QUICK REFERENCE GUIDES FROM HEAVENLY HEALTH HACKS

M46 MINISTRIES

Reclaiming God's Design for Vibrant Living

THE ESSENTIAL 16

Sixteen visual guides from the book, category by category, clearly and simply.

QUICK REFERENCE

BRYAN ELLIOTT

M46 MINISTRIES · NOVEMBER 2026 · M46MINISTRIES.COM

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, not 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 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 your health — each one closing with key takeaways, action steps and reflection questions, plus a 30-Day Implementation Guide. What you hold is the snapshot; the book 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 guide 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.

CONTENTS

Sixteen guides in four families. Open any one and start today.

FOUNDATIONS · GUIDES 1–4

1 🗝️ **The Ultimate Health Levers** — Four levers that do most of the work. p. 1

2 🪣 **The Stress Bucket** — Cortisol — the hormone behind everything else. p. 4

3 ☀️ **Daily Health Blueprint** — Your whole day, at a glance. p. 8

4 🩸 **Biomarkers & Testing** — Track trends, not snapshots. p. 11

FUEL & BODY · GUIDES 5–8

5 🥩 **Power Foods** — What to eat — and how to hit 30–40 g of protein a meal. p. 14

6 🚫 **What to Avoid** — The hidden health destroyers. p. 16

7 🦠 **Gut Health** — Your second brain. p. 21

8 🧠 **Brain Health** — The metabolic fixes that protect your memory. p. 24

EVERYDAY PRACTICE · GUIDES 9–12

9 ⚡ **Top 12 Health Hacks** — Quick wins that compound. p. 28

10 🏡 **Healthy Home Swaps** — Small changes add up fastest at home. p. 31

11 ♀ **Women's Health** — Women are not small men. p. 34

12 ♂ **Men's Vitality** — Body, soul, and spirit — the complete man. p. 36

GOING DEEPER · GUIDES 13–16

13 📈 **Intermediate Practices** — Build on your foundation. p. 38

14 🧹 **Detox & Cleanse** — Support the systems God already built in. p. 40

15 ⚛️ **Advanced Optimization** — Powerful medicine — proceed with wisdom. p. 43

16 ❤️ **Inside Out** — The heart of health. p. 50

💡 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 page vi — most everything else flows from your score.

🔑 **How to read the symbols:** 💡 key insight · ⚠️ warning · ✅ action · 🙏 Scripture · 🔍 science explained · ⏱️ timing · 🟢🟡🔴 your Stress Bucket pathway

📲 Tap any guide to jump to it; tap the coloured tab on any page to come back here.

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

- Most 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: about 330 billion cells are replaced every day, ready for better instructions.
- Real healing can happen in weeks or months, not years.
- About 27 days to renew your skin · a year for your liver · a decade for your skeleton.
- The Four Horsemen — heart disease, cancer, dementia, metabolic disease — are not your destiny.

🔁 You'll See These Themes in Every Guide

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

💡 Up to 80% of chronic disease is driven by lifestyle — which means it is largely reversible by lifestyle. You don't need to master everything. Start with one change, then another. 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. My father had triple-bypass surgery at 51; by 65 he was on kidney 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 56 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. 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 old bloodwork showed a single genetic mutation (C282Y) I'd forgotten about, quietly building up iron 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 can't improve what you don't measure — and one test is a snapshot; trends over time tell 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 not a substitute for professional medical care. Bryan is not a physician — he is an engineer sharing research and personal experience.

Always talk to a qualified healthcare provider before changing your diet, exercise, fasting, supplements — or, especially, your medications. **Never start, stop or adjust a prescription on your own.** Don't ignore or delay medical advice because of anything you read here. In an emergency, call your local emergency number.

Fasting, cold and heat exposure, intense exercise and supplements carry real risks and are not right 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 — read your results with your healthcare team.

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

THE STRESS BUCKET ASSESSMENT

Complete this before you start anything else in the collection.

Think of your stress capacity as a bucket. Stressors punch holes in it. Sleep, nutrition, movement and recovery fill it back up. Fasting, cold and intense exercise are *beneficial* stressors — but they only work if your bucket has room. Adapted from clinical cortisol-evaluation practices used by Dr. Kristy Prouse, MD, FRCSC.

🪣 Rate Each Area

0 = NONE · 1 = MILD · 2 = MODERATE · 3 = SEVERE

1	Sleep disruption (trouble falling or 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, reduced drive, changes in sexual health · ♀ Women: PMS, hot flashes, cycle changes, low libido	0 1 2 3

TOTAL: _____ / 30

🟢 0–8 · Green
Your bucket is relatively full. Follow the standard protocols — you can likely handle fasting, cold and intense exercise well.

🟡 9–16 · Yellow
Your bucket has holes. Foundations first, then the gentler version of each protocol (marked 🟡). Retake in 8–12 weeks.

🔴 17+ · Red
Your bucket is leaking. Do **not** add fasting, cold or intense exercise yet — they will make things worse. Focus on foundations; consider a practitioner.

♀ **Women's note:** in perimenopause, postpartum, or with significant hormonal symptoms, move one level more conservative (Green → Yellow, Yellow → Red), whatever your score. Women's stress response is more reactive.

💡 Your pathway can change — that's the goal. Retake it monthly. Many people move from Yellow or Red to Green within 8–12 weeks of fixing the foundations.

GUIDE 1

THE ULTIMATE HEALTH LEVERS 🗝️

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

IN THIS GUIDE The four levers · Supplements & salt · Hydration · Daily protocol & oral health pp. 1–3

Every disease, every symptom, every energy crash begins in your cells. Support your cells and everything improves. Neglect them, and no diet or exercise plan can fully make up for it. Four levers do most of the work.

🔧 The Four Levers

1 · Cell membrane — the gatekeeper

Think of hormones as keys and the receptors on your cell membrane as locks. Inflame the membrane and the locks bend — even the right key won't turn. Your membranes are built from the fats you eat.

Build with: cholesterol, quality animal fats, omega-3s.
Avoid: seed oils — the damage lasts years.

2 · Mitochondria — the power plants

They turn food into ATP — the energy currency every cell runs on. When they falter, it's brownouts across a city: fatigue, brain fog, then disease.

Feed them: B vitamins, magnesium, CoQ10. **Build more:** cold, strength training, fasting.

3 · Autophagy — the reset button

"Self-eating." A deep-clean crew that only comes in when the factory floor is quiet. It clears damaged proteins and worn-out mitochondria.

Turn it on: a 16-hour fast, exercise, 7–8 hours of sleep in the dark. Cortisol first, fasting second (Guide 2).

4 · Hydration — done right

Water hydrates; minerals direct it. Sodium holds water outside your cells, potassium inside.

Do: ½ tsp sea salt in 16–24 oz [470–710 mL] of water within 30 minutes of waking. The full picture is on the next page.

💡 You are not a victim of your genetics — you are a steward of your mitochondria. Mitochondrial scientist Doug Wallace's research suggests mitochondrial dysfunction may drive most chronic disease. Unlike your inherited genes, mitochondria respond to how you live.

