

THE ESSENTIAL 16

Quick Reference Guides from
HEAVENLY HEALTH HACKS:
*Reclaiming God's Design for
Vibrant Living*



BRYAN ELLIOTT

FOREWORD

A trusted framework that makes health practical and achievable.

As a physician, I have spent my career helping people navigate the overwhelming amount of health information available today. What most people need is not more information — they need a trusted framework that makes it practical and achievable.

The Stress Bucket analogy you will find in these guides is one I have used with my own patients for years. Cortisol dysregulation sits at the center of more chronic illness than most people realize.



"Once patients understand the bucket, they finally understand themselves."

Bryan has distilled complex clinical thinking into tools you can use today. These sixteen guides are exactly that — simple, evidence-based, and designed for real life.

Use them. Share them. Return to them often.

DR. KRISTY PROUSE, MD, FRCSC

Obstetrician, Gynecologist & Integrative Women's Health Specialist

BUILT TO THRIVE

What you're holding is not another health program.

 "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies." — 1 Corinthians 6:19–20 (NIV)

FIRST, A CONFESSION

I love to eat — I mean I *really* love it — so let me say this right up front: this is not about restriction, willpower, or fear. It's the opposite. What began as my own stubborn experiment in feeling better became a passion: your body was **designed by God to thrive**, real health is **freedom and joy** rather than deprivation, and the truth about it is far simpler than the noise would have you believe. What follows is that truth, distilled — sixteen visual guides drawn from the research of more than **forty** of the world's best minds in health, stripped of the jargon and the overwhelm. No PhD required. Just what matters most, made clear, in a way you can actually use — starting today.

GO DEEPER · THE COMPLETE MANUAL

HEAVENLY HEALTH HACKS

Reclaiming God's Design for Vibrant Living



Twenty-seven chapters that walk you step by step, in plain language, through optimizing your health — each one closing with practical takeaways, action steps, and reflection questions, plus a 30-Day Implementation Guide. What you hold is the snapshot; this is the manual you'll return to for life.

Free at M46Ministries.com · on Amazon at the lowest price the platform allows

THE SNAPSHOT. THEN THE MANUAL.

Start anywhere

Open to the category that speaks to you. Begin with one change, then another.

Share it freely

Everything Bryan produces is free at M46Ministries.com. What God gives freely, we share freely — print it, copy it, give it away.

Progress, not perfection. Always.

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Open to any guide and start applying something today.

📱 This guide is interactive — tap any title below to jump straight to it, and tap the corner tab or “↑ Back to Guides” on any page to return here.



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💡 Each guide stands on its own and points to the matching chapters in **Heavenly Health Hacks** for the full depth. Not sure where to begin? Take the **Stress Bucket Assessment** on the next pages — most everything else flows from your score.

THE PARADIGM SHIFT

Before you begin — what 40 years of medicine taught one doctor.



40 YEARS OF WISDOM — DR. MARK HYMAN

AT 26...	AT 66...
I thought medicine happened in hospitals	I know it happens in kitchens
I exercised to stay slim	I move to stay young
I prescribed antidepressants	I prescribe food
I prioritized achievement	I prioritize connection
I learned to treat disease	I teach how to create health



THE GOOD NEWS: IT'S SIMPLER THAN YOU THINK

- **80% of results** come from simple fundamentals — not expensive programs
- **It gets easier — then fun** — soon you're in an upward spiral, naturally craving what's good for you
- **Your body is waiting** — 300 billion cells regenerate daily, ready for better instructions
- **Significant healing** can happen in weeks or months, not years
- **27 days** to renew your skin · your liver in a year · your skeleton in a decade
- **The Four Horsemen** are not your destiny — they're a choice



YOU'LL SEE THESE THEMES ACROSS EVERY GUIDE

- Real food (protein, healthy fats, vegetables)
- Remove toxins (seed oils, sugar, chemicals)
- Quality sleep — the foundation of everything
- Clean water (filtered, mineralized)
- Move & build (strength + daily movement)
- Manage stress (breath, rest, boundaries)
- Light & nature (morning sun, grounding)
- Heart & spirit (inner healing matters)



You don't need to master everything. Start with one change, then another. **If the cause is lifestyle, the solution is lifestyle.** Your body already knows how to heal — your job is to stop interfering and start cooperating.

BEFORE YOU BEGIN

A note from Bryan — and why testing changes everything.



A NOTE FROM BRYAN

This is the cheat sheet I wish someone had handed me 20 years ago. I'm not a doctor — I'm an engineer, a CEO, and a dad who watched his father have triple-bypass surgery at 51 and then spend his last 12 years on dialysis. I watched good people follow the rules, trust the system, take the prescriptions, eat the "heart-healthy" foods on the label — and get sicker. So I went looking for answers. I read the research, listened to the experts, and tested everything on myself. At 55, I'm medication-free, as strong as I was at 35, and still learning. The passion behind these guides is simple: **I love people** — and I love watching someone realize they're not powerless, that their body was designed to heal when given what it needs.

One honest promise before you start: the first stretch can feel discouraging — keep going. It turns fun faster than you'd expect, and before long you're in a whole new upward spiral of life, naturally reaching for the things that make you feel alive. That's not willpower — it's your body remembering how it was built to feel.



YOUR JOURNEY IS UNIQUE — TESTING IS THE KEY

No two bodies are the same. My energy was high, my body lean, my metabolic ratios outstanding — and yet historical bloodwork revealed a single genetic mutation (C282Y) I'd forgotten about, quietly compounding iron accumulation for over a decade. One small glitch in the blueprint, with cascading effects. The test was done. The answer was there. I just didn't follow through.

You cannot optimize what you don't measure — and a single snapshot tells you almost nothing; trends over time reveal the truth. As Dr. Casey Means puts it: **test, supplement, retest**. These guides give you the principles — your bloodwork gives you the plan.



MEDICAL DISCLAIMER — PLEASE READ

These guides are for educational purposes only. They are **not medical advice, diagnosis, or treatment, and are not a substitute for professional medical care**. Bryan is not a physician — he is an engineer sharing research and personal experience.

Always consult a qualified healthcare provider before changing your diet, exercise, fasting, supplements, or — especially — your medications. **Never start, stop, or adjust a prescription medication on your own**. Do not disregard or delay professional medical advice because of anything you read here; in a medical emergency, call your local emergency number.

Several practices in this collection — fasting, cold and heat exposure, intense exercise, and supplements — carry real risks and are **not appropriate for everyone**. Get medical clearance first if you are pregnant or nursing, take any medication, or have a health condition. The "optimal ranges" shown reflect functional-medicine perspectives and may differ from conventional guidelines; interpret your results with your healthcare team.

Individual results vary, nothing here is guaranteed, and you use this information entirely at your own risk.

THE STRESS BUCKET ASSESSMENT

Complete this before implementing anything else in the collection.

Adapted from clinical cortisol-evaluation practices used by Dr. Kristy Prouse, MD, and other functional-medicine practitioners. Your score sets which pathway you follow throughout this book — and whether you're ready for beneficial stressors or need restoration first.



RATE EACH AREA (0 = NONE · 1 = MILD · 2 = MODERATE · 3 = SEVERE)

1	Sleep disruption (trouble falling/staying asleep, waking unrefreshed)	0 1 2 3
2	Work or financial stress	0 1 2 3
3	Relationship conflict or loneliness	0 1 2 3
4	Unresolved grief, trauma, or anxiety	0 1 2 3
5	Chronic health issues or pain	0 1 2 3
6	Caregiving burden (children, aging parents, sick family)	0 1 2 3
7	Over-exercising or under-eating	0 1 2 3
8	Caffeine dependence (need it to function)	0 1 2 3
9	Digestive issues (bloating, irregular bowels, discomfort)	0 1 2 3
10	Men: low energy/drive · Women: hormonal symptoms (PMS, hot flashes, cycle, libido)	0 1 2 3

TOTAL: ____ / 30

● 0–8 · GREEN

Bucket relatively full. Follow standard protocols; you'll likely tolerate beneficial stressors (fasting, cold, intense exercise) well. Proceed with confidence.

● 9–16 · YELLOW

Some holes. Follow the gentler modifications marked throughout. Be cautious with advanced practices — fill the bucket before adding significant stressors.

● 17+ · RED

Leaking significantly. Do NOT add fasting, cold, or intense exercise yet. Focus on foundations until your score improves; consider working with a practitioner.

"If you don't fix the cell, you won't get well." — Dr. Daniel Pompa

Mitochondrial dysfunction may drive far more chronic disease than we used to think — possibly most of it (Dr. Doug Wallace). Fix the cell, and the rest follows. Four levers do most of the work.



THE FOUR LEVERS

1 • Cell Membrane (the gatekeeper)

Decides what gets in and out, and holds your hormone receptors. Built from the fats you eat. **Support:** omega-3s, saturated fats, cholesterol. **Avoid:** seed oils (half-life ~2–4 years).

2 • Mitochondria (power plants)

Turn food into ATP. Their number grows when you demand more. **Support:** B vitamins, magnesium, CoQ10, creatine. **Build more:** cold exposure, exercise, fasting.

3 • Autophagy (the reset button)

"Self-eating" — clears damaged proteins, sweeps brain protein clumps, makes a hostile environment for viruses. **Activate:** 16+ hr fasting, exercise, sleep. **Enhance:** green tea, turmeric, berries.

4 • Hydration (done right)

Water can't enter cells without electrolytes. **Do:** 16–24 oz water + ½ tsp sea salt. The Na⁺/K⁺ pump uses ~30% of resting energy; sodium pulls water *into* cells.



The hydration evidence: the PURE study & pooled analysis (133,000+ people, 49 countries, *The Lancet*) found moderate sodium of 3–5 g/day carried the *lowest* cardiovascular risk — both too little (<3 g) and too much (>5 g) raised it.



ESSENTIAL SUPPLEMENTS

(TEST · SUPPLEMENT · RETEST)

- **Vitamin D3** (2,000–5,000+ IU) + **K2** (100–200 mcg)
- **Magnesium** 400–600 mg (glycinate/threonate)
- **Omega-3s** (wild fish 2–3×/wk, or algae)
- **B-complex** (pre-activated) · **Vitamin C** 1–2 g liposomal
- **Zinc** 15 mg + **copper** 1 mg
- **Timing:** D3/K2/B in AM · Mg/Zn in PM

⚠ **Supplements can interact with medications — review with your provider.**



QUALITY SALT MATTERS

✓ **Best:** Baja Gold (~30–50 ppb lead) · Jacobsen (~40–60 ppb).

⚠ **Avoid:** Celtic (up to ~650 ppb some batches) · Redmond (~200+ ppb) · Himalayan pink (~50–650, variable) · table salt (stripped, has aluminum).

Lead varies by source and batch — verify the supplier's current Certificate of Analysis.

Target ~4,000–5,000 mg sodium/day (≈ 2–2.5 tsp). **Note:** sodium ≠ salt — sodium is ~40% of salt (1 tsp salt ≈ 2,200 mg sodium).

For more detail, see Chapters 5, 16, 17 & 22 in HEAVENLY HEALTH HACKS

THE ULTIMATE HEALTH LEVERS

your daily protocol · the front door · two big truths



YOUR DAILY PROTOCOL FOR CELLULAR VITALITY

- **Morning light** — 10–15 min to set circadian rhythm
- **Move daily** — strength 2–3×/wk (mitochondria)
- **Hydrate** — 16–24 oz water + ½ tsp sea salt
- **Eat clean** — whole foods, zero seed oils
- **Cold exposure** — 30–60 sec for mitochondria
- **Fasting window** — 16+ hrs weekly for autophagy
- **Protein first** — 30–40 g to activate mTOR
- **Deep sleep** — 7–8 hrs in darkness for repair

⚠ **Seed-oil warning:** canola, soybean, corn, sunflower damage cell membranes for years after eating (a ~2–4 year half-life), driving the cellular dysfunction behind most chronic disease. Eliminate them completely.



ORAL HEALTH — THE FREE 5-MINUTE HACK FOR HEART & BRAIN

Your mouth is the front door to your whole body — oral bacteria colonize arteries, cross the blood-brain barrier, and disrupt the gut.

Why it matters

Bacterial proteins from gum disease (*P. gingivalis*) have been found in Parkinson's-affected brain tissue (2024 study), and periodontal disease is strongly linked to Parkinson's. Brushing 3×/day nearly halves cardiovascular risk vs. once daily.

⚠ Mouthwash warning

Antiseptic mouthwash 2×/day is linked to **85% higher hypertension** and **55% higher diabetes risk** — it kills the tongue bacteria that make nitric oxide (BP +2–3.5 mmHg).

The protocol (free): copper tongue-scraper AM + PM · brush 3×/day with prebiotic (Revitin) or hydroxyapatite · floss + water pick (natural floss, no PFAS) · never antiseptic mouthwash — use salt water or oil pulling. **Bleeding gums mean bacteria are entering your bloodstream — that's not normal.**



TWO BIG-PICTURE TRUTHS

Oxygen (Brecka / Warburg)

"The presence of oxygen is the absence of disease." Warburg's Nobel work showed that when cells lose efficient oxygen use, they ferment glucose — the hallmark of cancer and metabolic disease. Improve oxygen delivery, improve health.

Sunlight is six systems at once

Circadian reset (eyes) · serotonin & dopamine · vitamin D (UVB) · nitric oxide & BP (UVA) · the POMC cascade (β-endorphin, α-MSH, ACTH) · mitochondrial melatonin (infrared). One 10-min midday walk fires all six.

For more detail, see Chapters 5, 16, 17 & 22 (oral health: Ch. 5 & 12) in HEAVENLY HEALTH HACKS



THE STRESS BUCKET

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Cortisol healing — the hormone behind everything else.

🙏 "Cortisol is not the enemy. It's the indicator light showing where healing is needed." (Stress Bucket model adapted from Dr. Kristy Prouse's contributions.)

Many people blame "hormones" or "getting older" when the real culprit is **chronically dysregulated cortisol** from years of piled-up stress — and that matters, because cortisol dysregulation is **reversible**.



WHY CORTISOL RULES THE HOUSE

If hormones were a family, cortisol is the parent that sets the mood. When it's steady, everything behaves; when it's off, most people chase the wrong hormone.

↘ Progesterone

High cortisol flips you into survival mode, pulling resources from reproductive hormones. **Result:** anxiety, irritability, wired, poor sleep.

↘ Thyroid

Cortisol blocks thyroid hormone from entering cells — labs look "normal," thermostat doesn't respond. **Result:** exhaustion, cold, foggy, even on meds.

↘ Estrogen

Stress changes how estrogen's effects are felt. **Result:** symptoms blamed on "low estrogen" or perimenopause may be cortisol-driven.

↗ Insulin

Cortisol raises blood sugar by design; stay high and insulin keeps cleaning up. **Result:** energy crashes, belly fat, "my body won't cooperate."



