can pick up food at a drive-thru, but that doesn't mean you're getting nutrients from the food you are eating...

So the first thing you have to do to get nutrients to your cells is to choose the right foods...

Not all foods are created equal...

In order for food to have nutrients it needs to grow in nutrient-rich soil... nutrient-rich soil is mineral-rich soil...

Just like our bodies, edible plants and fruit trees need to be properly hydrated, mineralized and grow on soil with the proper pH, temperature and sunshine exposure...

(Are you starting to connect the dots?)

You are what you eat...

If you eat foods coming from plants that are mineralized with good sun exposure you are intaking the "health" of the plants...

If you eat foods coming from animals that feed on grass with good sun exposure, good quality water & minerals, you are intaking the "health" of the animal...

Most people are so disconnected from the land that they don't realize that the food they are eating is de-mineralized... they don't realize that the animal products they are consuming are not healthy animals...

"... but I can't afford organic..."

Actually, you can't afford cheap food!!

Organic isn't necessarily healthy either... you are looking for food grown using regenerative farming practices... more on that later...

This is why it's important to learn about food...

Your health depends on it...

So as I share the nutrients that you need, you'll have to consider the source, because not all foods are created equal...

Here's a list of the nutrients you need in your diet for proper mitochondria function...

CoEnzyme Q10

Vitamin A

Vitamin D

Heme Iron

Vitamin B12

Folate

Selenium

Copper

Zinc

CoEnzyme Q10 is what sparks on mitochondria function...

If we go back to the battery analogy... vitamin D is the charge inside the battery, minerals are the conductive material that allows you to use the energy inside the battery, and CoEnzyme Q10 is the switch that turns the power “on”...

The formula I use to get more energy is simple...

Water & minerals + Vitamin D + CoEnzyme Q10

Even though CoEnzyme Q10 is the main ingredient that turns on your mitochondria you still need to get all other nutrients to properly feed your mitochondria...

Here are the most nutrient-rich foods that I include in my diet...

Blue green algae & beef organs...

... but that's not all there is to it...

You are what you eat...

... more accurately, you are what you digest...

When I had low vitamin D levels I had a lot of digestive issues and couldn't digest food properly (which is part of the reason why I became nutrient deficient)...

Back then I couldn't digest meat (and started to develop food sensitivities and allergies)...

That's why I started with blue green algae and a plant based CoEnzyme Q10

Then as I started to restructure my gut flora and optimize my microbiome I was able to digest food again...

If you have digestive issues, you may need to start with plant based sources... then as you improve your gut health, you can start to incorporate other sources...

Some people do better with animal based foods... you have to learn your own microbiome and do what works for you!

Keep that in mind as I share what worked for me...

This is my 30 Day Energy Blueprint...

#1 Drink minimum 2 quarts of water with minerals (add 2 droppers of ionic magnesium and 4 droppers of SOLE salt per quart of water)

#2 Take fermented cod liver oil + butter oil at night (start with 2 capsules at night and work your way up to 10 capsules at night)

#3 Take grass fed beef organs daily (if you have digestive issues, start with a smaller amount than normal serving size or start with blue green algae + a plant based coenzyme Q10)

Keep in mind that your current diet can affect your vitamin D uptake. Most people I work with don't have enough fat in their diet or have the wrong kind that is counterproductive.

Vitamin D is a fat soluble vitamin so you need healthy fats in your diet.

Resources:

Learn more about water + minerals

<https://beerdietproject.com/water>

Ionic Magnesium

<https://beerdietproject.com/recommends/ionicmagnesium/>

SOLE salt

<https://beerdietproject.com/recommends/sole-salt/>

Fermented Cod Liver Oil + Butter Oil (Vitamin A + D)

<https://beerdietproject.com/recommends/fclo/>

Suntrex (Vitamin D - vegan)

<https://beerdietproject.com/recommends/suntrex>

Grass Fed Beef Organs (use code "Hip Hip" for 10% off)

<https://beerdietproject.com/recommends/ancestralsupplements>

Blue Green Algae

<https://beerdietproject.com/recommends/bluegreenalgae>

Plant based CoEnzyme Q10

<https://beerdietproject.com/recommends/coq10/>

If you need help optimizing your microbiome and incorporating these nutrients into your diet click the “Learn More” button below...