💊 Essential Supplements *TEST · RETEST*

- **Vitamin D3** 2,500 IU a day — 5,000 IU in winter or if you live in the north — with **K2** (MK-7) 100–200 mcg, with a meal that has fat. Retest at 8–12 weeks; aim for 40–80 ng/mL [100–200 nmol/L].
- **Magnesium** 400–600 mg elemental, split through the day (glycinate).
- **Omega-3s** — wild fatty fish 2–3× a week, an algae oil, or a verified EPA-forward omega-3 (2–3 g EPA+DHA).
- **B-complex** (methylated, not folic acid) · **vitamin C** 1–2 g liposomal.
- **Zinc + copper** — always paired, about 15 : 1.

⚠️ Supplements can interact with medications — review with your provider. On warfarin? No K2 unless your prescriber manages it.

🧂 Quality Salt Matters

✅ **Choose:** Baja Gold (~30–50 ppb lead) · Jacobsen (~40–60 ppb). Look for brands that publish third-party heavy-metal testing — around 50 ppb lead or less, no anti-caking agents.

❌ **Avoid:** table salt — stripped of 90+ minerals, with aluminum-based anti-caking agents.

Lead varies by brand and batch. Whatever you buy, ask for the current Certificate of Analysis.

Target: 4,000–5,000 mg sodium a day (≈ 2–2.5 tsp salt).
Sodium ≠ salt: sodium is only ~40% of salt, so 1 tsp of salt ≈ 2,200 mg of sodium.

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

Hydration done right — water hydrates; minerals direct it.

Water moves, but minerals steer it. Sodium keeps water in the hallways — your blood and the fluid around your cells. Potassium keeps it in the rooms — inside the cells. You need both, in balance. Drink more than you need and your kidneys simply pass the extra. That's balance, not dehydration.

💧 Hydration Done Right

1 · The morning salt drink

½ tsp unrefined sea salt in 16–24 oz [470–710 mL] of filtered water, within 30 minutes of waking — about 1,100 mg of sodium. Cost: pennies. Time: sixty seconds.

Upgrade: a squeeze of lemon and a pinch of cream of tartar (potassium).

2 · Your daily sodium target

4,000–5,000 mg sodium a day (≈ 2–2.5 tsp salt): the morning drink, salt on your meals, and extra after exercise, sauna or heavy sweating — you can lose 500–1,500 mg an hour.

Sodium ≠ salt: 1 tsp salt ≈ 2,200 mg sodium.

3 · Potassium — the one most people miss

Target 4,700 mg a day. Most people get about 2,500. Real food closes the gap: an avocado (~975 mg), a cup of cooked Swiss chard (~960), a baked potato (~925), 6 oz of wild salmon (~800).

Cream of tartar: ~125 mg per ¼ tsp.

4 · Timing & the two-second check

Sip from 10 am to 4 pm. Stop by 7 pm for sleep. Go light during meals.

Check your urine: pale straw = well hydrated · dark = drink and add minerals · colorless = ease off. (B vitamins turn urine bright yellow — that's not dehydration.)

🔍 **The evidence:** the PURE study and its pooled analysis (133,000+ people, 49 countries, *The Lancet*) found the lowest heart risk at 3–5 g of sodium a day. Below 3 g, risk went up. Above 5 g, stroke risk rose only where intake was already very high.

> *"I eat more than twice the 2,300 mg sodium limit every day, from Baja Gold and Jacobsen sea salt. My blood sodium: a perfect 139 mmol/L. My blood pressure: 120/80."* — BRYAN

⚠️ Check First

- **Kidney disease or heart failure:** sodium and potassium need your doctor's guidance.
- **ACE inhibitor, ARB or spironolactone:** ask before adding potassium.
- **High blood pressure:** in PURE, over 5 g a day raised risk — monitor your blood pressure as you adjust.
- **Fasting or low-carb:** replace sodium, potassium and magnesium as insulin drops.

🚰 Which Water?

Best: spring water (God's design, natural balance), distilled, or reverse osmosis — each with a pinch of quality salt or electrolytes per liter [~1 qt].

Tap water: fluoride, chlorine and often glyphosate residue. Standard carbon filters don't remove fluoride.

Shower filter: a 10-minute shower exposes you to more chlorine than drinking eight glasses of tap water.

✅ **Start here:** tomorrow morning, before coffee — ½ tsp sea salt in a big glass of water. Most people feel it by day three.

For more detail, see Chapter 16 in HEAVENLY HEALTH HACKS

YOUR DAILY PROTOCOL · THE FRONT DOOR · TWO BIG TRUTHS

📋 Your Daily Protocol for Cellular Vitality

- ☀️ **Morning light** — 10–15 min outside, within 30 min of waking
- 💪 **Move daily** — strength training 2–3× a week
- 💧 **Hydrate** — the morning salt drink (page 2)
- 🍳 **Eat clean** — whole foods, zero seed oils
- 🧊 **Cold** — finish your shower cold: 15–30 sec, building to 1–3 min
- ⏱️ **Fasting window** — 12 hours every night; 16+ to ramp up autophagy
- 🥩 **Protein first** — 30–40 g a meal
- 😴 **Deep sleep** — 7–8 hours in full darkness

⚠️ **Seed oils — canola, soybean, corn, sunflower — stay in your cell membranes for years. Every meal with them extends the timeline. Eliminate them completely.**

🦷 Oral Health — the Free 5-Minute Hack for Heart & Brain

Your mouth is the front door to your whole body. Bacteria from bleeding gums enter your bloodstream, settle in your arteries, and can reach your brain.

Why it matters

Proteins from the gum-disease bacterium *P. gingivalis* have been found inside Parkinson's-affected brain tissue (2024). A large Korean study: brushing three times a day instead of once was linked to nearly half the heart risk.

⚠️ Mouthwash warning

Antiseptic mouthwash kills the tongue bacteria that make nitric oxide — the gas that opens your blood vessels. In one study, blood pressure rose 2–3.5 mmHg from mouthwash alone. Twice a day was linked to 85% more high blood pressure and 55% more prediabetes and diabetes.

The protocol (free): copper tongue scraper morning and night · brush 3× a day, two minutes, with a prebiotic (Revitin) or hydroxyapatite toothpaste · floss · never antiseptic mouthwash — use salt water or oil pulling. **Bleeding gums are not normal.** They mean bacteria are entering your bloodstream.

✨ Two Big-Picture Truths

Oxygen (Brecka / Warburg)

"The presence of oxygen is the absence of disease." Nobel laureate Otto Warburg showed that cells that can't use oxygen switch to fermenting glucose — the way yeast ferments sugar. That switch is a hallmark of cancer and chronic illness. Move, breathe through your nose, hum — you make more nitric oxide, and more oxygen reaches your cells.

Sunlight is six systems at once

One source, six signals: your body clock (eyes) · serotonin and mood · vitamin D (UVB) · nitric oxide and blood pressure (UVA) · the POMC hormone cascade in your skin · melatonin made inside your mitochondria (infrared). A sunny morning gives 10,000+ lux; indoors by a window, 500–1,500.

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."
PSALM 139:14 (NIV)

✅ **Start here:** check the labels on three packaged foods in your kitchen. If you find a seed oil, replace it this week.

For more detail, see Chapters 5, 12 & 17 in HEAVENLY HEALTH HACKS

GUIDE 2

THE STRESS BUCKET 🪣

Cortisol — the hormone behind everything else.