Healthy rhythm: high in the morning (wake alert) → tapering midday → low at night. That's how God designed it.



Dysregulated: reduced morning peak → flat midday → delayed evening drop (wired but tired) → night-time rise.



A single daytime blood draw catches one moment, not the pattern. Ask for a **4-point salivary or dried-urine test** (morning, noon, evening, night) — the only way to catch a dysregulated rhythm.



THE LEAKY BUCKET MODEL

Your "stress bucket" is your capacity to handle stress. **Both emotional and physical stressors poke holes in it** — when holes multiply, it drains faster than it fills.

😞 Emotional

chronic worry & anxiety · perfectionism · unresolved trauma · relationship conflict · "never enough" pressure



Physical

poor sleep · chronic inflammation · processed foods · environmental toxins · over-exercising

Hypothalamus
smoke detector



Pituitary
alarm panel



Adrenals
fire department

⚠️ *Your body can't tell a real threat from a worried thought — both trip the same alarm.*

THE STRESS BUCKET

(continued)



HEALING THE BUCKET — SIX STEPS

1 • Rebuild foundations

Consistent wake time • morning sun 10–15 min • cool, dark room • protein meals • no caffeine after noon.

2 • Reduce stressors

Address infections • remove food sensitivities • cut toxins • set boundaries • lower inflammation.

3 • Replenish nutrients

Magnesium • vitamin C for adrenals • methylated B's • protein/amino acids • adaptogens when ready.

4 • Renew the mind

Release perfectionism & all-or-nothing thinking; catch the "never enough" lies. (*Romans 12:2*.)

5 • Heal the soul

Past wounds drive today's reactions. Bring them into His light — deeper than therapy alone.

6 • Surrender control

Release what you can't control • invest where it matters • stop managing outcomes • steward your energy.



ASSESS YOUR BUCKET — WHICH PATHWAY ARE YOU?

● GREEN — FULL

Sleeping well, good energy, stable. You can handle beneficial stressors — fasting, cold, intense exercise.

● YELLOW — SOME HOLES

Some symptoms. Gentler modifications, cautious with advanced practices, focus on foundations.

● RED — LEAKING

Significant symptoms, depleted. Foundations **only** — no fasting, cold plunges, or intense exercise yet.



Critical: hormetic stressors (cold, heat, fasting, hard exercise) *add* stress — medicine at the wrong time harms. Fill the bucket first. Expect 6–12 weeks before real improvement, possibly 1–2 years for full restoration. It took years to get here — be patient.



DO YOU RECOGNIZE THESE SIGNS?

Energy & Sleep

- ☐ Hard to wake up
- ☐ A 3–4 pm low
- ☐ Waking between 2–4 am
- ☐ Fatigue sleep doesn't fix
- ☐ Need caffeine to function

Physical

- ☐ Craving salt
- ☐ Light-headed standing up
- ☐ Slow to recover from illness/injury

Mood & Mind

- ☐ Mild depression
- ☐ Worsening PMS ?
- ☐ Foggy, less-focused thinking
- ☐ Less patience with others
- ☐ Lower stress tolerance & libido

For more detail, see Chapters 6, 8, 12, 13, 14, 15, 19 & 22 in HEAVENLY HEALTH HACKS

THE VAGUS NERVE

your body's master reset switch



Free reset #1 — delay coffee 60–90 min after waking. Your cortisol awakening response is your built-in stimulant; caffeine on top wastes it and amplifies the later crash. Wait for the peak to drop — steadier energy, fast preserved.



Free reset #2 — go panoramic. A soft, wide visual focus switches on the parasympathetic system — the fastest free reset after the physiological sigh. Eyes and autonomic nerves share circuits (Huberman).

The longest nerve in your body — the brake pedal on your entire stress response. When it's strong, you heal; when it's weak, you're stuck in survival.



ACCELERATOR

Sympathetic (fight-or-flight): heart racing, digestion off, immune suppressed.



BRAKE

Parasympathetic (rest, digest, heal): heart slows, digestion on, inflammation resolves. The vagus *is* ~75% of all parasympathetic activity (Huberman).



Vagal tone = how strong your brake is, measured by **HRV** (higher = healthier). High HRV = strong brake, fast recovery; low = stuck in survival. Your Stress Bucket score reflects your vagal tone.



"Be still, and know that I am God." (Psalm 46:10) — that stillness is a physiological state your vagus nerve was designed to create.

How chronic stress damages it (why stressed people can't just "relax")

- **Signal suppression** — the accelerator stays floored, the brake weakens, the nerve goes offline (Porges).
- **Inflammatory damage** — chronic cortisol drives inflammation that harms the myelin of the very nerve meant to resolve it.
- **Gut-brain disruption** — ~80% of vagal fibers run gut→brain; a damaged gut never sends the "all clear," so the brain stays in threat mode.

For more detail, see Chapters 6, 8, 12, 13, 14, 15, 19 & 22 in HEAVENLY HEALTH HACKS

REBUILD YOUR BRAKE

the vagus restoration protocol

1 LEVEL 1 — DAILY FOUNDATIONS (START HERE)

- **Slow breathing** — 5 sec in, 5 sec out, 5 min daily. Lung stretch-receptors fire vagal fibers; results in ~2 weeks. (*Full protocols* → Ch. 15.)
- **Hum / sing / gargle** — 2 min daily (gargle until your eyes water). The vagus runs through your vocal cords, so vibration is direct mechanical stimulation (Kharrazian). Humming also flushes nitric oxide from your sinuses ~15× above baseline — the vessel-relaxing, antimicrobial molecule that supports immune defense (Weitzberg & Lundberg, 2002).

2 LEVEL 2 — TARGETED TRAINING

- **Cold face & neck** — splash cold 30 sec; the dive reflex is the fastest reset (Ch. 19).
- **Prayer & gratitude** — 3 things aloud daily. HeartMath: gratitude shifts heart rhythm to coherent, raising vagal tone. Singing worship = triple activation.
- **Cold plunges** — stress → recovery → adaptation trains the brake. Start 30 sec (Ch. 19).
- **Gut restoration** — 80% of vagal signals start here; in mice, *L. rhamnosus*' calming effect vanished once the vagus was cut (Ch. 12).
- **Omega-3s (DHA)** — integrate into vagal membranes and improve conduction (Patrick) (Ch. 8).
- **Zone 2 cardio** — trains the stress/recovery toggle; the strongest HRV predictor (Attia) (Ch. 14).

3 LEVEL 3 — THERAPEUTIC RESTORATION

Trauma resolution

Unresolved trauma lives in the vagus, not just the mind; EMDR & somatic experiencing restore regulation (Porges).

Forgiveness

Holding an offense keeps the system in threat mode; releasing it restores the safety signal (Col. 3:13).

Bodywork

Craniosacral therapy & visceral manipulation mobilize restricted vagal tissue in neck, diaphragm, gut.

-  **One nerve, many chapters:** Cortisol (Ch. 6) · Gut (Ch. 12, ~80% of vagal signals) · Movement (Ch. 14, Zone 2 = vagal training) · Rest & breathing (Ch. 15) · Hormesis (Ch. 19, cold = fastest reset) · Fats (Ch. 8, DHA improves conduction). They all strengthen the same God-designed system that shifts you from survival into healing.

For more detail, see Chapters 6, 8, 12, 13, 14, 15, 19 & 22 in HEAVENLY HEALTH HACKS



DAILY HEALTH BLUEPRINT

Your whole day, at a glance.



DAILY RHYTHM: WAKE TO SLEEP



First 30 min

16–24 oz water + a pinch of quality salt

rehydrate, support adrenals



First 60 min

Get morning light — no sunglasses

set your clock, trigger the cortisol peak



60–90 min

Hold off on caffeine

let your natural cortisol wake-up finish



Meals

3 protein-focused meals, no snacking

steady blood sugar, insulin sensitivity



After eating

10-minute walk

blunts the glucose spike (see below)



3 hrs before bed

Stop eating

full digestion before sleep



2 hrs before bed

Dim lights, blue-light blockers

protect melatonin



1 hr before bed

Screens off

protect sleep



Bedtime

Cool (65–68°F), dark, same time nightly

deep, restorative sleep



SLEEP STARTS EARLIER — THE 10-3-2-1-0 RULE



10 HOURS

No more caffeine



3 HOURS

No food or alcohol



2 HOURS

No more work



1 HOUR

No screens



0 SNOOZE

Never hit snooze

The #1 rule: lock your wake time, even on weekends. Morning light starts a 14–16 hr countdown to sleepiness — your bedtime follows.



FREE SLEEP HACK — DUMP IT ON PAPER

Two minutes, \$0. Write down every thought, worry, and task — no order, no filtering, just dump. Your brain treats unfinished tasks like open browser tabs, each one keeping you alert; writing them down closes the loop and the chatter quiets.

For more detail, see Chapters 4, 6, 15, 17, 26 & 27 in HEAVENLY HEALTH HACKS

THE DAILY HEALTH BLUEPRINT

(continued)

THE POWER OF NAPPING

↓ **48%**

Heart-attack risk
(*Heart*, 2019)

↓ **37%**

Heart-disease death
(Naska, 2007)

↑

Cognitive performance
(Attia)

↓

Inflammatory markers

↓

Stress & blood pressure

- 10–20 min → quick alertness · 30–60 min → memory & cognition · 90 min → a full cycle, complete restoration.
- Best 1–3 pm (the natural circadian dip); avoid napping after 3 pm — it interferes with night sleep.



Your body was designed for afternoon rest — that's not laziness, it's aligning with God's rhythm for restoration, and it costs you nothing.



ROOT CAUSE DECODER — SYMPTOMS ARE SIGNALS

Trace the symptom upstream to its real drivers:

Fatigue → sleep → cortisol → blood sugar → thyroid

Irritability → blood-sugar crashes → cortisol → magnesium → sleep

3 am waking → blood-sugar drop → cortisol spike → alcohol/caffeine

Weight resistance → insulin resistance → cortisol → sleep → thyroid

Low mood → gut (90% serotonin) → vitamin D → sleep → movement

Frequent illness → sleep debt → gut → vitamin D → chronic stress

Brain fog → blood sugar → gut → inflammation → sleep

Sugar cravings → low protein → blood-sugar swings → poor sleep

Inflammation → seed oils → gut permeability → sleep → stress

Anxiety → blood sugar → gut-brain axis → magnesium → caffeine

Digestive issues → eating too fast → low stomach acid → dysbiosis

Low libido → cortisol → sleep → blood sugar → hormones



The pattern: sleep, blood sugar, gut, and stress keep showing up. Those are your master levers — fix them first and most symptoms resolve on their own.



FOODS: EMBRACE

- ✓ Grass-fed beef, lamb, bison · pasture-raised eggs
- ✓ Wild-caught fatty fish · bone broth
- ✓ Grass-fed butter & ghee
- ✓ Avocado, olives, olive oil
- ✓ Leafy greens & low-toxin veg · fermented foods



FOODS: ELIMINATE

- Seed & vegetable oils · margarine & "spreads"
- Refined sugar · breakfast cereals
- Packaged / processed food
- Industrial chicken & pork
- Fast food

For more detail, see Chapters 4, 6, 15, 17, 26 & 27 in HEAVENLY HEALTH HACKS

THE DAILY HEALTH BLUEPRINT

(continued)

★ IF NOTHING ELSE — THE 5 NON-NEGOTIABLES

These five deliver about 80% of the results.

- 1 Same wake time daily (± 30 min).
- 2 Morning sunlight 10–15 min within an hour of waking — direct, not through glass (20 min on cloudy days).
- 3 Protein at every meal (30–40 g minimum).
- 4 Eliminate seed oils completely.
- 5 Stabilize blood sugar: apple cider vinegar 10–20 min before meals + protein first + a post-meal walk.



A 10-minute post-meal walk alone blunts the glucose spike ~30–40%; stacking apple cider vinegar and eating protein first can push the combined reduction to roughly 50–65%.



THE 3 AM FIX — WHY YOU WAKE AT 2–5 AM

Two common reasons: (1) a **blood-sugar drop** — your liver runs low overnight, cortisol spikes for emergency fuel, and you wake wired; or (2) a **depleted nervous system** — after hard days it can't buffer the natural 2–4 am cortisol rise. Same routine, different capacity — which is why easy days sleep fine and hard days don't.

1 • Pre-bed fuel (30–60 min before)

Restock the liver's tank: 1 tbsp raw honey; almond butter + apple; or Greek yogurt with walnuts & honey. Small — not a meal.

2 • Sleep-support stack

60 min before: L-theanine 200 mg + apigenin 50 mg. 30 min before: glycine 3 g. ⚠️ Avoid high-dose melatonin — micro-dose only (0.5–1.5 mg); not for children.

3 • Cool your room

65–67°F (18–19°C). Your body must drop 1–2°F to hold deep sleep.

4 • Fix light exposure

Bright light within 30 min of waking sets the clock; dim everything after sunset — your skin has photoreceptors too.

5 • If you wake — the 3 AM protocol

Do not check your phone or the clock. Physiological sigh $\times 3$ –5. Still awake after 20 min? Get up, keep it dim, do something boring, return when drowsy.

6 • Restore your nervous system

For the stress-driven kind, the evening downshift matters most — no charged content 60–90 min before bed. Slow nasal breathing, warm bath, brain dump, or prayer.



Two root causes, two solutions. Blood-sugar drop? Pre-bed fuel fixes it (1). Stress-driven? Your nervous system needs restoration (6). Fasters often skip both — in ketosis the brain runs on ketones, so there's no overnight glucose-panic signal.

For more detail, see Chapters 4, 6, 15, 17, 26 & 27 in HEAVENLY HEALTH HACKS



BIOMARKERS & TESTING

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4

Track trends, not snapshots.

"Normal" lab ranges are built from a sick population. The optimal ranges here are where healthy, metabolically flexible people actually land — and one test is a snapshot, while trends tell you where you're heading.



DR. CASEY MEANS' TESTING FRAMEWORK

1 TEST

Establish your baseline. You can't optimize what you haven't measured.

2 SUPPLEMENT

Target to *your* results — precision, not shotgun supplementation.

3 RE-TEST

Verify after 90 days. Adjust or maintain.



Engineering applied to biology: reach the optimal ranges, then hold them with the **minimum effective dose**. Precision beats enthusiasm.



TESTING ACTION PLAN

- ✓ Request the foundational panel at your next checkup.
- ✓ Test Vitamin D — aim 40–80 ng/mL, not just "sufficient."
- ✓ Add hsCRP — inflammation drives most chronic disease.
- ✓ Track over time; retest after 90 days of lifestyle changes.

