



[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

In this Energy Blueprint you are going to learn how to design your diet to improve these 3 areas. When you improve these 3 areas you will get more energy, sleep better and start to lose weight.

If you don't hydrate, get good sleep or feed your mitochondria then you're on your way to having low energy, poor sleep and struggle with weight.

Let's get started...

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

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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 when you don't drink enough water... 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... they have no clue what's in their water...

I didn't... "it's just water"... what's the big deal?

Do you have low energy, brain fog, gas, bloating, constipation?

Hmmm...

Water is a big deal... the right type of water hydrates you...

The wrong type of water doesn't...

The cleanliness and quality of your water 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.

Since I was a home brewer myself, 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 that water without treating it 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...

This is how Beer Diet Project started...

Brewing beer is about growing probiotics... if something works for brewing beer, then I figured it should work to grow probiotics in my gut...

Things that affected probiotics when brewing beer, would also affect probiotics in my gut...

So when it comes to water, I figured that if I can't brew beer with it, then I shouldn't drink it...

It's common sense that dirty water isn't good for you...

... but common sense isn't so common if you look around and see how many people are not even drinking water, and when they do, they

drink tap water or out of plastic bottles and don't even know what kind of contaminants are in their water...

Lucky for me, I've learned how to make water for brewing purposes, which I found works great for hydration...

This concept is simple... the type of water I drink needs to help me 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 these springs are usually not 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.

For most people, unless you know you have a clean source of water, the easiest source of clean water is reverse osmosis water...

If you are going to distill water, you need relatively clean water... hard water will break your distiller faster so that's one way to know how bad your water is... to make distilled water I use reverse osmosis water...

Reverse osmosis isn't as clean as distilled, but it's a good starting point...

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...

Water is an advanced topic that I'm going to teach in more detail later on, including using alkaline water, structured water and more!

For now, just know that 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...

A lot of people start their day by eating starches like oatmeal, cereal, waffles, pancakes, muffins and other common foods for breakfast... add coffee and sugar, and you have a recipe for starting your day dehydrating yourself...

One day may not affect you, but when you do this often, the compound effect leads you to dehydration...

I'm not here as the pot calling the kettle black... I used to do the same stupid thing until I learned...

Drinking water is so simple, it's stupid to think I didn't care about it...

Step one to get more energy is to hydrate first thing in the morning and stay hydrated throughout the day...

Keywords, are to "get" and "stay" hydrated...

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

This is where I begin to stand apart...

Most people don't like to drink water... they'll drink coffee instead...

People don't seem to like water... they'll add lemon or something... but that's not the same...

We'll cover that in more detail later, just know that if you don't like to drink water, you are not alone, but you can't skip this step... can't modify this step...

I'm giving you a full recipe to get energy... everything else I'm going to share won't work unless you are hydrated...

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 out what works for you... it's time to experiment...

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

Why minerals?

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

Think of it like a battery... If you take a double AA battery, all that the battery does is store energy... that's what the cells of your body do...

How do you use the energy inside the battery?

You use a conductive material like a copper wire... when a copper wire touches the positive and negative end of the battery it conducts electricity and that's how you power up things...

Minerals are the conductive material that your body uses for conductivity to use the energy stored in the cells of your body...

The most important mineral that you need is ionic magnesium... but you also need a full spectrum of conductive 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...

Minerals is how you conduct electricity... but what exactly is the charge that's inside the cells of your body?

#2 How to get 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 digest food, 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...

Hydration + boosting your vitamin D is what I call "charging your batteries"...

This needs to be done before we get into the nutrients and foods you need to get more energy...

In other words, if you don't "charge your batteries", and try to eat the foods and nutrients I'll be sharing next, chances are that your body won't uptake the nutrients...

I was so nutrient deficient, my hair started falling off...

I was told I needed to supplement with iron, selenium, collagen and all kinds of things, but nothing worked...

It's not that the supplements didn't work, it's that I needed to charge my batteries first so that my body could actually uptake 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...

Assuming you are well hydrated, have good liver and kidney function, you still need other conditions to get vitamin D from sunlight...

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 gain weight no matter what...

It's the toxins in your lymph system that burn when your skin is exposed to sunshine... clean skin is the first thing you need for safe sun exposure... If you have low vitamin D, getting sun exposure isn't where you start because your lymph system is probably toxic...

You know if this is the case if you get sunburnt easily or if it hurts to be out in the sun which was the case for me when I started...

Second thing to get vitamin D from sunshine is chlorophyll in your diet...

Chlorophyll is a pigment and a pigment is a material that absorbs light... chlorophyll is the green color that absorbs sunlight in plants... it turns leaves into solar panels... just like plants, chlorophyll is 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 and have all the conditions in place to get vitamin D from sun exposure?

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...

Most people with low vitamin D think that fat makes them fat, fat is bad and so is cholesterol...

This world is upside down...

I used to think the same... until I started learning that the body needs healthy fats and cholesterol to make hormones... it needs vitamin D which is a pro hormone... vitamin D is a fat soluble vitamin which means that it needs healthy fats for your body to absorb and transport it...

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 3,000 IU's to 50,000 IU's (which is crazy high) and they don't see their levels budge.

I see people take supplements that make their lab numbers look normal, but they don't feel normal...

I focused on feeling normal...

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...

How do you know if your vitamin D levels are good?

The quality of your sleep is the best way to measure your vitamin D levels...

If your vitamin D levels are good, you will get deep, restorative sleep... you will get REM sleep... you will have dreams and remember your dreams...

If your vitamin D levels are low, you will have a hard time falling or staying asleep...

I used to toss and turn all night... “charging my batteries” not only gave me energy, it helped me improve my sleep.

To bring this in for a landing... I think of vitamin D as sun energy... I think of vitamin D as the charge inside the cells of your body... I think of the cells of your body as battery cells... I think of minerals as the conductive material that allows you to use the charge inside the cells of your body...

This is the foundation... just these two steps alone will boost your energy...

If you charge your batteries, then all that’s left to do is turn them “ON”...

Flip the switch...

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...

What the liver (organ) is to your body, the mitochondria (organelle) is to the cell of your body...

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...

Eating doesn't always equal nourishing...

... but nourishing is what eating a healthy diet is all about...

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!!

If you can't afford healthy food, trust me, you can't afford to be ill...

Healthy food isn't necessarily more expensive... and you know you can grow your own food, right?

Oh wait, they probably didn't teach you that in school... why?

If you knew how to grow your own food, you would understand why buying "organic" isn't necessarily healthy either... you are looking for food grown using regenerative or biodynamic farming practices... but why don't they teach this in school? (more on this 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!

The goal isn't to become vegan or carnivore or paleo...

The goal is to learn how to use food as a tool... as medicine...

"Let food be thy medicine and medicine be thy food..." Hippocrates

"Don't live to eat, eat to live..." - grandma

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

I started Beer Diet Project with one question in mind... what would my body feel like if I actually fed it nothing but nourishing food... which led to the question “what should my diet be like to make this happen?”

What I’ve found is that the answer is dynamic... it’s an art... it’s a skill...

This Energy Blueprint is the foundation... this is static... no matter what you do with your diet you need to hydrate, keep your vitamin D levels strong and nourish your body...

#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 until you start to have dreams every 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.

This is just the beginning...

There's a lot more to learn about diet, but I'm confident that if you follow this blueprint for 30-60 days you will start to get more energy, sleep better and start to lose weight...

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...