IN THIS GUIDE Why cortisol runs the house · Signs & six healing layers · Your pathway · The vagus nerve · Rebuild your brake pp. 4–7

Many people blame "hormones" or "getting older" when the real culprit is cortisol thrown out of rhythm by years of piled-up stress. That matters — because cortisol dysregulation is predictable, measurable, and reversible.

🧭 Why Cortisol Runs the House

If hormones were a family, cortisol would be the parent who sets the mood. When it's steady, everything behaves. When it's off, most people chase the wrong hormone.

↘ Progesterone

Under stress your body reroutes pregnenolone — the raw material for both — away from progesterone to make cortisol. Survival comes before reproduction.

Result: anxiety, irritability, wired-but-tired, poor sleep.

↘ Thyroid

Cortisol slows the conversion of T4 into active T3. Labs look "normal," but the thermostat inside doesn't respond.

Result: exhausted, cold and foggy — even on thyroid medication.

↘ Estrogen

High cortisol changes how the body responds to estrogen. The hormone may be there — the body can't hear it over the cortisol noise.

Result: symptoms blamed on "low estrogen" may be cortisol-driven.

↗ Insulin

Cortisol raises blood sugar by design. When it stays high, insulin has to keep cleaning up.

Result: energy crashes, belly fat, and "I don't eat much, but my body won't cooperate."

⏱️ The Daily Rhythm

✅ **Healthy:** high in the morning (that's what wakes you) → tapering through the day → low at night (that's how sleep happens). That's God's design.

⚠️ **Flipped:** low in the morning → exhausted all day. High at night → wired when your head hits the pillow.

One daytime blood draw catches one moment, not the pattern. Ask for a four-point salivary or dried-urine (DUTCH) test — morning, noon, evening, night.

🕳️ The Leaky Bucket

Your bucket is your capacity to handle stress. Emotional and physical stressors both punch holes in it. When the holes multiply, it drains faster than it fills.

😟 **Emotional:** chronic worry · perfectionism · unresolved trauma · relationship conflict · "never enough" pressure

🏋️ **Physical:** poor sleep · chronic inflammation · processed food · toxins · over-exercising

"Cortisol is not the enemy. It is the indicator light revealing where healing is needed."

— HEAVENLY HEALTH HACKS, CHAPTER 6 · STRESS BUCKET MODEL ADAPTED FROM DR. KRISTY PROUSE, MD, FRCSC

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

🔎 Do You Recognize These Signs?

Energy & sleep

- Hard to wake up
- A 3–4 pm crash
- Waking between 2 and 4 am
- Tired even after sleep
- Need caffeine to function

Physical

- Craving salt
- Light-headed when you stand up quickly
- Slow to recover from illness or injury

Mood & mind

- Low mood
- Worsening PMS ♀
- Brain fog
- Less patience with others
- Less able to handle stress · lower sex drive

Checked several? Your cortisol rhythm may be out of step. Signs adapted from Dr. Kristy Prouse, MD, FRCSC.

🔧 Healing the Bucket — Six Layers

1 · Rebuild foundations

Same wake time daily · morning light outside within 30 min · cool, dark room · protein at every meal · no caffeine after noon.

2 · Plug the holes

Deal with infections and inflammation · remove food sensitivities · cut toxins (mold, chemicals) · set healthier boundaries.

3 · Replenish

Stress burns nutrients fast: magnesium (glycinate) · vitamin C · methylated B vitamins · quality protein · adaptogens when ready.

4 · Renew the mind

Let go of perfectionism, all-or-nothing thinking and the "never enough" lies. "Be transformed by the renewing of your mind." (Romans 12:2)

5 · Heal the soul

Old 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.

🚦 Which Pathway Are You? SCORE IT ON PAGE VI

🟢 Green — full

Sleeping well, steady energy. You can handle fasting, cold and intense exercise.

🟡 Yellow — some holes

Foundations first, then the gentler version of each protocol.

🔴 Red — leaking

Foundations only. No fasting, cold plunges or intense exercise yet.

⏱️ Most people feel real improvement in **8–12 weeks** — better sleep, steadier energy, lifted mood. Lasting recovery usually takes **one to two years**.

For more detail, see Chapter 6 in HEAVENLY HEALTH HACKS

THE VAGUS NERVE

your body's master reset switch

The vagus is 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.

🚗 **The accelerator**
Sympathetic — fight or flight. Heart racing, digestion off, immune system suppressed.

🛑 **The brake**
Parasympathetic — rest, digest, heal. Heart slows, digestion turns on, inflammation resolves. The vagus drives roughly 75% of it (Huberman).

💡 **Vagal tone** is how strong your brake is. It's measured by heart-rate variability (HRV): higher HRV = a strong brake and fast recovery; low HRV = stuck in survival. Your Stress Bucket score reflects your vagal tone.

🔍 Why stressed people can't just "relax"

- **The brake wears out.** The longer the accelerator stays down, the softer the brake gets (Porges).
- **Inflammation damages the nerve.** Chronic cortisol drives inflammation that harms the very nerve meant to resolve it.
- **A hurting gut keeps you on alert.** About 80% of vagus fibers carry signals from your organs up to the brain. A damaged gut never sends the "all clear."

⏱️ Free Reset #1

Delay coffee 60–90 minutes after waking. Let cortisol peak on its own and give your vagus its calm morning. Caffeine on waking tells your nervous system the day is already an emergency.

👁️ Free Reset #2

Go panoramic. Let your gaze soften and widen to take in your whole peripheral field. It switches on the calming side of your nervous system — one of the fastest free resets there is.

"Be still, and know that I am God." — that stillness isn't passive. It's a physiological state your vagus nerve was designed to create.

PSALM 46:10 (NIV)

For more detail, see Chapters 6, 12 & 15 in HEAVENLY HEALTH HACKS

REBUILD YOUR BRAKE

the vagus restoration protocol

1️⃣ Level 1 — Daily Foundations *START HERE*

- **Slow breathing** — 5 seconds in, 5 seconds out, 5 minutes a day. Stretch receptors in your lungs fire the vagus; tone improves within about two weeks.
- **Hum, sing or gargle** — 2 minutes a day. The vagus runs through your vocal cords. Gargle until your eyes water — that's the vagal reflex engaging (Kharrazian). Humming also raises nitric oxide in your sinuses about fifteenfold.
- **Cold water on your face and neck** — 30 seconds. The dive reflex is the fastest reset there is.
- **Prayer and gratitude** — three things, out loud, every day. Singing worship hits all three at once: breath, voice and gratitude.

2️⃣ Level 2 — Targeted Training

- **Cold exposure** — stress, recovery, adaptation trains the brake. Start with 30 seconds. 🟢 Green only (Guide 13).
- **Heal the gut** — 80% of vagal signals start there. In mice, the calming effect of *L. rhamnosus* vanished once the vagus was cut (Guide 7).
- **Omega-3s (DHA)** — build into vagal nerve membranes and improve signaling (Patrick). Wild fatty fish is best.
- **Zone 2 cardio** — trains the stress-recovery switch; one of the strongest predictors of better HRV (Attia).

3️⃣ Level 3 — Therapeutic Restoration

Trauma resolution
Unresolved trauma lives in the body, not just the mind. Somatic experiencing and EMDR help restore regulation (Porges).