Women, additionally (via a functional or naturopathic doctor)

- NMR LipoProfile or ApoB — cholesterol particle size
- Estrogen, progesterone, testosterone — cycle day 19–21
- Cortisol — 4-point salivary or dried-urine (AM, noon, evening, night)
- DHEA-S (adrenal function) · Free T3 / Free T4 (active thyroid)



FOUNDATIONAL PANEL — START HERE

TEST	WHAT IT MEASURES	OPTIMAL	WHY IT MATTERS
Fasting glucose	blood sugar after an overnight fast	70–85 mg/dL [3.9–4.7 mmol/L]	early insulin-resistance sign; >100 = impaired
HbA1c	3-month blood-sugar average	< 5.4%	strong longevity predictor; 5.7%+ = prediabetes
Fasting insulin	insulin level	2–5 µIU/mL [14–35 pmol/L]	catches problems <i>before</i> glucose rises
Vitamin D (25-OH)	vitamin D status	40–80 ng/mL [100–200 nmol/L]	immune, mood, hormones, bone; most are deficient
hsCRP	inflammation	< 0.36 mg/L	systemic inflammation = root of chronic disease



"Optimal" isn't "normal." Normal ranges come from an average (often unhealthy) population; optimal is where thriving people land. Vitamin D blends Means (40–60) and Patrick (50–80).

For more detail, see Chapters 5, 8 & 9, plus Chapter 22, in HEAVENLY HEALTH HACKS

BIOMARKERS & TESTING

(continued)



EXPANDED PANEL — WHEN READY

TEST	OPTIMAL	WHAT IT REVEALS
Triglycerides	< 80 mg/dL [<0.90 mmol/L]	metabolic health, carb tolerance; very diet-responsive
Trig/HDL ratio	< 1.0 [0.44] excellent	best single insulin-resistance indicator
ApoB	< 80 mg/dL [<0.80 g/L]	better CVD predictor than LDL — counts atherogenic particles
Homocysteine	< 8 µmol/L	methylation / B-vitamin status
Ferritin	♀ 50–150 • ♂ 75–150	iron stores (high = inflammation, low = anemia)
TSH	0.5–2.5 mIU/L	thyroid (conventional "normal" is too wide)
Uric acid	♀ < 4.0 • ♂ < 5.0 [<238/<297]	metabolic health; rises years before other markers
AST / ALT	< 17 U/L each	liver stress (standard 48–55 is too lenient)
GGT	< 20 U/L	early fatty liver, insulin resistance, oxidative stress
HDL	50–90 mg/dL [1.29–2.33 mmol/L]	protection; below 40 ♂ / 50 ♀ raises risk

Values in [brackets] are SI units.



CHOLESTEROL — CONTEXT IS EVERYTHING

"High cholesterol" has been ratcheted down for decades — tracking guidelines and pharmaceutical influence, not new biology. What matters is the **pattern**, which standard tests miss.

1960s–70s

300

mg/dL [7.8 mmol/L]

wasn't alarming

1983

340–359

mg/dL [8.8–9.3 mmol/L]

drug-therapy threshold

1963 NEJM

150–280

mg/dL [3.9–7.2 mmol/L]

"normal range"

Today

< **200**

mg/dL [**<5.2 mmol/L**]

"high" if over



LDL PARTICLE SIZE

- **Pattern A** (large, buoyant): can't easily penetrate artery walls — relatively harmless.
- **Pattern B** (small, dense; from sugar & seed oils): the dangerous one.
- Request an **NMR LipoProfile**.



BETTER MARKERS (ATTIA)

- **ApoA** > 120 mg/dL (HDL function) [**>1.20 g/L**]
 - **ApoB** < 80 mg/dL (particle count)
 - **ApoB/ApoA** < 0.6
- Predict CVD better than LDL alone.



AGE MATTERS (60+)

- **U-shaped curve** — lowest mortality ~210–249 mg/dL [5.4–6.4].
- Observational & debated (illness lowers cholesterol).
- Don't drive it *too* low in healthy elders.

For more detail, see Chapters 5, 8 & 9, plus Chapter 22, in HEAVENLY HEALTH HACKS

BIOMARKERS & TESTING

(continued)

♥ CHOLESTEROL IS NOT THE VILLAIN — IT'S A VITAL PARTNER



Hormones

building block for every steroid hormone



Brain

~25% of body cholesterol lives here



Cell structure

every membrane needs it



Digestion

makes bile acids for fats



Immune

immune-cell signaling



INSULIN — THE VICIOUS CYCLE

Insulin moves sugar out of your blood and stores it as fat. The loop: eat sugar/carbs → spike → insulin → stored as fat → crash → hungry again → repeat. You store fat *and* stay hungry. Break it with protein and healthy fats — they barely move insulin and let your body burn fat instead of storing it.



Heart disease

insulin resistance drives inflammation & arterial damage



Cancer

creates the environment where cancer thrives



Dementia

"Type 3 diabetes" — brain insulin resistance



Metabolic dysfunction

the upstream cause of the other three



The "Four Horsemen" cause ~80% of deaths. By 50, ~half of adults are diabetic/prediabetic; only ~6.8% are metabolically healthy (2022). Same root = same solution — and it's reversible. Key tests: fasting insulin (2–5), Trig/HDL (<1.0 [0.44]), HbA1c (<5.4%).



VITAMIN D — THE MASTER HORMONE · TARGET 40–80 NG/ML



Telomeres

A 4-yr trial (~25,000 adults) found D3 preserved telomere length — slower cellular aging.



Brain

A 10-yr study (~12,000 people) linked D3 to ~40% lower dementia risk.



Immune

Killer T-cells can't activate without enough D.



Protocol: D3 2,000–5,000+ IU daily (seasonally adjusted — test to optimize), always with K2 (100–200 mcg, MK-7). D3 absorbs calcium; K2 directs it to bones, not arteries. Take with fat; winter means dropping levels.

For more detail, see Chapters 5, 8 & 9, plus Chapter 22, in HEAVENLY HEALTH HACKS



POWER FOODS

[↑ Back to Guides](#)

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What to eat — and how to hit 40 g of protein per meal.



40 G OF PROTEIN = ONE SERVING

FOOD	AMOUNT	BONUS NUTRIENTS
Grass-fed beef	5.5 oz (156 g)	creatine, zinc, B12
Ground beef	5.5 oz (156 g)	collagen from connective tissue
Chicken breast	4.5 oz (127 g)	lean, high bioavailability
Wild salmon	6 oz (170 g)	omega-3, vitamin D
Pasture eggs	6–7 large	choline, all amino acids
Grass-fed cheese	5.5 oz (156 g)	calcium, K2
Greek yogurt	2 cups	probiotics, calcium
Pumpkin seeds	~1.3 cups (185 g)	magnesium, zinc



Aim 35–40 g per meal to activate mTOR for muscle-building — about 1 g per pound of goal (lean) body weight daily, in roughly three meals. After 40 you need *more*, not less; women over 40, eat protein within 30 min of waking.



BEEF & BUTTER QUALITY

Best → still-fine: **regenerative grass-fed/finished** → 100% grass-fed/grass-finished → organic grass-fed → organic → conventional (still better than skipping it).



FISH — WILD ONLY

Avoid farmed (even "organic" — grain-fed, lower omega-3, higher contaminants). Best: **salmon, sardines, anchovies, mackerel (small), herring** — low mercury, high omega-3.



BEST FRUITS — BERRIES WIN

- **Blueberries** — brain health • **Blackberries** — highest fiber
- **Strawberries** (buy organic) • **Cherries** — sleep support
- **Kiwi** — vitamin C • **Lemon / lime** — digestion

⚠ Skip fruit *juice* — 16 oz apple juice = 13 tsp sugar. Eat fruit whole.



BEST VEGETABLES — LOW- OXALATE

- **Arugula / romaine** • **broccoli / cauliflower** (cook lightly)
- **Sweet potatoes** • **carrots** (very low oxalate)
- **Cucumber / zucchini** • **avocado** • **cabbage**
- **Garlic / onions** (cook) • **tomatoes** (cooked, peeled)

For more detail, see Chapters 7, 10 & 11 in HEAVENLY HEALTH HACKS

POWER FOODS

(continued)

! DIRTY DOZEN — BUY ORGANIC

Highest pesticide load:

- Strawberries
- Spinach
- Kale / collards
- Peaches
- Nectarines
- Pears
- Apples
- Grapes
- Bell peppers
- Cherries
- Blueberries
- Green beans

✓ CLEAN 15 — CONVENTIONAL IS FINE

Lowest pesticide load:

- ✓ Avocado
- ✓ Sweet corn
- ✓ Pineapple
- ✓ Onions
- ✓ Papaya
- ✓ Sweet peas
- ✓ Asparagus
- ✓ Honeydew
- ✓ Kiwi
- ✓ Cabbage
- ✓ Mushrooms
- ✓ Mango
- ✓ Sweet potato
- ✓ Watermelon
- ✓ Carrots

💧 Clean produce cheaply: 1 tsp baking soda per 2 cups water → soak 10–15 min → rinse thoroughly → pat dry. Removes up to 96% of surface pesticide residue — more effective than commercial washes.

🛒 SHOPPING SMART

- ✓ Budget priority: organic for the Dirty Dozen, conventional for the Clean 15.
- ✓ Protein priority: grass-fed ground beef + pasture eggs = best value per dollar.
- ✓ Frozen berries are just as nutritious and more affordable.
- ✓ Rotate vegetables weekly to limit antinutrient buildup.
- ✓ Thick-skinned fruit (banana, orange) = lower pesticide concern.



THE PROOF — 6 DAYS CHANGED EVERYTHING

A peer-reviewed study (*Environmental Research*, 2019) switched four families to an all-organic diet for just six days:

↓ **60.5%**

overall pesticide levels

↓ **95%**

malathion (a nerve toxin)

↓ **71%**

glyphosate (follow-up study)



On conventional food you reload these toxins every meal, so your body never clears them. The chemicals found — organophosphates, neonicotinoids, 2,4-D — are linked to cancer, hormone disruption, and neurological damage. Your body wants to heal — just stop poisoning it. Start with the Dirty Dozen; every swap counts.

For more detail, see Chapters 7, 10 & 11 in HEAVENLY HEALTH HACKS



WHAT TO AVOID

The hidden health destroyers — often hiding in "healthy" products.



SEED OILS — THE #1 THING TO ELIMINATE

Worse than sugar: they embed in your cell membranes (**half-life of 3+ years**) and drive chronic inflammation long after you stop eating them. Sugar spikes are temporary; seed-oil damage persists. **Eliminating them is the single highest-impact change most people can make.**

The oils

canola (rapeseed) · soybean ("vegetable oil") · corn · sunflower (incl. high-oleic) · safflower · grapeseed · cottonseed

⚠ Where they hide

salad dressings · mayo · hummus · crackers · chips · baked goods · restaurant fryers · "olive oil" blends · nut butters · protein bars · even "organic"



QUICK SWAP GUIDE

INSTEAD OF	USE
Canola / vegetable oil	ghee, tallow, coconut oil (high heat)
Store-bought dressing	olive oil + vinegar + spices
Mayo (soybean oil)	avocado-oil mayo or homemade
Margarine	grass-fed butter
Bread / pasta	sweet potato, ancient-grain sourdough, imported Italian pasta
Daily spinach	arugula, romaine, kale
Fish-oil pills	wild salmon, sardines, or algae-based
Plastic containers	glass storage
Non-stick pans	cast iron, stainless steel, ceramic
Unfiltered tap water	reverse osmosis + minerals, distilled, or spring

Dining out, ask: "What oil do you cook with?" Request grilled instead of fried, or butter/olive oil if available.

For more detail, see Chapters 7, 8, 10 & 11 (and Ch. 13 for ADHD & SSRIs) in HEAVENLY HEALTH HACKS

WHAT TO AVOID

sugars & refined carbs



SUGARS & SWEETENERS

- **High-fructose corn syrup** — metabolized only by the liver → fatty liver, insulin resistance.
- **Fruit juice** — 16 oz of apple juice = 13 tsp of sugar (soda without the label).
- **Refined sugar** — spikes blood glucose, feeds inflammation. **Agave** — ~90% fructose, worse than HFCS.
- **Artificial sweeteners** — disrupt the gut microbiome and trigger an insulin response despite zero calories.
- **"Natural" sugars** (coconut, maple) — still sugar.

⚠ **The average American eats about 152 lbs of sugar a year (vs. 2–3 lbs two centuries ago).**



INDUSTRIAL STARCH

Maltodextrin, modified food starch, dextrin: GI ~110 (higher than glucose), labeled "0 g sugar" yet spikes insulin faster than candy. Hides in protein bars, baby formula, "gluten-free."



MODERN WHEAT

Gliadin triggers zonulin release and gut permeability — even in people without celiac disease.



CONVENTIONAL DAIRY

A1 protein forms inflammatory BCM-7 in some people. Choose A2, grass-fed, sheep, or goat.



Sugar is sugar — your body reads insulin response, not labels. **Refined flour** hits your blood as glucose just as fast: white bread (GI ~75) spikes higher than table sugar (GI ~65). Cutting sugar but still eating refined flour solves only half the problem.



The agave trap: glycemic index can't see fructose, which bypasses blood sugar and goes straight to the liver (the same pathway as alcohol). Whole fruit has fructose too, but God packaged it with fiber that controls the dose. Even blending breaks fiber — smoothies spike faster than whole fruit. **Eat your fruit, don't drink it.**

For more detail, see Chapters 7, 8, 10 & 11 in HEAVENLY HEALTH HACKS

THE SWEETENER HIERARCHY

best → worst · your body reads insulin, not labels

#	SWEETENER	CAL/TBSP	GI	INSULIN?	VERDICT
1	Monk fruit	0	0	No	✓ Best zero-calorie option
2	Allulose	~0	1	No	✓ Great — watch for GI symptoms
3	Pure maple syrup	52	54	Yes	✓ Lowest-GI caloric sweetener
4	Raw honey	64	61	Yes	✓ In moderation
5	Stevia	0	0	Maybe	✓ Good
6	Coconut sugar	45	54	Yes	⚠ Marketing hype — still sugar
7	Cassava syrup	~56	46–55	Yes	⚠ "Healthy" label — still sugar
8	Raw cane sugar	48	65	Yes	⚠ Limit — same as refined
9	Refined white sugar	48	65	Yes	⚠ Limit — empty calories
10	Brown sugar	52	65	Yes	⚠ Limit — white + molasses
11	Erythritol	~0	0	No	⚠ Limit (2023 CV signal)
12	Xylitol	10	13	Low	⚠ Limit (2024 NIH concerns)
13	Artificial*	0	0	Yes	✗ Avoid — gut & metabolic harm
14	Agave	60	15	Yes	✗ Avoid — ~90% fructose
15	HFCS	53	73	Yes	✗ Avoid — fatty liver, metabolic damage

*Aspartame, sucralose, saccharin, acesulfame-K. Monk fruit and allulose are the only truly metabolically neutral options.



HIGH-OXALATE GREENS — DON'T EAT DAILY

FOOD	OXALATES
Spinach	~755 mg/cup
Swiss chard	~645 mg/cup
Beet greens	~610 mg/cup
Almonds	~122 mg/oz

Daily limit is ~40–50 mg. In excess: kidney stones, joint pain, brain fog, mitochondrial dysfunction, gut inflammation.

