Energy

Description

To Jesus:

You can save this to a â??Healthâ?• folder for easy access later. Use this as a starting point for your own research and share with your doctor as appropriate.

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You can use drugs.com or other trusted health websites to look up the latest information on
prescription & herbal drugs possible side & interaction effects. Typing in the name of two
medications or a medication & an herb in a search bar of most browsers will bring up results
with their interaction effects.

How to use this info-

They are in order of effectiveness/increasing longevity/low adverse effects. I work to trying one new thing per week & after trying a bunch can put the most effective for me together & see a large physical (energy), mental (cognition) & emotional (mood) boost!

What may increase metabolism & give a lot of physical & emotional & mental energy all day long?

Carbon 60

C60 in sufficient doses appears to give people a lot of energy, as well as deeper sleep, stop even genetically induced cancers (in animal studies), & extend life.

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alienherbalist.com/c60-buckyballs-fullerenes/

Methylene blue

Methylene blue has been used over 100 years in medicine. It appears to significantly increase mitochondrial energy & improves physical energy, mental cognition & emotional mood.

Spirulina

Spirulina is a blue-green algae that is the only source of EPA & DHA fatty acids (in fish oil) that appears to help cognition, mood, energy more with higher dosages & work against cancer, inflammation & pain, liver damage & chelate (bind to & eliminate) many toxic heavy

metals.

MCT oil

MCT oil (from coconut oil) is the only oil that is easier to use as energy than store as fat.

When a quarter teaspoon is taken under the tongue every four hours or on food, people (including athletes) have a lot more physical, emotional & mental energy all day.\

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People usually start small with a quarter teaspoon every four hours. The body with adjust to larger amounts with gradual increases.

Eventually it can be used as a substitute for other oils, but usually right before serving. It has a low smoke point for cooking so is best only with low heat.

\When substituting one for one with other oils MCT oil can increase weight loss.

MCT oil reduces hunger during fasting as well.

When MCT oil is used after eating carbohydrates it helps people on a ketogenic diet stay in ketosis.

Exercise after eating carbohydrates also helps people stay in ketosis.

MCT oil helps to reduce seizures when added to a ketogenic diet.

MCT oil can help cognition in people who are addicted to alcohol (especially if heavy use for decades)

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MCT oil may help people with Alzheimerâ??s

Juby AG, Blackburn TE, Mager DR. Use of medium chain triglyceride (MCT) oil in subjects with Alzheimerâ??s disease: A randomized, double-blind, placebo-controlled, crossover study, with an open-label extension. Alzheimers Dement (N Y). 2022 Mar 14;8(1):e12259. doi: 10.1002/trc2.12259. PMID: 35310527; PMCID: PMC8919247.

https://examine.com/supplements/mcts/research/#neurology-1_NHeC-appetite-and-food-intake

metagenicsinstitute.com/ce-education/science-sheets/metabolic-medium-chain-triglycerides

theartofketo.com/mct-oil

Mucuna dopa

Mucuna dopa, an extract of the velvet bean plant, appears to increase physical, emotional, & mental energy the older people are. Dopamine drops after 30 and mucuna dopa increases dopamine. People start with 50-100mg every week then increase it if itâ??s effective. Too high of doses can increase addictive behaviors. It has L-dopa which is used to treat Parkinsonâ??s disease

Lampariello LR, Cortelazzo A, Guerranti R, Sticozzi C, Valacchi G. The Magic Velvet Bean of Mucuna pruriens. J Tradit Complement Med. 2012 Oct;2(4):331-9.
doi: 10.1016/s2225-4110(16)30119-5. PMID: 24716148; PMCID: PMC3942911.

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Prr

Onions, mustard & peppers

Onions, mustard, & peppers all increase metabolism & energy more than any other foods in one British study. Iâ??ve tested this when at the ballpark & eating onion relish with mustard DID keep me significantly warmer.

Malik magnesium

Malic magnesium has been reported to increase energy. Magnesium is an essential supplement that helps leg cramps, migraines, constipation, bone building and helps treat a myriad of other health problems. I take up to 2000 mg of magnesium daily.

EGCH

Green tea has EGCG which increases metabolism.

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Cold exposure

Being in the cold or drinking cold water increases metabolism.

Carbs at end of meal

Eating the portion of the meal that has carbohydrates at the end of the meal gives energy for walking or light to moderate exercise to improve insulin sensitivity & moderate any blood sugar rise after a meal.

Wim Hof breathing

The Wim Hof method- no longer feel cold/hot/stress/autoimmune overreaction, have a lot more energy

Wim Hof is a Dutch man who learned to become immune to cold, heat, & control his immune response to a strong degree. He has been in ice up to the neck in a tub for almost 2 hours. He has ran a marathon in a desert at 104 degrees with no water or food, and one above the Arctic circle barefoot. He has killed an injected bacteria that should have made him very sick in a medical experiment. Now he is teaching others how to do it, and it only takes one minute a day & people get big benefits after just the first time.