Forgiveness
Holding an offense keeps your system in threat mode. Releasing it restores the safety signal. "Forgive as the Lord forgave you." (Col. 3:13)

Bodywork
Craniosacral therapy and visceral manipulation can free restricted vagal tissue in the neck, diaphragm and gut.

> *"This is where many people stumble. Feeling better after a few months, they revert to old habits ('I'm fine now'), push too hard with advanced protocols, or add stressors back before their bucket is truly full. Early improvement is a sign that healing is working — not a signal that healing is complete."* — BRYAN

✅ **Start here:** tomorrow, wait 60–90 minutes after waking before your first coffee — and hum while you make it.

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

GUIDE 3

DAILY HEALTH BLUEPRINT ☀️

Your whole day, at a glance.

IN THIS GUIDE Daily rhythm · Sleep, 10-3-2-1-0 · Napping · Root cause decoder · Foods · The 5 non-negotiables · The 3 AM fix pp. 8–10

🕰️ Daily Rhythm: Wake to Sleep

☀️ **First 30 min**	16–24 oz [0.5–0.7 L] water + ½ tsp sea salt	*rehydrate, support your adrenals*
☀️ **First 30 min**	Morning light outside — no sunglasses	*sets your body clock and the cortisol peak*
☕ **60–90 min**	Then your first coffee	*let your natural cortisol wake-up finish*
🍽️ **Meals**	Three protein-focused meals, no snacking	*steady blood sugar*
🚶 **After eating**	A 10-minute walk	*blunts the glucose spike ~10–20%*
🍽️ **3 hrs before bed**	Stop eating	*digestion finishes before sleep*
🌙 **2 hrs before bed**	Dim the lights, blue-light blockers	*protects melatonin*
📱 **1 hr before bed**	Screens off	*protects sleep*
😴 **Bedtime**	Cool 65–67°F [18–19°C], dark, same time nightly	*deep, restorative sleep*

😴 Sleep Starts Earlier — the 10-3-2-1-0 Rule

10	3	2	1	0
hours before bed: no more caffeine	hours: no food or alcohol	hours: no more work	hour: no screens	times you hit snooze

The #1 rule: lock your wake time, even on weekends. Morning light starts a 14–16 hour 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. Your brain treats unfinished tasks like open browser tabs, each one keeping you alert. Writing them down closes the loop.

For believers, go one step further: write down every worry, then physically hand the paper to God. “Cast all your anxiety on him because he cares for you.” (1 Peter 5:7)

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

💤 The Power of Napping

↓ 48%	↓ 37%	↑
heart attack, stroke or heart failure — napping once or twice a week (*Heart*, 2019)	heart-disease death in a Greek cohort (Naska, 2007) — later studies are mixed	memory — a 30–60 minute nap supports memory consolidation

- **10–20 min** → quick alertness · **30–60 min** → memory · **90 min** → a full cycle (occasional, not daily).
- Most naps: about 20 minutes, between **1 and 3 pm** — the natural afternoon dip. Avoid napping after 3 pm. Habitual naps over an hour track with higher heart risk.

🙏 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 that won't move** → insulin resistance → cortisol → sleep → thyroid
- **Low mood** → gut (90% of 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 → leaky gut → sleep → stress
- **Anxiety** → blood sugar → gut-brain axis → magnesium → caffeine
- **Digestive issues** → eating too fast → low stomach acid → gut imbalance
- **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 vegetables · fermented foods

🚫 Foods: Eliminate

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

For more detail, see Chapters 4, 6, 12 & 15 in HEAVENLY HEALTH HACKS

⭐ If Nothing Else — the 5 Non-Negotiables

These five deliver most of the results.

1. **Same wake time every day** (within 30 minutes).
2. **Morning sunlight** 10–15 minutes within 30 minutes of waking — outside, not through glass (20 minutes on cloudy days).
3. **Protein at every meal** — 30–40 g.
4. **Eliminate seed oils** completely.
5. **Steady your blood sugar:** apple cider vinegar before meals + protein first + a walk after.

🚶 A 10-minute walk after eating blunts the glucose spike by about 10–20% on its own. Stack apple cider vinegar and protein first, and the book estimates the combined reduction at roughly 50–65%.

🌙 The 3 AM Fix — Why You Wake at 2–5 AM

Two different causes, two different fixes. **(1) A blood-sugar drop:** your liver's overnight fuel runs low, cortisol spikes for emergency fuel, and you wake wired. Alcohol makes it worse. **(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)
Refill the liver's tank: 1 tbsp raw honey; almond butter with apple; or Greek yogurt with walnuts and 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. ⚠️ **Skip high-dose melatonin** — 0.3–0.5 mg at most; 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 light sensors too.

5 · If you wake — the 3 AM protocol
Don't check your phone or the clock. Physiological sigh ×3–5: deep inhale, a quick second sip, long slow exhale. Still awake after 20 minutes? Get up, keep it dim, do something boring.

6 · Restore your nervous system
For stress-driven waking, the evening wind-down matters most — no charged content 60–90 min before bed. Slow nasal breathing, a warm bath, a brain dump, or prayer.

✅ **Start here:** pick your wake time — and keep it tomorrow, and on the weekend.

For more detail, see Chapters 14, 15, 17 & 26 in HEAVENLY HEALTH HACKS

GUIDE 4

BIOMARKERS & TESTING

Track trends, not snapshots.

IN THIS GUIDE Testing framework · Foundational panel · Expanded panel · Cholesterol patterns · Insulin · Vitamin D pp. 11–13

"Normal" lab ranges come from an average — often unhealthy — population. The optimal ranges here are where healthy, metabolically flexible people actually land. One test is a snapshot; trends tell you where you're heading. Don't wait for the check-engine light — watch the gauges.

🔬 Dr. Casey Means' Testing Framework

1 · Test
Set your baseline. You can't improve what you haven't measured.

2 · Supplement
Target your results — precision, not shotgun supplements.

3 · Retest
Check again after 90 days. Adjust or hold.

💡 Engineering applied to biology: reach the optimal range, then hold it with the smallest dose that works. Precision beats enthusiasm.

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]	above 100 [5.6] = impaired
HbA1c	3-month blood-sugar average	< 5.4%	5.7%+ = prediabetes
Fasting insulin	how hard your pancreas is working	2–5 µIU/mL [14–35 pmol/L]	catches trouble years before glucose rises
Vitamin D (25-OH)	vitamin D status	40–80 ng/mL [100–200 nmol/L]	immune, mood, hormones, bone
hsCRP	inflammation	< 0.36 mg/L	inflammation is the fire behind chronic disease

🔍 *Glucose is the smoke detector going off. Insulin is the fire. Standard labs only check the smoke detector. Values in [brackets] are SI units.*

📋 Testing Action Plan

- Ask for the foundational panel at your next checkup.
- Test vitamin D — aim for 40–80 ng/mL [100–200 nmol/L], not just "sufficient."
- Add hsCRP — inflammation drives most chronic disease.
- Retest after 90 days of lifestyle changes. Track the trend.