- Reduce: boiling cuts oxalates 30–87%.
- Pair with calcium (e.g., cheese + almonds) to bind them.
- Unexplained joint/kidney/autoimmune symptoms? Eliminate 30 days.

For more detail, see Chapters 7, 8, 10 & 11 in HEAVENLY HEALTH HACKS

WHAT TO AVOID

problem foods & surprising offenders

🚫 PROBLEM FOODS

- **Refined white bread** — GI ~75; worse than table sugar for blood glucose.
- **Fish-oil supplements** — 5–6 double bonds make them *more* fragile than seed oils, and often rancid. Eat real fish instead.
- **Raw spinach (daily) & excessive almonds** — very high oxalates; rotate to macadamia, walnuts, pistachios.
- **Soy protein isolate** — heavily processed; hexane-extracted, acid-washed in aluminum, concentrated phytoestrogens & anti-nutrients. Hides in protein bars & meat substitutes.
- **Alcohol** — a **Group 1 carcinogen** (IARC, alongside tobacco & asbestos). No established safe level for cancer risk; even one drink a day raises breast-cancer risk.

🤖 SURPRISING AVOIDS

- **Oat milk** — high-carb, often seed oils
- **"Heart-healthy" labels** — usually code for seed oils
- **Plant protein powders** — more heavy metals than whey
- **Most store "olive oil"** — often cut/mislabeled; buy certified (peppery bite)
- **"Organic" ≠ safe** — can still contain seed oils
- **Breakfast cereals** — GI 80–100; insulin resistance in kids

⚠️ OBVIOUS BUT IMPORTANT

- **Energy drinks** — acute kidney-injury reports; no real benefit
- **Diet sodas** — artificial sweeteners disrupt gut & insulin
- **Energy / protein bars** — most have seed oils & sugar
- **Fried restaurant foods** — seed oils + high heat = max oxidation
- **Pastries** — seed oils + flour + sugar (a triple-hit)
- **Farmed salmon · non-dairy creamers · low-fat ice cream · microwave popcorn (PFAS) · high-mercury fish (tuna, swordfish, shark)**

- ✓ **Safe sweetener swaps:** monk fruit (best) · allulose · stevia (acceptable). Artificial sweeteners (aspartame/Equal, sucralose/Splenda, saccharin/Sweet'N Low, acesulfame-K) hide in diet sodas, protein powders, flavored water, kids' vitamins, and toothpaste — zero calories ≠ zero harm.

For more detail, see Chapters 7, 8, 10 & 11 in HEAVENLY HEALTH HACKS

WHAT TO AVOID

toxins & a word on common medications



ENVIRONMENTAL TOXINS

- **Fluoride** (water & toothpaste) — high exposure linked to lower childhood IQ
- **Teflon / non-stick** — PFAS "forever chemicals"; use cast iron, stainless, ceramic
- **Plastic containers** — BPA & phthalates leach; switch to glass
- **Personal-care products** — parabens, phthalates, "fragrance" are endocrine disruptors
- **Evening blue light** — suppresses melatonin, disrupts circadian rhythm



A WORD ON COMMON MEDICATIONS

These often don't address the underlying cause — but some are the right call, especially for serious conditions. The point is to look upstream too.



Fever & pain meds — immune suppressants

A mild fever is immune *design*, not malfunction — your body raises temperature to fight infection.

- **Tylenol (acetaminophen)**: depletes glutathione (your master antioxidant), is the leading cause of acute liver failure in North America, and suppresses the fever your body is using to heal.
- **NSAIDs (Motrin, Advil, ibuprofen, aspirin, Aleve)**: block prostaglandins, damage the gut lining with regular use, and interfere with tissue repair.
- **Instead**: let a mild fever (under ~103°F) run · hydrate with electrolytes · magnesium 400–600 mg glycinate · rest. ⚠️ A fever of 104°F+, or *any* fever in an infant under 3 months, needs immediate care.



ADHD stimulants

"Your focus isn't an Adderall deficiency" (Hyman). Worth investigating alongside any med: vitamin D & magnesium · gut (90% of serotonin) · blood-sugar chaos & seed-oil inflammation · sleep/circadian · impaired detox (MTHFR). ADHD is diagnosed ~2× more in the youngest children in a class. Test, stabilize blood sugar, fix sleep, heal the gut first.



SSRIs / antidepressants

"Depression is not a Prozac deficiency" (Hyman). A 2022 UCL **umbrella review** found no consistent low-serotonin cause; SSRIs can create dependence (withdrawal can last months) and affect the gut microbiome. Address root causes too. **That said, the clearest benefit is in moderate-to-severe depression, where they genuinely help many people.**



Never start, change, or stop a psychiatric medication on your own — especially with severe depression or anxiety. Abrupt discontinuation can cause dangerous withdrawal. Always taper gradually under your prescriber's supervision.

For more detail, see Chapters 7, 8, 10 & 11 (and Ch. 13 for ADHD & SSRIs) in HEAVENLY HEALTH HACKS



GUT HEALTH

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Your second brain — 80% of immunity and 90% of serotonin live here.

Your gut holds roughly 100 trillion microbes and about 500 million neurons — more than your spinal cord.



THE GUT-BRAIN AXIS

- Communication runs **both ways**, with the **vagus nerve** as the highway.
- Gut bacteria make neurotransmitters — about **90% of your serotonin** is produced here.
- So anxiety is often a gut issue, more fiber tracks with better mental health, and healing the gut lifts mood.



WHEN THE GUT IS OFF

Linked conditions: autoimmune disease · anxiety & depression · brain fog & fatigue · skin issues · allergies & food sensitivities · IBS & bloating · chronic inflammation.

What damages it: seed oils · gluten · refined sugar & processed food · alcohol · NSAID overuse · antibacterial products · chronic stress.



THE 5R HEALING PROTOCOL

- 1 **Remove** — trigger foods, toxins, pathogens, seed oils, gluten, processed food.
- 2 **Replace** — digestive enzymes, stomach acid, and bile support if needed.
- 3 **Reinoculate** — probiotics, fermented foods, and a diversity of prebiotic fiber.
- 4 **Repair** — L-glutamine (5–10 g), bone broth (1 cup), zinc (15–30 mg), collagen, vitamin A, omega-3s — synergistic together.
- 5 **Rebalance** — stress, sleep, movement, lifestyle.



LEAKY GUT & TIGHT JUNCTIONS

Your intestinal lining is **one cell thick**, held together by "tight junctions" — protein seals that work like mortar between bricks. Healthy junctions stay sealed (nutrients pass, toxins stay out); damaged ones loosen and let undigested food, bacteria, and toxins leak into the bloodstream → immune reaction → chronic inflammation. That's **leaky gut**, at the root of many autoimmune, skin, mood, and digestive disorders.

⚠ What loosens the junctions: gluten (triggers zonulin, even without celiac) · NSAIDs · seed oils, processed food, refined sugar · chronic stress · alcohol · glyphosate.

For more detail, see Chapter 12 in HEAVENLY HEALTH HACKS

FEED YOUR GUT WELL

diversity is resilience



THE BASICS — FEED IT WELL

Fermented daily

Kefir (30+ strains), sauerkraut (refrigerated only), kimchi, yogurt.

Prebiotic fiber

Garlic, onions, leeks, asparagus, green bananas (resistant starch → butyrate, the lining's fuel).

Diversity = resilience

Aim for 30+ whole foods a week and ~30 g fiber a day.



GUT SUPERFOODS



Repair the lining

Bone broth — collagen + glutamine repair the lining (slow-simmer 24–48 hrs; 1 cup daily). **Organ meats / liver** — 10–100× more bioavailable zinc, vitamin A, B12. **Grass-fed beef** — complete amino acids, iron, zinc, B12.



Feed good bacteria

Kefir & sauerkraut — living probiotics + pre-digested nutrients. **Garlic & onions** — inulin feeds *Bifidobacteria*, antimicrobial. **Green bananas** — butyrate. **Mushrooms** — beta-glucans; reishi, lion's mane.



Reduce inflammation

Wild fatty fish — omega-3s resolve gut inflammation & support cell membranes. **Berries** — polyphenols feed *Akkermansia*, low sugar. **Avocado** — soluble + insoluble fiber, no glucose spike.



All-rounders

Kiwi (4-in-1): digests protein · kills bad bacteria · feeds good bacteria · vitamin C. **Pomegranate**: ellagitannins → urolithins → feed *Akkermansia*. **Pasture eggs**: complete protein + choline for gut-brain.

For more detail, see Chapter 12 in HEAVENLY HEALTH HACKS

GUT HEALTH

troubleshooting & timeline

THE FOOD-SENSITIVITY DETECTIVE

Sensitivities are sneaky — reactions can lag **48–72 hours** behind the food (eat gluten Monday, feel it Wednesday). That's why blood tests disappoint and elimination diets work.

Common triggers

Gluten, dairy, egg, soy, corn, almonds.

Delayed signs

Brain fog, fatigue, joint pain, bloating, skin issues, mood changes, headache.

To find yours

Remove all suspects 14+ days → reintroduce one at a time → wait 3–4 days between → journal symptoms.

ALLERGIES, HISTAMINE & THE LIVER

Mystery hives, headaches, or flushing can be a histamine-clearance problem rather than the foods themselves. Histamine is broken down by the **DAO and HNMT** enzymes; when your overall detox load is high, histamine backs up and "allergies" appear. The fix is to open *all* your elimination pathways, not just one:

- **Movement** — lymph has no pump; stagnation adds load
- **Sleep** — detox peaks in deep sleep
- **Sauna** — sweating is an extra exit
- **Liver-supportive foods** — crucifers, beets, lemon water, dandelion, bitters
- **Some fasting** — lets the system catch up
- **Cut the burden** — seed oils, alcohol, stress, toxins

Many "allergies" are really an overwhelmed system. Open the exits, and symptoms often ease.



BE PATIENT — HEALING TAKES TIME

Full gut restoration takes **3–6 months** of consistent effort; recovering from antibiotics can take **6–12 months**, and a few beneficial species may not return without help. Start small and stay consistent:

- ✓ Add fermented foods daily (start 1–2 tbsp sauerkraut).
- ✓ Drink a cup of bone broth daily during healing.
- ✓ Diversify to 30+ different whole foods weekly.
- ✓ Consider L-glutamine, 5–10 g daily in water.

For more detail, see Chapter 12 in HEAVENLY HEALTH HACKS



BRAIN HEALTH

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Good news: the same metabolic fixes that prevent dementia reverse its pathways.



WHAT IS DEMENTIA? (IT'S A SYMPTOM, NOT A DISEASE)

Dementia describes symptoms — a progressive loss of memory and function — that *result* from brain damage. The real question is what's causing the damage:

Alzheimer's (60–80%)

Brain cells become insulin-resistant and neurons starve — "Type 3 diabetes."

Vascular (10–20%)

Blood vessels are damaged, reducing oxygen to the brain.



Same metabolic root, same lifestyle solution. The 2024 Lancet Commission estimates ~45% of dementia cases are preventable — and the same approach that prevents it reverses the underlying pathways. That's why this is genuinely good news.



TWO PATHWAYS, ONE ROOT CAUSE (DR. DAVID PERLMUTTER)

Both pathways trace to metabolic dysfunction, attacked on several fronts:

- **Glucose spikes** → insulin-receptor damage + vessel glycation
- **Chronic inflammation** → receptor damage + atherosclerosis
- **Seed-oil damage** → breaks insulin receptors, weakens vessels
- **Gut-brain axis** → a damaged gut signals the brain via the vagus (Hyman)
- **Genetics (APOE4)** → blocks insulin receptors — but lifestyle powerfully modifies risk

⚠️ Type-2 diabetics have a 50–100% higher risk of both types.



EXERCISE — YOUR BRAIN'S BEST MEDICINE

A 2025 *Lancet Public Health* meta-analysis (57 studies, ~160,000 adults): 7,000 steps/day = 38% lower dementia risk vs. 2,000. Movement directly reverses the Type-3-diabetes mechanisms:

- ↑ insulin sensitivity (activates glucose transporters)
- ↓ neuroinflammation (protective microglia)
- ↑ BDNF 4–5× from ~8 min of intensity — "Brain Miracle-Gro"
- ↑ glymphatic flow (clears amyloid plaques)
- ↑ hippocampus 1–2% in a year (it normally shrinks)
- ↑ neuroplasticity at any age

Your brain can grow back (Huberman) — that's reversal, not just prevention.

For more detail, see Chapters 4, 5, 8, 9, 11–14, 21, 22 & 23 in HEAVENLY HEALTH HACKS

BRAIN HEALTH

sleep, food & vitamin D



SLEEP — WHEN YOUR BRAIN TAKES OUT THE TRASH

During deep sleep, your **glymphatic system** clears the amyloid plaques that accumulate in Alzheimer's. Use the **10-3-2-1-0 rule**: 10 hrs no caffeine · 3 hrs no food · 2 hrs no work · 1 hr no screens · 0 snooze hits.

⚠ Sleep deprivation hits hard: one bad night drops NK-cell activity ~70%; a few nights at 4–5 hrs cuts insulin sensitivity 16–30%; chronic disruption accelerates cognitive decline.



NUTRITION FOR NEUROPROTECTION



Brain-boosting

Grass-fed beef (B12, zinc) · pastured eggs (choline → acetylcholine) · wild fatty fish (DHA) · olive oil (protects BBB) · avocado (lutein) · walnuts · berries · green tea.



Brain-damaging

Seed oils (damage membranes) · refined sugar (AGEs, insulin resistance) · processed carbs (glucose spikes → "Type 3 diabetes") · glyphosate-treated grains.



DHA matters most. Fish gives far more usable DHA than plant ALA (conversion may be just 1–5%). Your liver *can* make DHA (ALA → EPA → DHA) — but seed oils block it. Remove them and your omega-3 factory comes back online. Your brain is ~60% fat — build with butter/ghee, EVOO, avocado, fatty fish, egg yolks, coconut MCTs; avoid seed oils, trans fats, and oxidized/rancid oils.



VITAMIN D — YOUR BRAIN'S PROTECTOR

D3 is a **neurosteroid**: it crosses the blood-brain barrier, regulates 900+ genes in brain cells, and is a primary anti-inflammatory regulator for the brain. **Target 40–80 ng/mL** (not the "normal" 30–40); always pair with **K2 (100–200 mcg)**.

The research: a 12,000-person Canadian study found ~40% lower dementia risk; a 25,000-person telomere study showed D3 slowed cellular aging. Low D tracks with brain inflammation, depression, and fog — and Alzheimer's patients consistently show low levels. ⚠ Winter means less sun = dropping D = a more vulnerable brain.