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In this link is an explanation of how to do this his way, which includes meditation, a breathing method, and cold exposure:

http://highexistence.com/the-wim-hof-method-revealed-how-to-consciously-control-your-immune-system/

Here is the simplified one minute a day version-

If you have a heart or lung condition ask your doctor if fast breathing & holding your (non) breath is ok for you. If you are sick you can wait until healthy before starting. Wim Hof wisely recommends only doing this from a secure sitting position for safety.

What I found important is heavy breathing for oxygenation for 30 breaths/30-60 seconds, then breathing out completely & holding the nonbreath (empty lungs) until my body makes me take a breath (15-30 seconds). Itâ??s ok if the first time is only 15 seconds, our ability gets a little better every time.

Wim Hof recommends exercising during the breath holding like pushups or some other exercise on the ground to avoid falling. I do it after eating my rice (carbs) so I have the energy for the exercise, but if people would rather just hold the breath it appears to work nearly as well. The carbs also give me the energy for the heavy breathing so I have the energy to do it twice a day after eating carbs rather than just once.

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After I did this once for one minute I was able to be comfortable in my apartment at three degrees colder than ever before for a full day (57 degrees). Every time I do this I am able to experience greater & greater amounts of cold. Wif Hof recommends testing ourselves with cold showers or ice buckets, but I have seen all the benefits without.

I have tested myself by being very comfortable after one week in my apartment in the low 50s for hours. Most people donâ??t like the cold and the knowledge they donâ??t have to do the cold challenge but will still lose their sensitivity to cold makes it more likely they will do the exercise. We know its working when we walk outside in the cold & it doesnâ??t bother us anymore & we donâ??t feel like turning on our car to warm it up anymore.

One funny thing about the ability to endure cold- my knees still donâ??t like long exposure to cold temperatures even if the rest of my body has no problem:-)

Conscious control of cold & heat

Wim Hof suggests paying attention to how the body feels & consciously giving energy to different parts, especially if they are cold. This is supposed to give conscious control of our body temperature. I did this in a sauna when too hot to stay in & thought about being cool inside & I was soon comfortable enough to stay another 40 minutes. Meditating seems to improve the conscious control of body temperature. Iâ??ve also done this when out in the cold & it works just as well.

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Control of stress

I didnâ??t read that the breathing technique also helps the stress response, but I have found that if I feel stress I can lower it consciously in a way different than just meditation. It feels like a conscious control of my cortisol levels (the stress hormone).

Autoimmune responses

He & the people he trains have been able to kill bacterial infections that should have made them very sick in an experiment after just 90

repetitions. Thatâ??s three months when doing it once a day. It appears that their bodies are shutting down the overactive immune response to the bacterial infection. Other people have noted their autoimmune disorders (like rheumatoid arthritis) being helped greatly by the breathing method.

http://www.paddisonprogram.com/wim-hof-reversing-autoimmune-diseases/

http://www.medicaldaily.com/natural-inflammation-treatment-breathing-exercises-and-ice-baths-may-quell-immune-337890

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https://www.newscientist.com/article/dn26102-three-ways-the-iceman-controls-his-immune-system/

http://www.livingflow.net/influence-immune-system-at-will/

http://www.livingflow.net/wim-hof-method-autoimmune-disease-rheumatoid-arthritis/

Cold exposure?

So I suspect that we get the benefits even if we donâ??t do the extreme cold exposure and that holding our nonbreath/empty lungs is the key. Doing this once a day is easily possible (I do it after eating so I have the energy) and results start immediately. This is a funny kind of body hack that changes more than any other Iâ??ve ever learned to help us be comfortable and stress and autoimmune problems free.

Conscious control over internal temperature

What the extreme cold exposure coupled with meditating on being warm appears to do is give conscious control over body temperature, especially with practice. We can all use this when we are in a situation we feel cold in despite the Wim Hof methodâ??s help.

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or prescription

Xyrem (oxybate)

SAMe!

vitD3

CBT

XR

warm pool exercise

red rice yeast may cause

SNRIâ??S

duloxetine(Cymbalta)

milnacipran(Savella) more norep than serato

triptyline (Elavil)

cyclobenzaprine(Flexaril)

pregabalin (Lyrica)

gabapentin (Neurontin)â?• â??

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hormone check

astaxanthin

B12

nadh

msm

sleep & pain

Xyrem(sodium oxybate)

gabapentin (Neurontin)

pregabalin (Lyrica)

theanine

prickly pear

chromium

vinegar

cordyceps

cantaloupe

kelp noodles

pickles

kimchee

sourkraut.

raw grapefruit causes fat 2 B burned

mineral salt

green leafys

oat straw extract

vitB100s

D-ribose

alpha lipoic acid

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Category

1. Uncategorized

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