Women, also ask (often through a functional or naturopathic doctor):

- Estrogen, progesterone, testosterone — cycle day 19–21
- Cortisol — four-point salivary or dried-urine
- DHEA-S · Free T3 / Free T4

For more detail, see Chapters 4, 9 & 22 in HEAVENLY HEALTH HACKS

🧪 Expanded Panel — When You're Ready

Test	Optimal	What it reveals
Triglycerides	< 80 mg/dL [< 0.90 mmol/L]	metabolic health and carb tolerance — very diet-responsive
TG/HDL ratio	< 1.0 [< 0.44]	the best single insulin-resistance indicator
ApoB	< 80 mg/dL [< 0.80 g/L]	counts the particles that build plaque — better than LDL
Lp(a)	< 75 nmol/L (test once)	~90% genetic; high levels predict heart attack and stroke
Homocysteine	< 8 µmol/L	methylation and B-vitamin status
Ferritin	♀ 50–150 · ♂ 75–150 ng/mL	iron stores — high can mean inflammation or iron overload
TSH	0.5–2.5 mIU/L	thyroid — the conventional "normal" is too wide
Uric acid	♀ < 4.0 · ♂ < 5.0 mg/dL [< 238 / < 297 µmol/L]	rises years before other metabolic markers; driven by fructose
AST / ALT · GGT	< 17 U/L each · GGT < 20 U/L	liver stress — GGT rises years earlier
HDL	50–90 mg/dL [1.29–2.33 mmol/L]	protection; below 40 [1.0] ♂ / 50 [1.3] ♀ raises risk

📉 Cholesterol — Read the Pattern, Not One Number

LDL alone is one of the least predictive heart markers we have. Ask for three numbers most doctors don't order: **ApoB**, your **TG/HDL ratio**, and **Lp(a)**.

🔬 Particle size

Pattern A — large, buoyant particles: far safer. **Pattern B** — small, dense particles: the ones that drive plaque. An NMR LipoProfile measures them.

🎯 The two-number shortcut

Read LDL and triglycerides together. High LDL with *low* triglycerides usually means Pattern A. High LDL with *high* triglycerides usually means Pattern B. Same LDL — opposite risk.

🔥 The fire and the fuel

ApoB is the fuel; inflammation (hsCRP) is the fire. Watch both: ApoB below 80 mg/dL [0.80 g/L], hsCRP below 0.36 mg/L. **Never stop a statin on your own.**

> *"My total cholesterol is 303 mg/dL [7.8 mmol/L] — a number considered completely normal just 60 years ago. … Sixteen years of below-detection hsCRP is my strongest number — and likely a major reason an ApoB that drifted from 86 mg/dL [0.86 g/L] to 144 [1.44] over fifteen years produced only early-stage plaque instead of a catastrophe. Low inflammation slowed the fire. It did not eliminate the fuel. Watch both."* — BRYAN

For more detail, see Chapter 9 and the free companion booklet Cholesterol, Plainly

❤️ Cholesterol Is Not the Villain — It's a Vital Partner

⚗️ Hormones
the building block for every steroid hormone

🧠 Brain
about 25% of your body's cholesterol lives here

🧱 Cells
every membrane needs it

🍽️ Digestion
makes the bile that digests fat

🛡️ Immune
immune-cell signaling

🍬 Insulin — the Vicious Cycle

Insulin moves sugar out of your blood and stores it as fat. The loop: eat sugar or refined carbs → blood sugar spikes → insulin surges → 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 and artery damage

🦠 Cancer
chronically high insulin creates the environment where cancer grows

🧠 Dementia
nicknamed "Type 3 diabetes" — insulin resistance in the brain

⚙️ Metabolic dysfunction
the upstream cause of the other three

💡 These "Four Horsemen" cause about 80% of deaths in non-smokers over 50. By 50, about half of North Americans are diabetic or prediabetic; only ~6.8% of adults are metabolically healthy (2022). Same root, same solution — and it's reversible. **Key tests:** fasting insulin (2–5 µIU/mL [14–35 pmol/L]), TG/HDL (< 1.0 [0.44]), HbA1c (< 5.4%).

☀️ Vitamin D — the Master Hormone · Target 40–80 ng/mL [100–200 nmol/L]

🧬 Aging
In the VITAL trial, four years of 2,000 IU a day slowed telomere shortening by about three years of aging.

🧠 Brain
D3 is a neurosteroid. Low D is consistently linked to depression, anxiety and attention problems.

🛡️ Immune
Your adaptive immune system can't mount a defense without enough D3.

💊 **Protocol:** D3 2,500 IU a day, or 5,000 IU in winter or northern latitudes, with K2 (MK-7) 100–200 mcg, with a meal that has fat. D3 absorbs calcium; K2 sends it to your bones, not your arteries. Retest at 8–12 weeks and adjust to your level.

✅ **Start here:** book a blood test for the five foundational markers — and write today's date on it. That's your baseline.

For more detail, see Chapters 4, 9 & 22 in HEAVENLY HEALTH HACKS

GUIDE 5

POWER FOODS 🥩

What to eat — and how to hit 30–40 g of protein a meal.

IN THIS GUIDE Protein servings · Beef, fish & berries · Dirty Dozen & Clean 15 · The proof pp. 14–15

🥩 About 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, easy to absorb
Wild salmon	6 oz [170 g]	omega-3s, vitamin D
Pasture-raised eggs	6–7 large	choline, every amino acid
Grass-fed cheese	5.5 oz [156 g]	calcium, K2
Greek yogurt	2 cups	probiotics, calcium
Pumpkin seeds	about 1 cup [130 g]	magnesium, zinc

🎯 Aim for **30–40 g a meal** — that's what switches on muscle-building (mTOR). About 1 g per pound of lean body weight a day, over roughly three meals. After 40 you need more, not less. Women over 40: eat protein within 30 minutes of waking, and don't train fasted.

🥩 Beef & Butter Quality

Best to still-fine: regenerative grass-fed and finished → 100% grass-fed, grass-finished → organic grass-fed → organic → conventional — still better than skipping it.

🐟 Fish — Wild Only

Farmed fish are fed grains and dosed with antibiotics. Choose small, wild, oily fish: salmon, sardines, anchovies, mackerel, herring — low mercury, high omega-3.

🫐 Best Fruits — Berries Win

- Blueberries, raspberries, blackberries, strawberries (buy organic) — the smallest blood-sugar spikes of any fruit (Means).
- Lemon and lime for digestion.
- Tropical fruits — mango, pineapple, banana, grapes — carry much more fructose. Enjoy, but less often.

⚠️ Skip fruit juice: 16 oz [470 mL] of apple juice ≈ 13 tsp of sugar. Eat fruit whole.

🥦 Best Vegetables — Low Oxalate

- Arugula, romaine · broccoli, cauliflower (cook lightly)
- Sweet potatoes · carrots
- Cucumber, zucchini · avocado · cabbage · bok choy
- Garlic and onions (cooked) · tomatoes (cooked, peeled)
- Rotate your greens weekly — don't eat the same one every day (Berg).

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

⚠️ Dirty Dozen — Buy Organic

Highest pesticide load

- Spinach
- Kale / collards / mustard
- Strawberries
- Grapes
- Nectarines
- Peaches
- Cherries
- Apples
- Blackberries
- Pears
- Potatoes
- Blueberries

✅ Clean 15 — Conventional Is Fine

Lowest pesticide load

- Pineapple
- Sweet corn
- Avocados
- Papaya
- Onions
- Sweet peas (frozen)
- Asparagus
- Cabbage
- Cauliflower
- Watermelon
- Mangoes
- Bananas
- Carrots
- Mushrooms
- Kiwi

EWG Shopper's Guide, 2026 · updated each spring at ewg.org

💧 Wash Produce for Pennies

1 tsp baking soda per 2 cups of water → soak 10–15 minutes → rinse well → pat dry. In a University of Massachusetts study, this removed up to 96% of two pesticides from the surface of apples — likely better than commercial produce washes.