For more detail, see Chapters 4, 5, 8, 9, 11–14, 21, 22 & 23 in HEAVENLY HEALTH HACKS

NITRIC OXIDE & KETONES

circulation, cognition & brain fuel



NITRIC OXIDE — MASTER KEY TO CIRCULATION & COGNITION

You have ~60,000 miles of blood vessels, and nitric oxide (NO) is the valve controller for all of them — it opens capillaries so oxygen and glucose get in and waste gets out.

Where it helps

Brain (clears fog, focus) · heart (flexible arteries, lower BP) · sexual health · immunity · muscles · healing.

Low-NO signs · what depletes

Brain fog · cold hands/feet · slow healing · fatigue · ED. Depleted by stress, poor sleep, sitting, seed oils, sugar, mouthwash.

How to boost it

Sunlight · nose-breathe (humming raises NO ~15×) · a 10-min walk · nitrates (beets, arugula, spinach) · stabilize blood sugar.



Mouthwash kills NO — antiseptic mouthwash destroys the oral bacteria that convert food to NO; one study showed blood pressure rising 2–3.5 mmHg from mouthwash alone. Use salt water or oil pulling. **Supplements (if needed):** L-citrulline 3–6 g · beetroot powder · CoQ10 · vitamin C.



KETOGENIC THERAPY — WHEN YOUR BRAIN RUNS ON KETONES

Used medically for epilepsy for 100 years, it's now showing promise for Alzheimer's, Parkinson's, schizophrenia, bipolar, and autism. Ketones bypass broken insulin (feed neurons that can't use glucose), activate BDNF & autophagy, build new mitochondria, reduce neuroinflammation, and raise GABA / lower glutamate. A small 2024 Stanford pilot found ~79% of patients showed meaningful psychiatric improvement, with metabolic syndrome reversed.



Keto as a metabolic reset (not just the brain): type-2 diabetes is reversible (Fung) · insulin resistance — beta cells recover · triglycerides can drop 50%+ · fatty liver clears · metabolic syndrome addressed at once. ⚠️ Therapeutic keto needs medical supervision; type-1 diabetes requires insulin and isn't lifestyle-reversible.

For more detail, see Chapters 4, 5, 8, 9, 11–14, 21, 22 & 23 in HEAVENLY HEALTH HACKS

THE KETO TRAP & ACTION STEPS

test, don't guess

! THE KETO TRAP — HALF-MEASURES ARE WORSE THAN EITHER DIRECTION

Saturated fat isn't the villain we were told — but how much you can safely eat depends on your metabolic *state*:

In ketosis (carbs < ~30–40 g net)

Your liver burns fat into ketones, so saturated fat gets burned, not packaged into cholesterol. High saturated fat works beautifully here.

The trap

Keto-level fat *with* too many carbs → insulin stays high, blocking ketones. The liver packages fat into VLDL → LDL → elevated ApoB → CV risk. The same ribeye is a different event with a baked potato. No good middle.

✓ THE RULES

- ✓ **Going keto? Go strict** — verify with a blood ketone meter (0.5–3.0 mmol/L). Eat the steak; cook with butter and tallow. High saturated fat is safe when you're truly in ketosis.
- ✓ **Not in ketosis?** Beef, butter, and eggs still belong — just keep saturated fat to ~25–35 g/day (about 3 eggs, a tbsp butter, a serving of beef) and balance with EVOO, avocado, and wild fatty fish.
- ✓ **The real answer is your bloodwork:** keep ApoB < 80, triglycerides < 80, and hsCRP < 0.36 mg/L. If those climb, shift the balance. Test, don't guess.



ACTION STEPS — PREVENTION AND REVERSAL

Foundation (1–4)

1. Move daily — 7,000+ steps + strength 2–3×/wk. 2. Vitamin D 40–80 ng/mL. 3. Stabilize blood sugar — protein every meal. 4. Protect sleep — 7–8 hrs.

Optimization (5–8)

5. Eliminate seed oils. 6. Magnesium L-threonate (crosses the BBB). 7. Creatine ~10 g/day (neuronal ATP). 8. Therapeutic nicotine — $\alpha 7$ receptors (see Ch. 23).



Same root cause, same solution. The Lancet Commission estimates ~45% of cases are preventable — and addressing the metabolic drivers can reverse the underlying pathways.

For more detail, see Chapters 4, 5, 8, 9, 11–14, 21, 22 & 23 in HEAVENLY HEALTH HACKS



TOP 12 HEALTH HACKS

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Quick wins that compound into transformation — start anywhere, start today.

 **The 80/20 principle:** 20% of your effort drives 80% of your results. These are the high-leverage moves — maximum impact, minimum complexity. Most cost nothing, and all honor God's design.

★ THE 12 HACKS

1

MORNING SUNLIGHT

5–10 min within an hour of waking; sets circadian rhythm, boosts cortisol & serotonin. No sunglasses; cloudy still works.

2

POST-MEAL WALKS

A 5–10 min walk within 30 min of eating cuts the glucose spike ~30–40%.

3

PHYSIOLOGICAL SIGH

Double inhale + long exhale — the fastest way to calm your nervous system (1–3 breaths, anytime).

4

SALT WATER AM

16–24 oz water + ½ tsp sea salt on waking; supports adrenals & hydration (before coffee or food).

5

COLD FINISH

30–60 sec cold at the end of your shower; boosts dopamine & mitochondria (morning preferred).

6

MORNING GRATITUDE

5 min before screens; linked to a rise in salivary IgA immunity.

7

ELIMINATE SEED OILS

Canola, soybean, corn, sunflower; they damage cell membranes for 3+ years. Check every label.

8

TOTAL DARKNESS

A pitch-black bedroom; even light on skin disrupts melatonin (blackout + sleep mask).

9

STRENGTH TRAINING

2–3×/week, 15–30 min; elevates metabolism ~36 hrs, releases myokines, protects against diabetes.

10

PROTEIN FIRST

30–40 g at every meal; builds muscle & stabilizes blood sugar (protein before carbs).

11

SCREENS OFF

Blue-light blocking, or screens off 1–2 hrs before bed.

12

SAUNA

15–20 min, 2–4×/week; linked to ~40% lower all-cause mortality, plus heat-shock proteins & CV benefits.

 **Completely free, no excuses:** morning sun · walking · fasting · cold showers · breathwork · prayer · hydration · quality sleep · grounding · rebounding · community · stress management · avoiding seed oils — and 3 naps a week.

For more detail, see Chapters 7, 14, 15, 17 & 19 in HEAVENLY HEALTH HACKS

THE BREATHING TOOLKIT

your nervous system, on demand

Your breath is the one part of your nervous system you can consciously control — the fastest, free-est way to shift your state on demand. Inhales rev you up; exhales calm you down. Learn a few simple patterns and you can downshift from panic to calm, or wake up a foggy afternoon, in under a minute — anywhere, with nothing but your own lungs.



NOSE VS. MOUTH

Nasal breathing is a direct signal of safety: it makes nitric oxide, engages the diaphragm, and slows the breath (parasympathetic). Mouth breathing is shallow and rapid, bypasses NO, and can lock you in fight-or-flight. Many chronic-anxiety sufferers are unconscious mouth breathers. *Notice your breathing right now — if your mouth's open, close it and breathe through your nose.*

Physiological sigh (fastest calm)

Double inhale through the nose (a deep breath + a quick "sip"), then a long slow exhale through the mouth; 1–3 breaths. Reinflates collapsed air sacs; the long exhale stimulates the vagus. For acute anxiety or when you can't sleep. (*Huberman*)

Box breathing (calm under pressure)

Inhale 4 · hold 4 · exhale 4 · hold 4. Repeat 5–10 cycles, 2–3×/day. (*Navy SEAL*)

4-7-8 (the relaxation breath)

Inhale through the nose 4 · hold 7 · exhale through the mouth 8. Repeat 3–4 cycles. The long exhale + counting interrupt anxious loops. Best before bed. (*Dr. Andrew Weil*)

Wim Hof (the energizer)

30 deep breaths (in nose, out mouth), a long empty hold (60–90+ sec), then a recovery breath ~15 sec; 3–4 rounds. ⚠️ Not before bed, in water, driving, or with heart conditions.



Key principle: calming techniques emphasize the exhale (inhale = stress, exhale = calm). When anxious, make your exhale longer than your inhale. Wim Hof is the exception — rapid breaths + a hold are energizing, not calming.



BUILD IT INTO YOUR DAY

- **Foggy morning or afternoon:** a round of Wim Hof to energize
- **Anytime tension rises:** 1–3 physiological sighs
- **Before anything stressful:** 5 cycles of box breathing
- **Lights out:** 4-7-8 until you drift off

No app, no equipment, no cost — your nervous system's remote control is always with you.

Breathing protocols in Chapter 15 of HEAVENLY HEALTH HACKS

FREE HACKS & LIGHT FOR MOOD

earth, lymph & sunlight



GROUNDING (EARTHING)

Bare feet on the earth — grass, sand, soil — for 10–30 min. The earth's surface carries a negative charge, transferring free electrons that may act as antioxidants. Small, preliminary studies report reduced inflammation, better sleep, lower blood viscosity, cortisol normalization, and faster healing.

Evidence is early and limited, but it's free and harmless — do it while getting your morning sunlight.



THE FREE LYMPH HACK — BOUNCE 2 MIN/DAY

Your lymphatic system carries more fluid than your blood but has **no pump** — it depends on movement. Gentle bouncing opens and closes lymphatic valves, flushing toxins and circulating immune cells.

- Sharply higher lymph flow · bone density (G-force) · lower BP · better balance.
- A classic NASA study found rebounding gave CV benefit at lower oxygen cost than jogging.
- **How:** gentle bounce on a mini-trampoline (or in place) — mornings, with sunlight.



LIGHT FOR MOOD

Dark winter mornings? Use a 10,000+ lux light-therapy box for 20–30 min while you eat breakfast (eye level, 16–24 inches away). It's not a replacement for outdoor light — get outside when the sun's up too.

Midday sun — the mood protocol hiding in plain sight. Morning sun sets your clock; midday sun does something different. At UV Index 3+, UVB triggers your skin's POMC cascade, releasing β -endorphins. One 10-minute midday walk with arms exposed activates four systems at once:

β -endorphins

the POMC cascade — a natural mood lift

Vitamin D

needs the midday angle; morning sun won't make it

Nitric oxide

UV releases stored NO from skin — instant circulation boost

Subcellular melatonin

infrared charges mitochondria directly (separate from pineal)



For low mood, anxiety, or low motivation, this free habit supports the same mood-regulating systems antidepressants target — a powerful **complement to care, not a replacement** if you need treatment. Check the UV index first: below 3, UVB doesn't reach the ground, and in northern winters a light box becomes the substitute.

For more detail, see Chapters 7, 14, 15, 17 & 19 (light in Ch. 17) in HEAVENLY HEALTH HACKS



HEALTHY HOME SWAPS

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Your home is either supporting your health or undermining it.

The average home holds hundreds of synthetic chemicals that didn't exist a century ago. You can't eliminate every exposure, but you can dramatically cut the toxic load where you spend the most time — and each change compounds.

Kitchen & Cookware

AVOID	USE INSTEAD
Teflon / non-stick	cast iron, ceramic, stainless
Plastic containers	glass or stainless steel
Plastic cutting boards	wood or bamboo
Seed oils	butter, ghee, tallow, coconut
Canned foods	fresh, frozen, glass-jarred
Plastic tea bags	loose-leaf tea

Cleaning Products

AVOID	USE INSTEAD
Chemical detergents	eco-friendly (e.g. Blueland)
Fabric softener / dryer sheets	wool dryer balls
Triclosan dish soap	castile soap
Air fresheners	essential-oil diffuser
Paraffin candles	beeswax candles
Bleached paper towels	unbleached or cloth

Bedroom & Sleep

AVOID	USE INSTEAD
Light pollution	blackout curtains + mask
Warm room (70°F+)	cool (65°F / 18°C)
Synthetic bedding	cotton, linen
Phone in the bedroom	charge it outside
LED indicator lights	cover or remove
Evening bright lights	blue blockers after sunset

Water Quality

AVOID	USE INSTEAD
Unfiltered tap	RO, distilled, spring
Fluoridated water	RO removes fluoride
Chlorinated shower	shower filter
Plastic bottles	glass or stainless

Tap may carry fluoride, chlorine, heavy metals, pharmaceuticals, pesticides, microplastics.

Personal Care *(on your body = in your body)*

AVOID	USE INSTEAD
Fluoride toothpaste	hydroxyapatite
Antiperspirant (aluminum)	natural deodorant
Synthetic fragrance	fragrance-free / essential oils
Commercial lotions	tallow balm, coconut oil
Chemical sunscreen	mineral (zinc oxide)

EMF & Electronics

AVOID	USE INSTEAD
Bluetooth headphones	wired headphones
Phone in your pocket	bag / away from body
Wi-Fi on at night	turn off router to sleep
Laptop on your lap	desk or lap desk

Precautionary & low-effort — distance is your friend, even inches.

For more detail, see Chapter 18 in HEAVENLY HEALTH HACKS

WHERE TO BEGIN

priorities & a realistic timeline



FIRST PURCHASES — PRIORITY ORDER

Supplements

Vitamin D3 + K2 · magnesium glycinate · quality sea salt · B-complex (optional).

Food staples

Grass-fed ground beef · pasture-raised eggs · butter/ghee · avocados, berries.

Environment

Sleep mask · blue-light blockers · glass containers · water filter.



QUALITY SALT

✓ **Good:** Baja Gold · Jacobsen. ⚠ **Caution:** Redmond and Celtic have tested high for lead.

*Celtic Sea Salt has faced heavy-metal scrutiny — a 2025 class action (*Gonzalez v. Celtic Ocean International*) alleged lead and arsenic contamination; it was voluntarily dismissed in late 2025, but Proposition 65 and related concerns continue. Lead figures vary by source and batch — always verify with the supplier's current Certificate of Analysis.*



GRADUAL IMPLEMENTATION TIMELINE

First 30 days

Remove seed oils · replace daily cleaning products · switch plastic food storage (especially for hot foods) · change the personal-care items with the most skin contact.

1–3 months

Install water filtration · finish the cleaning-product swap · move to all glass/steel storage · buy organic for the Dirty Dozen.

3–12 months

Add bedroom air purification · EMF mitigation · natural-fiber bedding & clothes · cookware upgrades.

⚠ **Hidden dangers:** triclosan in dish soap reacts with chlorine in tap water to form **chloroform** (a carcinogen); a single plastic tea bag can release ~11.6 billion microplastics per cup; and **never microwave in plastic** — heat accelerates chemical leaching.

For more detail, see Chapter 18 in HEAVENLY HEALTH HACKS

WATER & FIRST STEPS

filter well, start free



REVERSE OSMOSIS (RO) WATER

Filter the shower too

You absorb more chlorine in a 10-min hot shower than from drinking 8 glasses of tap water — heat opens pores and you inhale chlorine vapor.

What to look for

KDF + carbon filtration (removes chlorine) · a filter-life indicator · replace every 6 months. Shower filters don't remove fluoride — only RO does.