🔬 The Proof — Six Days Changed Everything

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

↓ 60.5%	↓ 95%	↓ 71%
pesticide levels in urine	malathion (a nerve toxin)	glyphosate (follow-up study)

On conventional food you reload these toxins every meal, so your body never gets the chance to clear them. Six days. That's all it took.

🛒 Shopping Smart

- **Budget:** organic for the Dirty Dozen, conventional for the Clean 15.
- **Protein value:** grass-fed ground beef and pasture-raised eggs give the most per dollar.
- **Frozen berries** are flash-frozen at peak nutrition — often better than "fresh," and cheaper.
- **Rotate vegetables** weekly to limit antinutrient build-up.

✅ **Start here:** this week, swap your two most-eaten Dirty Dozen foods for organic.

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

GUIDE 6

WHAT TO AVOID 🚫

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

IN THIS GUIDE Seed oils & quick swaps · Sugars & refined carbs · The sweetener hierarchy · Problem foods · Toxins & medications pp. 16–20

🛢️ Seed Oils — the #1 Thing to Eliminate

Sugar spikes pass. Seed-oil damage stays. These oils oxidize easily, build into your cell membranes, and keep driving inflammation for years after you stop eating them (a half-life of about two to four years). Eliminating them is the single highest-impact change most people can make.

The oils

Canola (rapeseed) · soybean ("vegetable oil") · corn · sunflower (including 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" products

🔄 Quick Swap Guide

Instead of	Use
Canola / vegetable oil	ghee, tallow, butter, coconut oil (high heat) · olive or avocado oil
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
Unverified fish-oil capsules	wild salmon, sardines, an algae oil — or a third-party-verified (IFOS or Labdoor), EPA-forward omega-3 in triglyceride form, kept cold
Plastic containers	glass
Non-stick pans	cast iron, stainless steel, ceramic
Unfiltered tap water	reverse osmosis or distilled + minerals, or spring water

🍽️ **Eating out?** Ask, "What oil do you cook with?" Ask for grilled instead of fried, and butter or olive oil if they have it.

For more detail, see Chapters 5, 7 & 8 in HEAVENLY HEALTH HACKS

SUGARS & REFINED CARBS

🍬 Sugars & Sweeteners

- **High-fructose corn syrup** — handled only by the liver → fatty liver, insulin resistance.
- **Fruit juice** — 16 oz [470 mL] of apple juice ≈ 13 tsp of sugar. Soda without the label.
- **Refined sugar** — spikes blood sugar, feeds inflammation. **Agave** — about 90% fructose, worse than HFCS.
- **Artificial sweeteners** — disrupt your gut bacteria and can trigger insulin despite zero calories.
- **"Natural" sugars** (coconut, maple) — still sugar.

⚠️ The average American eats over 100 lbs [45 kg] of sugar a year — compared with about 4 lbs [2 kg] in 1700.

🧪 Industrial Starch

Maltodextrin, modified food starch, dextrin: glycemic index ~110 — higher than pure glucose. Labeled "0 g sugar," yet it spikes faster than candy. Hides in protein bars, baby formula and "gluten-free" foods.

🌾 Modern Wheat

Gliadin triggers zonulin, which loosens the tight seals between gut cells — even in people without celiac disease.

🥛 Conventional Dairy

The A1 protein forms BCM-7, linked to gut inflammation. Choose A2, grass-fed, sheep or goat.

💡 **Sugar is sugar — your body reads insulin, 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 keeping refined flour solves only half the problem.

⚠️ **The agave trap:** the glycemic index can't see fructose, which skips your 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. Blending breaks the fiber — smoothies spike faster than whole fruit. Eat your fruit; don't drink it.

🥬 High-Oxalate Foods — Don't Eat Them Daily

Food	Oxalates
Spinach (raw)	~700 mg per cup
Swiss chard · beet greens	very high
Almonds	~122 mg per oz [28 g]
Beets (cooked)	~76 mg per ½ cup

A low-oxalate diet keeps it to about 40–50 mg a day. In excess, oxalates form crystals: kidney stones (70–80% are calcium oxalate), joint pain, inflammation, brain fog.

- **Swap:** romaine (< 1 mg a cup), arugula, cucumber, cauliflower, bok choy.
- **Boil** high-oxalate greens and discard the water — cuts oxalates 30–87%.
- **Pair with calcium** (cheese with almonds) to bind them in the gut.

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

6 WHAT TO AVOID

THE SWEETENER HIERARCHY

best → worst · your body reads insulin, not labels

#	Sweetener	GI	Insulin?	Verdict
1	Monk fruit	0	No	🏆 Best zero-calorie option
2	Allulose	1	No	🏆 Great — watch for gut symptoms
3	Pure maple syrup	54	Yes	Lowest GI of the caloric sweeteners
4	Raw honey	61	Yes	God's design — in moderation
5	Stevia	0	Maybe	Good — possible "cephalic" insulin response to sweetness
6	Date sugar	42–45	Yes	Keeps fiber and minerals — still sugar
7	Coconut sugar	54	Yes	Marketing hype — still sugar
8	Cassava syrup	46–55	Yes	Marketed as "healthy" — still sugar
9–12	Raw, refined & brown sugar	65	Yes	Limit — all metabolically identical
13–14	Erythritol / xylitol	0–13	No / low	Limit — emerging cardiovascular concerns
15	Artificial*	0	Yes	❌ Gut and metabolic harm
16	Agave	15	Yes	❌ 90% fructose — worse than HFCS
17	High-fructose corn syrup	73	Yes	❌ Fatty liver, metabolic damage

**Aspartame (Equal, NutraSweet), sucralose (Splenda), saccharin (Sweet'N Low), acesulfame-K — they trigger insulin through gut-bacteria disruption. A rank of 4 for honey means "moderation," not "same as table sugar."*

✅ **Safe swaps:** monk fruit (best) · allulose · stevia. Artificial sweeteners hide in diet sodas, protein powders, flavored water, kids' vitamins and toothpaste — zero calories isn't zero harm.

For more detail, see Chapter 7 in HEAVENLY HEALTH HACKS

6 WHAT TO AVOID

PROBLEM FOODS & SURPRISING OFFENDERS

🚫 Problem Foods

- **Refined white bread** — GI ~75; worse than table sugar for blood glucose.
- **Breakfast cereals** — even "whole grain" runs GI 70–85, still higher than table sugar.
- **Processed meats** — a WHO Group 1 carcinogen, the same class as smoking.
- **Alcohol** — also Group 1. There's no safe floor for cancer risk: even one drink a day raises breast-cancer risk about 7–10%.
- **Fried restaurant food** — seed oils at high heat: maximum oxidation.

🎭 Surprising Avoids

- **Unverified fish-oil capsules** — EPA and DHA carry 5–6 fragile double bonds; many capsules arrive already oxidized. Eat real fish, use an algae oil — or choose a third-party-verified (IFOS or Labdoor), EPA-forward product and keep it cold.
- **Raw spinach every day and lots of almonds** — very high oxalates. Rotate.
- **Unfermented soy** (soy milk, edamame, soy protein isolate) — hard to digest; blocks protein and mineral absorption.
- **Plant protein powders** — about 3× more lead than whey.
- **Oat milk** — high glycemic index, added sugars, often seed oils.
- **"Heart-healthy" labels** — often code for seed oils and low-fat processing.