⚠️ Add minerals back

RO removes the bad (fluoride, chlorine, metals, microplastics) **but also all minerals**. Add trace-mineral drops (ConcenTrace, LMNT) or ½ tsp sea salt per gallon. (Whole-house: a Berkey doesn't strip minerals.)



FREE CHANGES

- ✓ Turn off Wi-Fi at night
- ✓ Keep your phone outside the bedroom
- ✓ Cover LED lights · cool the bedroom
- ✓ Stop buying seed oils
- ✓ Read ingredient labels



WORTH THE INVESTMENT

- ✓ An RO water filter (fluoride removal)
- ✓ A cast-iron pan (lasts forever)
- ✓ A quality sleep mask
- ✓ Blue-light-blocking glasses
- ✓ Glass food containers · a shower filter



You can't control every exposure — but your home is where you spend the most hours, so it's where small changes compound the fastest. Start with the free swaps tonight; add the investments as you're able.



"Do you not know that your body is a temple of the Holy Spirit within you... therefore glorify God in your body." (1 Corinthians 6:19–20) — tending your home is part of tending the temple.

For more detail, see Chapter 18 in HEAVENLY HEALTH HACKS



WOMEN'S HEALTH

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Women are not small men — your body needs a different approach.

Most health research was done on men. Women's bodies respond differently — to hormonal shifts, a more reactive HPA axis, and a monthly cycle. And many symptoms blamed on "hormones" or "getting older" are really dysregulated cortisol from accumulated stress — which is fixable.



CYCLE-ALIGNED LIVING — WORK WITH YOUR HORMONES

Follicular (days 1–14, estrogen rising)

Higher energy & motivation. You tolerate longer fasts (14–16h, even 24h if you want), handle more intense training, and take cold better. A good window to push.

Luteal (days 15–28, progesterone rising)

Keep fasting gentle (12h max), ease off training intensity, give your body more fuel (especially carbs), skip cold if depleted. Prioritize recovery & sleep; honor higher caloric needs.



HOW TO ADAPT EACH LEVER



Fasting

12 hrs is often plenty. Aggressive fasting backfires — cortisol spikes higher in women and the body may hold onto fat. Eat protein within 30–45 min of waking; don't train fasted (have ~15 g protein first). OMAD isn't recommended.



Heat & Cold

Sauna suits women well — 20–30 min at 185–210°F; over time, heat acclimation may ease hot flashes. If using cold, gentle is enough (~55°F, 1–3 min) — not 40°F ice baths, which tip you into sympathetic overdrive.



Training

Lift heavy — challenging weights, 6–12 reps, 2–3×/week (light/high-rep isn't enough). Zone 2 cardio is excellent. Go easy on HIIT — it spikes cortisol; reduce it in the luteal phase, and many women do better with none.



Protein

35–40 g per meal (not the 20–30 g based on men) — about 1 g per pound of lean body weight daily. Midlife needs *more*: perimenopause brings anabolic resistance, so fully stimulate muscle synthesis. Don't fear eating enough.



Cortisol & Women

Your HPA axis is more reactive, so the stress response runs stronger — and mimics perimenopause: belly fat, brain fog, fatigue, mood swings, sleep trouble. It's often cortisol, not "just hormones." Address stress before fasting.



Perimenopause (40s+)

Baseline cortisol is already elevated — go conservative: a 12-hour eating window only, fuel over fasting, regular sauna, sleep & stress first — and lift heavy, because muscle loss accelerates now.

See the ♀ markers throughout, and Chapters 6, 14, 19 & 21, in HEAVENLY HEALTH HACKS

WOMEN'S HEALTH

do, avoid & when to scale back

✓ DO THESE

- ✓ Eat within 30–45 min of waking
- ✓ 35–40 g protein per meal
- ✓ Heavy resistance training 2–3×/week
- ✓ Sauna for hormetic stress
- ✓ Align fasting with your cycle
- ✓ Prioritize sleep above all
- ✓ Address cortisol first

⊘ AVOID THESE

- Aggressive fasting (16h+, OMAD)
- Training fasted
- Extreme cold plunges (40°F)
- HIIT when stressed or in the luteal phase
- Under-eating or calorie restriction
- Pushing through fatigue
- Ignoring warning signs



WARNING SIGNS TO SCALE BACK

- Disrupted sleep (especially 2–4 AM waking)
- Rising anxiety or irritability
- Weight gain despite "doing everything right"
- Irregular periods
- Worsening PMS
- Obsessive thoughts about food
- Feeling "wired but tired"

These mean your body is stressed — add fuel, reduce stressors. Scaling back is progress, not failure.



Key insight: the autophagy benefits women are after come from quality sleep (7–9 hrs), a simple 12-hour overnight fast, and exercise itself — without the hormonal cost of extended fasting. You don't have to fast hard to get the benefits.



These are **hormone-sensitive protocols**. Work with a practitioner familiar with female physiology — especially through perimenopause, menopause, or if you have a thyroid, adrenal, or reproductive condition.



"I praise you, for I am fearfully and wonderfully made." (Psalm 139:14) — your body's rhythms aren't a problem to override but a design to work with. Honoring the cycle, fueling well, and resting fully is stewardship, not weakness.

See the ♀ markers throughout, and Chapters 6, 14, 19 & 21, in HEAVENLY HEALTH HACKS



MEN'S VITALITY

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Body, soul, and spirit — the complete man.

Without training, men lose 3–5% of muscle per decade after 30; strength training keeps metabolism elevated ~36 hours; and 90% of serotonin is made in the gut. Body and soul are one system — so this guide trains both.



MUSCLE — THE ORGAN OF LONGEVITY

Metabolic engine

Burns calories at rest, improves insulin sensitivity, and acts as a glucose disposal site.

Myokines

Signaling proteins released in exercise — anti-inflammatory, anti-anxiety, anti-depression. Literally "hope molecules."

Bone & joint

Raises bone density, supports joints, and lowers injury risk.

Cognitive

More blood flow and neurotrophic factors protect the aging brain.



Two longevity benchmarks — can you pass? Farmer's carry: your body weight for 1 minute. Dead hang: 2 minutes total. Grip strength is one of the strongest predictors of all-cause mortality. (See the **Big 7 Movements** guide.)



THE STATIN SPIRAL — CHOLESTEROL → TESTOSTERONE → VITALITY

Cholesterol is the building block for *all* your steroid hormones — testosterone, cortisol, vitamin D. Drive it too low and you can set off a cascade:

↓ cholesterol



↓ testosterone



↓ libido



↓ muscle



↑ fat



more meds

The fix: address the root cause (insulin resistance), not the symptom (cholesterol). Your body *needs* cholesterol. (*Any decision to start, change, or stop a statin belongs with your doctor.*)



OPTIMAL TRAINING TIME FOR MEN

6–9 am

Peak testosterone, better insulin sensitivity, and the benefits of fasted training.

3–5 pm

Peak body temperature — potentially your strongest performance.

60–90 min post

Delay eating to maximize autophagy, then 30 g+ protein.



Sauna & fertility: heat (sauna, hot tubs) sharply but *temporarily* lowers sperm count — reversible in ~90 days, with libido and testosterone unaffected. Trying to conceive? Pause sauna 3 months ahead, and cool the testicles during/after sessions (a cold towel or cold plunge).

For more detail, see Chapters 3, 8, 10, 13, 14 & 19 in HEAVENLY HEALTH HACKS

FREE THE MAN

the most powerful reset you have

THE MASCULINE BLIND SPOT

Men often convert hurt, fear, and grief into anger — it *feels* safer, but it stores in the body as inflammation and disease.

Anger as armor

The convenient cover for hurt.

Unprocessed wounds

Father wounds, rejection, failure; stored trauma drives cortisol, inflammation, and disease.

Emotional lockdown

"Be strong" culture teaches boys to suppress — but the body keeps the score anyway.

The way out

Forgiveness isn't weakness; it's the most powerful reset available to your biology.

THE FOUR-STEP FORGIVENESS PROTOCOL

1 • Choose

Forgiveness is a decision, not a feeling — you don't have to feel it to choose it. (*Prefrontal cortex activates, amygdala calms.*)

2 • Release

Name what they did and how it made you feel, then say, "I release you from owing me ____," and give the debt to Jesus. (*HRV rises, heart coherence returns.*)

3 • Encounter

Ask Jesus where He was in that memory; let Him reveal His presence and speak truth over it. (*Oxytocin releases, cortisol drops.*)

4 • Bless

Bless the one who hurt you (Matt. 5:44). Forgiveness releases the pain; blessing restores love. (*Nitric oxide flows, arteries open.*)

THIS WEEK — BODY + SOUL INTEGRATION

Body

- ✓ Strength train 2–3× (see **Big 7**)
- ✓ A morning workout if you can (6–9 am)
- ✓ 30 g+ protein within 90 min after training
- ✓ A 10-min walk after your largest meal
- ✓ A cold finish (30 sec → toward 2 min)

Soul

- ✓ Ask "Who am I still holding something against?"
- ✓ Walk one person through the Four Steps
- ✓ Journal what emotion you convert into anger
- ✓ 5 min of morning stillness before your phone
- ✓ Consider a HeartSync or inner-healing session

 "Aging is the aggressive pursuit of comfort." (Gary Brecka) Every system in your body needs challenge to maintain itself. Deliberate cold, heat, fasting, and heavy lifting aren't biobacks — they're the ancient inputs God built your body to receive. Remove them, and the body reads it as permission to decline.

For more detail, see Chapters 3, 8, 10, 13, 14 & 19 in HEAVENLY HEALTH HACKS



INTERMEDIATE PRACTICES

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Build on your foundation — add complexity only when the basics are solid.

- ✓ **Before you start:** have 2–4 weeks of consistent foundations *and* be sleeping well, with stable energy and manageable stress. The baseline: consistent wake time · morning sunlight · seed oils eliminated · quality protein daily · basic supplements · hydration with minerals.



THE INTERMEDIATE LEVERS



Time-Restricted Eating

Start a 12-hr window (7 am–7 pm) → 14-hr → target 16/8. During the fast: water, black coffee, plain tea only. Finish 2–3 hrs before bed; add ¼ tsp salt to morning water.



Heat (Sauna)

15–20 min at 170–190°F, 2–4×/week; hydrate before and after. Activates heat-shock proteins, with cardiovascular and detox benefits.



Cold Exposure

15–30 sec cold shower → build to 1–2 min → (advanced) a cold plunge. Should feel challenging but invigorating, not depleting. Skip it if your sleep is poor.



Strength Training

2–3×/week, 15–30 min; compound movements with progressive overload. Muscle is the organ of longevity — prioritize it over cardio.



Gut Optimization

Fermented foods 3–4×/week · bone broth for the lining · remove inflammatory foods · vary prebiotic fiber · consider elimination testing. ~80% of immunity lives here.



Sleep Optimization

The 10-3-2-1-0 rule: 10 hrs no caffeine · 3 hrs no food · 2 hrs no work · 1 hr no screens · 0 snooze hits. Room at 65°F, pitch dark.



RED LIGHT THERAPY

10–20 min, 3–5×/week, using 630–660 nm (skin/surface) + 810–850 nm (deep tissue). It recharges mitochondria for more cellular energy, reduces inflammation, speeds recovery, and boosts collagen. Morning use supports circadian rhythm; post-workout use accelerates muscle recovery. ⚠️ **Not all devices are equal — verify wavelength and power density.**



The intermediate rule: add one lever at a time, run it ~2 weeks, and confirm your sleep and energy hold before stacking the next. If a practice leaves you drained rather than energized, scale it back — that's information, not failure.

For more detail, see Chapters 12, 14, 15, 17, 19, 21 & 22 in HEAVENLY HEALTH HACKS

INTERMEDIATE PRACTICES

movements, fasting & supplements



THE BIG 7 COMPOUND MOVEMENTS (MINIMUM EFFECTIVE DOSE)

PATTERN	EXAMPLES
Squat	goblet, split squat
Hinge	deadlift, kettlebell swing
Push	pushup, dip
Pull	inverted row, pullup

PATTERN	EXAMPLES
Hang	dead hang, active hang
Carry	farmer's walk
Core	plank



Leg strength = longevity. Each point drop in quadriceps strength is associated with ~26–39% **higher mortality** (Attia); 3 of the Big 7 train the legs directly (squat, hinge, carry). **Self-test:** stand from a chair 5× in under 15 seconds, no arms.



FASTING BENEFITS BY DURATION

12 hrs (overnight)

Fat-burning begins, digestive rest.

16 hrs

Autophagy — cellular cleanup accelerates.

24 hrs

Systemic inflammation drops.

48 hrs+

Advanced — see the [Advanced Practices](#) guide.



SUPPLEMENT TIMING

SUPPLEMENT	WHEN
D3 + K2	morning, with fat
B-complex	morning
Magnesium	evening
Omega-3s	with meals
Vitamin C + zinc	anytime
Taurine	1–3 g, flexible



Intermediate practices are hormetic — a good stress your body adapts to and grows stronger from. Add one at a time, watch how you respond, and let it become solid before stacking the next. Progress, not perfection.

For more detail, see Chapters 12, 14, 15, 17, 19, 21 & 22 in [HEAVENLY HEALTH HACKS](#)



DETOX & CLEANSE

Support the elimination systems God already built in.

True detox isn't a quick fix or a product — it's supporting your built-in elimination systems (liver, kidneys, skin, gut, lungs) while cutting the toxins coming in. **The single most important step is to stop adding toxins** (seed oils, fluoride, pesticides, plastics) before you try to remove any.



THE FOUR DETOX PATHWAYS (ALL MUST BE WORKING)

1 • Bowel (fix this first)

Non-negotiable: daily elimination is essential, or toxins reabsorb.

2 • Liver (peak 1–3 AM)

Heavy detox happens during deep sleep; waking at 1–3 AM can signal liver stress.

3 • Skin (20+ sq ft)

Your largest organ — shower after sweating, and dry-brush to support lymph.

4 • Kidneys (hydration)

They filter ~200 quarts of blood daily. Drink about half your body weight (lbs) in ounces; use quality salt for minerals.



LIVER-SUPPORT FOODS

- **Cruciferous veg** — sulforaphane activates detox enzymes
- **Beets** — betaine supports bile
- **Morning lemon water** — stimulates bile
- **Dandelion root** — liver & bile support
- **Garlic & onions** — sulfur for detox enzymes
- **Milk thistle** — silymarin protects liver cells
- **Cilantro** — mobilizes heavy metals
- **Clean water** — the carrier for it all



BINDING AGENTS — CAPTURE & REMOVE

- **Zeolite (clinoptilolite)** — a volcanic mineral whose cage-like structure traps heavy metals (and may bind microplastics; human studies pending).
- **Activated charcoal** — binds toxins & microplastics in the gut; 500–1,000 mg as needed, 2 hrs from food/meds.
- **Bentonite clay** — binds lead, mercury, cadmium; 1 tsp in water between meals. **Chlorella** — binds mercury & heavy metals; 3–5 g daily, start low.
- **Humic/fulvic acids** — help neutralize glyphosate residues and support mineral absorption.