⚠️ Obvious but Important

- Diet sodas — artificial sweeteners disrupt gut and insulin
- Energy and protein bars — mostly seed oils and sugar
- Pastries — seed oils + flour + sugar, a triple hit
- Farmed salmon
- High-mercury fish — tuna, swordfish, shark
- Fast food

> *"The hierarchy is clear: fix sleep and light before buying a single supplement. Eliminate seed oils before buying organic. Walk more before joining a gym. The foundation is free. Build from there."* — BRYAN

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

TOXINS & A WORD ON COMMON MEDICATIONS

🧴 Environmental Toxins

- **Fluoride** (water and toothpaste) — high exposure is linked to lower childhood IQ.
- **Non-stick pans** — PFAS "forever chemicals." Use cast iron, stainless steel or ceramic.
- **Plastic containers** — BPA and phthalates leach out, especially when hot. Switch to glass.
- **Personal-care products** — parabens, phthalates and "fragrance" disrupt hormones.
- **Evening blue light** — suppresses melatonin and throws off your body clock.

💊 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

A mild fever is immune design, not malfunction. **Acetaminophen** (Tylenol) depletes glutathione and is the leading cause of acute liver failure in the U.S. **NSAIDs** (ibuprofen, aspirin, naproxen) harm the gut lining with regular use.

Instead: let a mild fever (under 102°F [39°C]) do its work · fluids + electrolytes · rest · cool compresses for comfort.

🧠 ADHD stimulants

No child has an "Adderall deficiency." Look at vitamin D and magnesium, the gut, blood-sugar swings, seed-oil inflammation and sleep. The youngest children in a class are diagnosed about a third more often. Stabilize blood sugar, fix sleep, heal the gut.

💭 Antidepressants (SSRIs)

A 2022 umbrella review (University College London) found no consistent evidence that depression is caused by low serotonin. SSRIs do help many people, especially with severe depression — and the root causes still deserve attention.

⚠️ Please Read

Get medical care for a fever above 103°F [39.5°C] in adults or 102°F [39°C] in infants — and for any fever of 100.4°F [38°C] in a baby under 3 months, which is an emergency. Never start, change or stop a psychiatric medication on your own — stopping suddenly can cause dangerous withdrawal. Always taper with your prescriber.

✅ **Start here:** open your pantry tonight and remove one bottle of seed oil. Replace it with butter, ghee or olive oil.

For more detail, see Chapters 4, 13 & 18 in HEAVENLY HEALTH HACKS

GUIDE 7

GUT HEALTH

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

IN THIS GUIDE The gut-brain axis · The 5R protocol · Leaky gut · Feed your gut well · Troubleshooting & timeline pp. 21–23

Your gut is home to about 38 trillion microbes and roughly 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 brain chemicals — about 90% of your serotonin is made here.
- So anxiety is often a gut issue, and healing the gut lifts mood.

⚠️ When the Gut Is Off

Linked to: autoimmune disease · anxiety and depression · brain fog and fatigue · skin problems · allergies and food sensitivities · IBS and bloating · chronic inflammation.

What damages it: seed oils · gluten · sugar and processed food · alcohol · regular NSAIDs · 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 wide variety of prebiotic fiber.
4. **Repair** — L-glutamine (5–10 g), bone broth (1 cup), zinc (15–30 mg), collagen, vitamin A, omega-3s — they work best together.
5. **Rebalance** — stress, sleep, movement, lifestyle.

🧱 Leaky Gut — Bricks and Mortar

Your intestinal lining is one cell thick. The cells are held together by "tight junctions" — protein seals that work like mortar between bricks. Healthy seals let nutrients through and keep toxins out. Damaged seals loosen and let undigested food, bacteria and toxins leak into your bloodstream → immune reaction → chronic inflammation. That's leaky gut, behind many autoimmune, skin, mood and digestive problems.

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

For more detail, see Chapter 12 in HEAVENLY HEALTH HACKS

7 GUT HEALTH

FEED YOUR GUT WELL

diversity is resilience

🌱 The Basics

Fermented, daily
Kefir (30+ strains), sauerkraut and kimchi (unpasteurized, from the fridge), yogurt.

Prebiotic fiber
Garlic, onions, leeks, asparagus, green bananas — resistant starch becomes butyrate, the fuel for your gut lining.

Diversity = resilience
Aim for 30+ different plant foods a week. Rotate rather than repeat.

⭐ Gut Superfoods

🩹 Repair the lining

Bone broth — collagen, glycine and glutamine (slow-simmer 24–48 hours; a cup a day). **Organ meats** — the most absorbable zinc, vitamin A and B12. **Grass-fed beef** — complete protein, iron, zinc.

🦠 Feed the good bacteria

Kefir and sauerkraut — living probiotics. **Garlic and onions** — inulin feeds Bifidobacteria. **Green bananas** — butyrate. **Mushrooms** — beta-glucans.

🔥 Calm inflammation

Wild fatty fish — omega-3s resolve gut inflammation. **Berries** — polyphenols that feed *Akkermansia*, with little sugar. **Avocado** — both kinds of fiber, no glucose spike.

✨ All-rounders

Kiwi — actinidin helps digest protein, plus polyphenols and prebiotic fiber. **Pomegranate** — its compounds become urolithins that support *Akkermansia*. **Pasture-raised eggs** — complete protein plus choline.

"… reduce one processed food. Your 38 trillion microbial allies will thank you."
— HEAVENLY HEALTH HACKS, CHAPTER 2

For more detail, see Chapter 12 in HEAVENLY HEALTH HACKS

TROUBLESHOOTING & TIMELINE

🔎 The Food-Sensitivity Detective

Sensitivities are sneaky. Reactions can show up 48–72 hours after the food — eat gluten Monday, feel it Wednesday. That's why sensitivity blood tests often disappoint and elimination diets work.

Common triggers

Gluten, dairy, eggs, soy, corn, almonds.

Delayed signs

Brain fog, fatigue, joint pain, bloating, skin problems, mood changes, headaches.

Find yours

Remove all suspects → bring them back one at a time → wait 3–4 days between each → write down how you feel.

🤧 Allergies, Histamine & the Liver

Mystery hives, headaches or flushing can be a histamine-clearance problem, not the foods themselves. Two enzymes break histamine down — DAO (made in your gut lining) and HNMT. When your overall detox load is high, histamine backs up and "allergies" appear. Open every exit, not just one:

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

⏱️ Be Patient — Healing Takes Time

Recovering from a course of antibiotics can take 6–12 months, and some species may never return without help. Start small, stay consistent:

- Add fermented food daily — start with 1–2 tbsp of sauerkraut.
- Reach 30+ different plant foods a week.
- A cup of bone broth a day while you heal.
- Consider L-glutamine, 5–10 g a day in water.

✅ **Start here:** one forkful of sauerkraut or a few spoons of kefir with dinner tonight.

For more detail, see Chapters 12 & 20 in HEAVENLY HEALTH HACKS

GUIDE 8

BRAIN HEALTH 🧠

Good news: the same metabolic fixes that prevent dementia work on its causes.