Binders also bind medications and nutrients — always take them 2 hours apart, and check with your provider if you're on prescriptions.

For more detail, see Chapters 4, 5, 16, 18 & 20 in HEAVENLY HEALTH HACKS

DETOX & CLEANSE

sweat, soak & the heavy-metal sequence



SAUNA DETOX

Sweat is a real elimination route — research finds it carries heavy metals, BPA, PCBs, and fat-soluble toxins. Use 160–190°F (traditional) or 120–150°F (infrared), 15–20 min (start 5–10), 4–7×/week. Hydrate with electrolytes (you lose minerals) and shower right after. Frequent sauna use is also linked to ~40% lower all-cause mortality. A wool hat lets you stay in longer.



DETOX BATH

Soak 30 min in hot water with **2 cups baking soda** (alkalizes, calms skin) and **2 cups Epsom salts** (magnesium, relaxation); add ½ cup bentonite clay for binding. Hydrate well before and after. Good for relaxation, skin, and easing muscle tension.



HEAVY-METAL DETOX — ORDER MATTERS

Mobilizing metals without open drainage causes *redistribution* — metals can move to the brain and make you worse. Follow the sequence, and go slow (faster is not better):

- 1 **Open drainage** (2–4 weeks) — bowel moving daily (fiber, magnesium, hydration), prep kidneys (water, minerals, dandelion/nettle), ready the liver (crucifers, beets, lemon water, milk thistle; be asleep during the 1–3 AM window).
- 2 **Mobilize + bind** (4–12 weeks) — mobilizers (cilantro, chlorella) pull metals from storage, *always* paired with binders (zeolite, charcoal, bentonite). Binders 2 hrs from food/supplements.
- 3 **Eliminate** — sauna (4–7×/week), detox baths, continuous hydration.
- 4 **Re mineralize** — metals displace minerals, so restore zinc, magnesium, selenium, sea salt, and mineral-rich bone broth.

Common sources: mercury (amalgam fillings, large fish) · lead (old paint, pipes, some supplements) · aluminum (cookware, antiperspirants, antacids) · cadmium (cigarettes, batteries) · arsenic (rice, well water, pesticides).

⚠ Chelation therapy (DMSA, EDTA) requires medical supervision. Expect 3–6 months minimum; a heavy burden can take 1–2 years. Work with a practitioner.

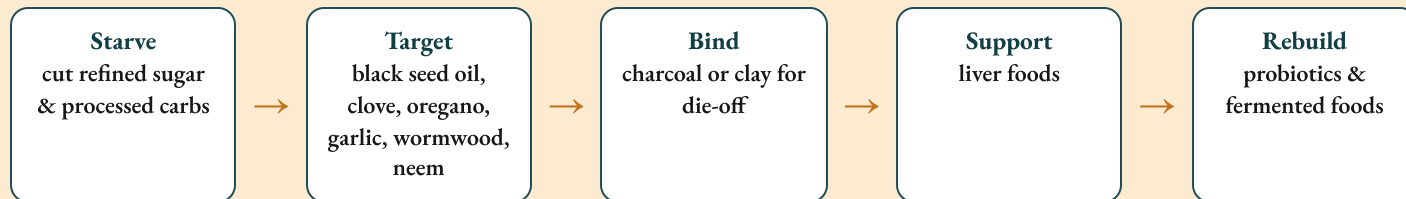
For more detail, see Chapters 4, 5, 16, 18 & 20 in HEAVENLY HEALTH HACKS

DETOX & CLEANSE

parasite cleanse & a sustainable rhythm

PARASITE CLEANSE (TRADITIONAL APPROACH)

Traditional antiparasitic herbs are sometimes used in a 4–6 week protocol:



 The symptoms often attributed to parasites — sugar cravings, bloating, fatigue, brain fog, teeth grinding, skin issues — are **non-specific**, so this isn't routinely needed without a suspected or diagnosed infection. Work with a practitioner.

Note: nicotine and several antiparasitic drugs act on the same nicotinic acetylcholine receptors that paralyze parasitic worms — see Ch. 23 on nicotine.



RECOMMENDED RHYTHM

Daily

Liver-supporting foods, hydration, fiber.

Weekly

4–7 sauna sessions · 1–2 detox baths.

Quarterly

A deeper cleanse, if appropriate.

Always

Reduce exposure first — filter water, eat organic, avoid plastics.

 Feeling worse, not better? New headaches, fatigue, irritability, or brain fog usually mean you're **mobilizing faster than you're eliminating**. Don't push through — slow down, make sure the bowel is moving daily, add binders and hydration, and give drainage time to catch up.

 **The big picture:** your body detoxes itself around the clock — your job is to stop overwhelming it and keep the exits open. Reduce what's coming in, support drainage, sleep deeply, sweat regularly, and remineralize. Slow and steady wins; aggressive "cleanses" usually backfire.

For more detail, see Chapters 4, 5, 16, 18 & 20 in HEAVENLY HEALTH HACKS



ADVANCED OPTIMIZATION

[↑ Back to Guides](#)

15

Powerful medicine — proceed with wisdom and professional guidance.

! The truth that changes everything: these practices are powerful medicine. They require solid foundations (sleep, nutrition, stress), a **Green** stress bucket, and often **professional supervision**. Adding them to a depleted system causes harm, not healing. **If in doubt, you're not ready.** Check your Stress Bucket score (the **assessment in the front matter**) first.

DO NOT ATTEMPT IF...

- Sleep is poor
- Chronic stress or burnout
- A Yellow or Red stress bucket
- Recovering from illness
- In a major life transition
- Hormonal dysfunction
- You haven't run the intermediate practices for 8+ weeks



EXTENDED FASTING

24 hrs
MONTHLY
dinner to dinner

48 hrs
HGH ~5×
tissue repair

72 hrs
STEM CELLS
regeneration begins

3–5 days
IMMUNE
system reset

What happens, when: 16h autophagy (cellular cleanup) · 24h inflammation drops + HGH surge (~5×) · 72h stem-cell immune regeneration · 5 days complete immune reboot. Requires electrolyte planning and careful refeeding (bone broth first) — a quarterly/annual practice, not routine.



The 4-2-1 protocol: 4 days of 16:8 time-restricted eating · 2 days normal/social eating · 1 day of a full 24-hour water fast. Varying the stimulus prevents adaptation plateaus while staying sustainable.

! Extended fasting (48h+) belongs under medical supervision.

For more detail, see Chapters 19–25 in HEAVENLY HEALTH HACKS

NAD+ & LONGEVITY

the cellular longevity stack

As you age, the machinery that powers and repairs your cells winds down — NAD+ (the coenzyme that drives energy production and DNA repair) declines, mitochondria thin out, and worn-out “zombie” cells accumulate. This stack gives your cells the raw materials and signals to push back — layered on top of solid fundamentals, never instead of them.



NAD+ & LONGEVITY STACK (GIVE YOUR BODY THE BUILDING BLOCKS)

NAD+ optimization (AM, w/ fat)

NMN 250–500 mg (NAD+ precursor) · PQQ 10–20 mg (builds mitochondria) · CoQ10 100–300 mg (powers ATP).
More power plants + better fuel.

AMPK activator (with meals)

Berberine 500–1,500 mg (“natural metformin”). ⚠ Affects blood sugar — monitor if diabetic.

Sirtuin support (with a fatty meal)

Resveratrol 250–500 mg · Astaxanthin 4–12 mg (crosses the BBB) · Taurine 1–3 g.

Cellular protector (before meals)

Alpha-lipoic acid 600 mg 2×/day — “universal antioxidant,” regenerates glutathione + C & E. ⚠ Diabetics monitor blood sugar.



Cancer history? Non-negotiable: NAD+ supports *all* rapidly dividing cells — consult an oncologist before NMN or resveratrol.



Senolytics — pulse monthly (2–3 days only): Quercetin 500–1,000 mg + Fisetin 100–500 mg clear senescent “zombie” cells. Not daily — continuous dosing interferes with wound healing. ⚠ Blood thinners: discuss with your doctor.



FOUNDATIONS FIRST — THE REAL LONGEVITY LEVERS

No pill outperforms the free fundamentals. The strongest healthspan evidence is for **fasting & autophagy, strength training, deep sleep, real food, and managing stress** — this stack is an optional top layer, not a substitute. Human evidence for some compounds (resveratrol, for one) is still weak, and NMN and the rest are emerging. Build the foundations first; layer these in only if you choose.

For more detail, see Chapters 19–25 in HEAVENLY HEALTH HACKS

ADVANCED HORMESIS

deliberate stress, precisely dosed



ADVANCED HORMESIS



Cold

3–5 min plunge at ~52°F (11°C) — cold-shock proteins for the brain.



Heat

20+ min sauna at 180°F+ — heat-shock proteins.



Contrast

Hot → cold, only when fully recovered.



THERAPEUTIC NICOTINE (≠ SMOKING)

Acts on the $\alpha 7$ nicotinic receptor — anti-inflammatory, neuroprotective (Parkinson's, MS), with cognitive benefits.



Delivery, ranked

Patches are best (slow release, lowest addiction risk) → clean lozenges second (xylitol-sweetened only). Clean patch option: Tolavita.



Avoid

Cigarettes, vapes, and pouches — combustion toxins, added pyrazines, and rapid delivery *create* addiction rather than healing.

Pyrazines added to cigarettes significantly amplify the addictive response; nicotine alone has lower addiction potential, especially via slow-release patches. Emerging/preliminary research interest in Alzheimer's and ulcerative colitis.



CREATINE: BEYOND THE GYM

Recycles ATP, supports memory/focus/clarity, builds strength and recovery, and is neuroprotective with age. Dose: 5 g for muscle, 10 g for full brain benefits (the higher dose meaningfully raises brain creatine). No loading phase, taken continuously — the safest, most-researched supplement there is.



Professional guidance required for extended fasting (48h+), therapeutic nicotine, and NAD+ optimization — work with a provider experienced in these protocols.

For more detail, see Chapters 19–25 in HEAVENLY HEALTH HACKS

MASTER SUPPLEMENT REFERENCE

outcome first • test → supplement → re-test at 90 days

Every supplement protocolled in the book — these are **starting points, not prescriptions**. Fat-soluble vitamins (A, D, E, K) always with fat; form matters more than dose; third-party tested (NSF, USP); your bloodwork sets your actual dose.



FOUNDATION SIX + CORE DAILY (CONTINUOUS — NO CYCLING)

SUPPLEMENT	DOSE	WHEN	WHAT IT DOES
Vitamin D3 (w/ K2 + Mg; 40–80 ng/mL)	2,500–5,000 IU	AM w/ fat	controls 900+ gene expressions
Vitamin K2 (MK-7) — never D3 without it	100–200 mcg	AM w/ fat	directs calcium to bones, not arteries
Magnesium (glycinate + threonate)	400–600 mg	PM	300+ enzyme reactions; sleep & brain
Omega-3s (EPA+DHA; index 8–12%)	2–3 g	any w/ fat	cell membrane + brain structure
Methylated B-complex (not folic acid)	per label	AM w/ food	methylation + energy (40–60% have MTHFR)
Liposomal Vitamin C	1–2 g	any	antioxidant; away from iron if ferritin high
Zinc + Copper (15:1 — non-negotiable)	Zn 15–30 / Cu 1–2	PM, away from Ca	prevent depletion imbalance
Creatine (monohydrate)	5–10 g	any	brain + muscle ATP reserve
NAC	600 mg	AM empty	glutathione precursor; key if ferritin high
Alpha-lipoic acid (R-ALA; diabetics monitor)	600 mg 2×	before food	regenerates 4 antioxidants
Probiotics (<i>L. rhamnosus</i> ; rotate)	per label	PM before meal	microbiome + vagal tone
Optimized minerals (Se, Cr, Mo, B)	per label	any w/ food	trace-mineral gaps
Glycine	3–5 g	PM before bed	deeper sleep + methylation + collagen
Colostrum (low-heat)	2 g	AM empty	gut repair, immunity, lean mass

For more detail, see Chapters 19–25 in HEAVENLY HEALTH HACKS

SUPPLEMENT REFERENCE

longevity stack & what to cycle



NAD+ & LONGEVITY STACK

SUPPLEMENT	DOSE	WHEN / CYCLE	WHAT IT DOES
NMN — ⚠️ cancer caution (consult oncologist)	250–500 mg	AM w/ fat · 5 on / 2 off	direct NAD+ restoration
PQQ — stack w/ CoQ10 + NMN	10–20 mg	AM w/ fat · continuous	creates new mitochondria
CoQ10 (ubiquinol) — essential on statins	100–300 mg	any w/ fat · continuous	powers ATP
Resveratrol (trans-) — <i>human evidence weaker than animal</i>	250–500 mg	AM w/ fat · continuous	sirtuin activation
Taurine	1–3 g	any · continuous	heart + brain + bile
Astaxanthin — crosses the BBB	4–12 mg	any w/ fat · continuous	fat-soluble antioxidant
Spermidine — autophagy trigger	1 mg	any · continuous	activates cellular cleanup



CYCLE THESE

SUPPLEMENT	CYCLE
Ashwagandha (KSM-66) 300–600 mg PM	6 wk on / 2 off
Rhodiola (3% rosavins) 200–400 mg AM	6 wk on / 2 off
EAA's post-workout	5 on / 2 off
Caffeine (60–90 min after waking)	5–6 on / 1–2 off



PULSE & TARGETED

- **Quercetin + Fisetin (senolytic)** — 2–3 days/mo only; ⚠️ blood-thinner caution
- **Sleep stack** — Theanine 200 + Apigenin 50 + Glycine 3,000 mg; melatonin microdose 0.3–0.5 mg only if used
- **Therapeutic nicotine** — patch only (never smoking), 3–7 mg AM start



ROTATIONAL (BLOCK PROTOCOLS WITH SCHEDULED BREAKS)

SUPPLEMENT	CYCLE	WHAT IT DOES
Milk thistle — 600 mg w/ food	30 days on / 2 wk off	liver-cell regeneration
Citrus bergamot — 500–1,000 mg (<i>some studies: 20–30% LDL ↓; reassess w/ bloodwork</i>)	90-day blocks	LDL support
Dihydroberberine (Bikman) — per label w/ meals	8 wk on / 2 off	blood sugar + ApoB (AMPK)
Black seed oil — 1 tsp AM w/ food	monthly rotation	broad anti-inflammatory

For more detail, see Chapters 19–25 in HEAVENLY HEALTH HACKS

SYNERGISTIC COMBINATIONS

the multiplier effect



THE THREE CROWN JEWELS — START HERE

Free triple stack

Morning sun + barefoot grounding + breathwork → circadian reset + lower inflammation + calm nervous system. (Free, ~10 min.)

Blood-sugar trifecta

ACV before meals → protein first → post-meal walk → ~50–65% spike reduction.

D3 + K2 + Magnesium

D3 absorbs calcium, K2 directs it, Mg activates D3. The non-negotiable trio — never take D3 alone.



PAIR THESE TOGETHER

- Vitamin C + bioflavonoids (absorption)
- Zinc + Copper (15:1, always)
- Turmeric + black pepper (~2,000% ↑)
- NMN + PQQ + CoQ10 (full NAD+ restoration)
- Resveratrol + Astaxanthin (sirtuin support)
- NAC + ALA + glycine + Vit C (glutathione stack / GlyNAC)



EXERCISE & HORMESIS

- Strength training + fasting (mTOR/autophagy)
- Resistance + protein + sauna (GH 2–3× ↑)
- Creatine 10 g + exercise + sleep (brain)
- Heat → cold ×3–4 (DOMS ↓ ~40%)
- Move + sun + nose-breathe + beets (the 4 NO pathways)



MITOCHONDRIAL & LONGEVITY

- RLT + methylene blue + CoQ10 (electron transport; see Ch. 21)
- NAD+ stack (cycle NMN 5/2)
- Sirtuin (resveratrol + astaxanthin + taurine)
- Senolytic (quercetin + fisetin, 2–3 days/mo only)
- AMPK (berberine + fasting + exercise)



GUT & IMMUNE

- Sleep chain: gut → serotonin → melatonin → sleep
- Gut healing: glutamine + zinc carnosine + collagen + A/D
- Immune: gratitude 3×/day + prayer + community (sIgA >50% ↑, HeartMath)
- DHA factory: omega-3s + seed-oil elimination
- Evening recovery: ashwagandha + Mg glycinate + zinc



SEPARATE THESE — OR PAIR BY CONTEXT

- **Calcium + iron** — compete; take at different times
- **Calcium + Mg / zinc** (high doses) — space apart
- **Zinc + copper** at high doses — separate (the daily 15:1 is fine)
- **Iron + Vitamin C** — it depends: if iron is low, pair them (C boosts uptake); if ferritin is high, keep C away from iron-rich meals



Key principles: test → supplement → re-test at 90 days • add one at a time, 1–2 weeks apart • fat-soluble vitamins always with fat • form matters more than dose • third-party tested • more ≠ better — bloodwork sets the dose.

For more detail, see Chapters 19–25 in HEAVENLY HEALTH HACKS

THE CYCLING PRINCIPLE

when to take a break — and when not to

Your body adapts to every constant signal, even beneficial ones — **receptor downregulation**: cells reduce receptor number or sensitivity when they get the same signal day after day (why your second coffee never hits like the first). The break isn't wasted time — it's when receptors reset and natural production reactivates.



BUILDING BLOCKS — CONTINUOUS

Raw materials your body *uses*, not signals it *receives*: vitamins, minerals, creatine, NAC, ALA, omega-3s, probiotics. No receptor binding = no downregulation. Stopping creates deficiency, not a reset.



SIGNAL MODULATORS — CYCLE

These *bind* receptors or *modulate* pathways: NMN (5 on/2 off), ashwagandha & rhodiola (6 wk/2 off), caffeine (5–6 on/1–2 off), nootropics (4 wk/2 off). The break reinstalls the "satellite dishes."



SENOLYTICS — PULSE ONLY

2–3 days/month. Quercetin + fisetin don't downregulate, but their cell-killing pathways are also used for wound healing — so continuous dosing harms. Clear the zombie cells in a burst, then let repair run.



SIGNS YOU NEED A CYCLING BREAK

- Benefits fading
- New or unexpected symptoms
- Increasing side effects
- Needing higher doses for the same effect
- Lab markers shifting unexpectedly
- A "wired but tired" feeling

Don't push through these — the break *is* the intervention.



Advanced optimization isn't about doing more — it's about doing the right things, in the right order, with discernment. Powerful tools in a rested, well-built body heal; the same tools in a depleted one harm. Steward them with wisdom.

For more detail, see Chapters 19–25 in HEAVENLY HEALTH HACKS



INSIDE OUT

The heart of health — where true healing begins.



HEALTH FLOWS FROM THE INSIDE OUT

Spirit
receives



Heart
embraces



Soul
aligns



Body
manifests

This is why spiritual and physical health can't be separated.



YOUR IDENTITY — ALREADY TRUE IN CHRIST

Chosen before time

"He chose us in Him before the foundation of the world" (Eph. 1:4).

Complete in Him

"You are complete in Him" (Col. 2:10).

Fully loved

"The same love He has for Jesus, He has for you" (Eph. 1:5–6).

Already whole

"We have the mind of Christ" (1 Cor. 2:16).

Your spirit is already whole, already alive in Him. This isn't a goal to achieve — it's a reality to recognize. Your soul just needs to catch up and awaken.



TRUTH VS. LIES — YOUR CELLS ARE LISTENING

Lies that keep you stuck

I'm destined to be sick like my parents · I don't deserve health · it's too late · I'm not enough / too much · God is angry or distant · I have to earn love.

Truth that sets you free

My genes are a keyboard, and beliefs play the keys · I am fearfully & wonderfully made · ~300 billion cells regenerate daily, waiting for better instructions · I am fully known & fully loved · God delights in me.



Epigenetics: your sustained thoughts, beliefs, and emotions influence gene expression. Chronic threat states drive inflammatory signalling; settled peace does not.

For more detail, see Chapters 1, 3 & 13 in HEAVENLY HEALTH HACKS

YOUR HEART — THE GATEWAY

"Guard your heart, for everything flows from it" (Prov. 4:23)



THE HEART OPERATES IN LAYERS (HEARTSYNC MODEL)

Function

Handles daily life; says "I'm fine" while pushing through pain.

Emotion

Carries buried pain and unresolved trauma; often isolated.

Guardian

Builds walls for "protection" that become prisons.

Original Self

Your true essence — your deepest capacity to connect with God.



Science confirms Scripture: your heart contains ~40,000 neurons — its own little "brain." Heart coherence (peace) sends healing signals throughout the body; heart chaos creates physical dysfunction.



DAILY HEART CARE

Morning (5–10 min)

Name 3 specific gratitudes · declare one truth aloud ("I am in Christ — known and loved") · surrender the day ("Lord, I give You today's outcomes").

Through the day

Emotional check-in ("What am I feeling?") · trigger awareness ("Present threat or old wound?") · thought capture (notice a lie, replace with truth).

Evening (5–10 min)

Heart inventory ("Did I hold anything against anyone?") · quick forgiveness before sleep · bless someone who frustrated you · journal.



WARNING SIGNS YOUR HEART NEEDS ATTENTION

Physical

Chronic tension, digestive issues, fatigue, recurring illness.

Emotional

Overreactions, numbness, anxiety, surprising anger.

Relational

Walls, broken patterns, fear of intimacy.

These aren't character flaws — they're signals.

For more detail, see Chapters 1, 3 & 13 in HEAVENLY HEALTH HACKS · HeartSync: heartsynchealing.org

SOUL, CONNECTION & THE MASTER KEY

where healing is completed



YOUR SOUL — THE PROCESSOR

Mind (interprets) • Will (decides) • Emotions (signal) •
Subconscious (runs programs) • Imagination (bridges realms).

Broken pattern

Stress → mind catastrophizes → fear floods → cortisol spikes → inflammation → sickness.

Restored pattern

Stress → spirit receives peace → heart creates coherence → mind reframes → body stays balanced.



LONELINESS IS MEASURABLE MEDICINE

Loneliness carries the same mortality risk as **smoking 15 cigarettes a day** (Dr. Julianne Holt-Lunstad's research on 300,000+ people). It drives chronic cortisol elevation, suppresses immunity, lowers natural-killer-cell activity, and breaks down sleep.

Community isn't a soft add-on — God built it into your biology before disease ever existed.



THE 4-STEP FORGIVENESS PROTOCOL — THE MASTER KEY

1 • Choose to forgive

A decision, not a feeling. You're not condoning anything — you're releasing their power over you.

2 • Release the debt

List what they "owe" (apology, recognition, change), name how it made you feel, then say, "I release you from owing me ____."

3 • Invite Jesus into the memory

"Jesus, where were You when this happened?" Let Him reveal His presence and receive the truth He speaks.

4 • Bless the one who hurt you

Move from victim to overcomer. Forgiveness releases the pain; blessing restores love.



The science: forgiveness activates the prefrontal cortex, calms the amygdala, raises HRV, and releases oxytocin. Your body literally reorganizes out of survival mode.



WEEKLY DEEPER PRACTICE (PICK ONE)

- **Forgiveness inventory** — "Anyone I'm holding something against?" then work the 4 steps.
- **Wound awareness** — journal "What patterns keep repeating?"
- **Lie detection** — ask "What lie am I believing?" find the truth, declare it aloud.
- **HeartSync session** (monthly+) — HeartSyncMinistries.org.



*"Those who receive the abundance of grace... will **reign in life** through the one man, Jesus Christ" (Romans 5:17). Health was always meant to flow from the inside out — spirit to body. You don't strive for wholeness; you receive it, and let it work its way outward.*

THE RETURN

Not the fragile, wishful kind of hope — the grounded kind.

You've just seen sixteen categories of health laid out with more clarity than most people encounter in a lifetime of doctor visits, diet books, and wellness programs. Here is what I want you to feel right now: **hope**. Your body is not broken. It is not a mystery. It is not destined to decline. It is a brilliantly engineered system, designed by a God who called it very good — and it responds, reliably and often surprisingly quickly, when given what it was designed to receive.



REIGN IN LIFE — SPIRIT, SOUL, AND BODY

Romans 5:17 says those who receive grace and righteousness **reign in life**. Reign — present tense. Not eventually. Not in heaven only. *Now*.

For many of us, that verse has lived mainly in the spiritual dimension. We understand reigning in spirit. We are learning to reign in soul — in thought, emotion, and identity in Christ. **This collection is the third dimension: your body participates in the reign.**

Vitality is not worldly. Energy is not vanity. Strength, clarity, and the capacity to fully show up for your calling are not separate from your spiritual life — they are expressions of it. A body that thrives is a temple that honors its Maker.

 *You were not designed to decline. You were designed to be fully alive — in spirit, in soul, and in the body that houses both. Reign in life. All of it. "I have come that they may have life, and have it to the full." — John 10:10 (NIV)*

YOUR LIFELONG HEALTH MANUAL

HEAVENLY HEALTH HACKS

Reclaiming God's Design for Vibrant Living

Everything you've just seen is a fraction of what's waiting. Twenty-seven chapters expand every category — the deep science, the personal story, biomarker testing, the theology of the body as temple — each closing with practical takeaways and action steps, plus a 30-Day Implementation Guide. Read it once; return to it for years.

Free at M46Ministries.com · on Amazon at the lowest price the platform allows

THE SNAPSHOT. THEN THE MANUAL.



ABOUT THE AUTHOR

Bryan doesn't prescribe what he hasn't tested.



BRYAN ELLIOTT

Bryan approaches everything the way an engineer would — layer by layer, asking: *if this is true, what does that mean?* He is a professional engineer, serial entrepreneur, and holder of multiple technology patents, and founder and CEO of Flo Energy Solutions Inc., operating across North America. His career has been defined by one discipline: take complex systems apart, understand what's actually happening, and build something better.

He applied that same discipline to his own health and documented everything — fourteen biomarker panels tracked over years, a genetic mutation that had gone undetected for a decade, and metabolic markers that improved year over year instead of declining with age. Not a theory — a living case study.



THE WORK & THE FAMILY

To build this work, Bryan engaged more than **forty** of the world's leading researchers and clinicians — among them Dr. Andrew Huberman, Dr. Casey Means, Dr. Peter Attia, Dr. Mark Hyman, Dr. Ben Bikman, Dr. Rhonda Patrick, Dr. Mindy Pelz, Dr. Jason Fung, Gary Brecka, and Dr. Kristy Prouse. He co-founded **M46 Ministries** alongside his daughter Bryn, and **Bee Me Kidz**, a charity bringing restoration to children and families.

He and his wife **Teresa** live in New Brunswick, Canada, raising four girls and two boys — with their beloved daughter Abbe cheering them on from heaven. Teresa brings over 30 years of ministry experience and now co-labours with Bryan in M46.



THE AWAKENING SERIES

More Than Gold · As in Heaven · Ascension · Awakening · The Awakening Glossary · The Essential 16 · Heavenly Health Hacks · Living Awakened

All Bryan's resources and books are free at M46Ministries.com — hard copies on Amazon at the lowest price the platform allows.



"Do you not know that your bodies are temples of the Holy Spirit? ... Therefore honor God with your bodies." — 1 Corinthians 6:19–20 (NIV)

WHAT IF EVERYTHING YOU'VE BEEN TAUGHT ABOUT HEALTH IS UPSIDE DOWN?

You are not destined to decline. You are not a mystery requiring a specialist. You are not too far gone for things to change.

You are living below a design that is waiting to be unlocked.

Sixty years of inverted health advice created a crisis built on myths. This collection of sixteen visual guides cuts through it — category by category, clearly and simply — compiled from the research of more than forty leading scientists, clinicians, and practitioners. Not a program. Not a protocol. **Health gold: condensed, visual, and immediately actionable.**

Your mouthwash — may be raising your blood pressure by destroying the tongue bacteria that produce nitric oxide. Over 200 million people use it. Nobody told them.

Alzheimer's — is now commonly nicknamed “Type 3 Diabetes”: a metabolic, lifestyle-driven disease, and increasingly understood as preventable.

80% of chronic disease — is driven by lifestyle, which means it is largely reversible by lifestyle. Not just managed.

Your body — is rebuilding itself right now: roughly 300 billion cells replaced every day. Real healing can begin in weeks or months, not years.

Once you understand the design, you can't go back to guessing.

Your body already knows how to heal. Your job is to stop interfering — and start cooperating. Share it freely. Keep it where you'll reach for it.



Inside the sixteen guides: cellular health · the stress bucket · daily blueprint · biomarkers & testing · power foods · what to avoid · gut & brain · healthy home swaps · women's & men's health · intermediate & advanced practices · detox · and the spiritual heart of it all. *The full depth lives in Heavenly Health Hacks: Reclaiming God's Design for Vibrant Living. The snapshot. Then the manual.*



BRYAN ELLIOTT is a professional engineer, serial entrepreneur, and CEO of Flo Energy Solutions Inc. He didn't write this from theory — he tracked fourteen biomarker panels over years, discovered a genetic mutation that had gone undetected for a decade, and rebuilt his health from the inside out: **medication-free at 55, and stronger than he was at 35.** He co-founded M46 Ministries and Bee Me Kidz, and lives with his wife Teresa and their six children in New Brunswick, Canada.

This book is free — because health information this important should never be behind a paywall. *Hard copies on Amazon at the lowest price the platform allows.*



M46MINISTRIES.COM