IN THIS GUIDE What dementia is · Exercise · Hearing & sight · Sleep, food & vitamin D · Nitric oxide & ketones · The keto trap pp. 24–27

🧠 What Is Dementia? (A Symptom, Not a Disease)

Dementia describes symptoms — a gradual loss of memory and function — caused by damage to the brain. The real question is what's causing the damage:

Alzheimer's (60–80%)
Brain cells become insulin-resistant and neurons starve of fuel — often called "Type 3 diabetes."

Vascular (10–20%)
Damaged blood vessels cut the oxygen supply to the brain.

💡 **Same metabolic root, same lifestyle solution.** The 2024 Lancet Commission estimates about 45% of dementia cases are preventable by addressing fourteen risk factors. If the root is metabolic, it can be worked on through lifestyle — that's genuinely good news.

🔀 Two Pathways, One Root Cause

- **Glucose spikes** → damaged insulin receptors and stiffened (glycated) vessels
- **Chronic inflammation** → receptor damage and atherosclerosis
- **Seed-oil damage** → broken insulin signaling, weaker vessels
- **Gut-brain axis** → a damaged gut signals the brain through the vagus nerve
- **Genetics (APOE4)** → raises risk — but lifestyle powerfully changes it

⚠️ People with type 2 diabetes have a 50–100% higher risk of both types.

🏃 Exercise — Your Brain's Best Medicine

A 2025 Lancet meta-analysis: **7,000 steps a day** (vs 2,000) = **38% lower dementia risk**. Movement works on the Type 3 diabetes mechanisms directly:

- ↑ insulin sensitivity
- ↑ BDNF four- to fivefold from about 6 minutes of hard exercise — "Miracle-Gro for your neurons"
- ↑ hippocampus 1–2% in a year (it normally shrinks)

👂 Hearing & Sight

Of the fourteen Lancet risk factors, the largest is one almost nobody treats: **hearing loss.** A brain that strains to hear has less left for memory. In the ACHIEVE trial, hearing aids cut the rate of cognitive decline nearly in half in older adults at higher risk.

Do: a hearing test after 50, and get cataracts fixed when they're ready.

For more detail, see Chapters 4, 9, 13 & 14 in HEAVENLY HEALTH HACKS

SLEEP, FOOD & VITAMIN D

😴 Sleep — When Your Brain Takes Out the Trash

During deep sleep, your glymphatic system washes away the amyloid plaques that build up in Alzheimer's. Use the 10-3-2-1-0 rule (Guide 3).

⚠️ One bad night cuts natural killer (NK) cell activity — your cancer surveillance — by nearly 30%. Chronic sleep loss speeds cognitive decline.

🥗 Food for Your Brain

✅ Brain-building

Grass-fed beef (B12, zinc) · pasture-raised eggs (choline) · wild fatty fish (DHA) · olive oil · avocado · walnuts · berries · green tea.

🚫 Brain-damaging

Seed oils · refined sugar · processed carbs (glucose spikes) · glyphosate-treated grains.

🐟 **DHA matters most.** Your brain is about 60% fat. Fish gives you usable DHA directly; your body's conversion from plant ALA is very inefficient. Build your brain with butter or ghee, olive oil, avocado, fatty fish and egg yolks — and keep seed oils, trans fats and rancid oils out.

☀️ Vitamin D — Your Brain's Protector

D3 is a neurosteroid: it crosses into the brain, regulates more than 2,000 genes — including those for serotonin — and calms inflammation. Target 40–80 ng/mL [100–200 nmol/L] (not the "normal" 30–40 [75–100]), always with K2 (100–200 mcg).

In the VITAL trial (25,871 adults), four years of 2,000 IU a day slowed telomere shortening by about three years of aging. Low D is consistently linked to depression, anxiety and attention problems. Winter means less sun — and a more vulnerable brain.

For more detail, see Chapters 8, 13, 15 & 22 in HEAVENLY HEALTH HACKS

NITRIC OXIDE & KETONES

circulation, cognition & brain fuel

You have about 60,000 miles [97,000 km] of blood vessels. Nitric oxide (NO) is the valve controller for all of them — it opens the vessels so oxygen and fuel get in and waste gets out.

🩸 Nitric Oxide — Master Key to Circulation

Where it helps

Brain (focus, less fog) · heart (flexible arteries, lower blood pressure) · sexual health · immunity · muscles · healing.

Low-NO signs

Brain fog · cold hands and feet · slow healing · fatigue · erectile dysfunction. Drained by stress, poor sleep, sitting, seed oils, sugar and mouthwash.

How to boost it

Sunlight on your skin · breathe through your nose (humming raises NO about fifteenfold) · a 10-minute walk · beets and arugula.

⚠️ **Antiseptic mouthwash kills the mouth bacteria that turn food nitrates into NO — blood pressure rose 2–3.5 mmHg from mouthwash alone in one study. Use salt water. If needed: L-citrulline 3–6 g, beetroot powder, CoQ10.**

🔥 Ketogenic Therapy — When Your Brain Runs on Ketones

Used medically for epilepsy for 100 years, it now shows promise for Alzheimer's, Parkinson's, schizophrenia and bipolar disorder. Ketones are a cleaner fuel that can bypass broken insulin signaling, feed neurons that can't use glucose, and help build new mitochondria.

A small 2024 Stanford pilot (21 patients with schizophrenia or bipolar disorder, staying on their medications) found psychiatric symptoms improved 32%, with metabolic syndrome reversed.

⚠️ **Therapeutic keto needs medical supervision. Type 1 diabetes requires insulin and isn't lifestyle-reversible.**

For more detail, see Chapters 5, 9 & 14 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 whether you're truly in ketosis.

In ketosis (carbs under ~30–40 g net)

Your liver burns fat into ketones, so saturated fat gets burned for fuel. It works beautifully here.

The trap

Keto-level fat with too many carbs: insulin stays high and blocks ketones. Excess saturated fat turns down your liver's LDL receptors, so fewer ApoB particles get cleared. The same ribeye is a different event with a baked potato.

✅ The Rules

- **Going keto? Go strict** — and confirm it with a blood ketone meter (0.5–3.0 mmol/L), not urine strips.
- **Not in ketosis?** Beef, butter and eggs still belong — let olive oil and avocado carry most of the fat load, with saturated fats for cooking.
- **Your bloodwork decides:** keep ApoB under 80 [0.80 g/L], triglycerides under 80 [0.90 mmol/L], hsCRP under 0.36 mg/L. If they climb, shift the balance.

🎯 Action Steps — Protect Your Brain

Foundation

1. Move daily — 7,000+ steps, plus strength 2–3× a week.
2. Vitamin D at 40–80 ng/mL [100–200 nmol/L].
3. Steady blood sugar — protein at every meal.
4. Protect sleep — 7–8 hours.

Next level

5. Eliminate seed oils.
6. Magnesium L-threonate — the form that crosses into the brain.
7. Creatine about 10 g a day — the dose that meaningfully raises brain creatine.
8. Get your hearing and eyes checked.

✅ **Start here:** check your step count today. If it's under 7,000, add a 10-minute walk after each meal.

For more detail, see Chapters 4, 8, 9, 14 & 22 in HEAVENLY HEALTH HACKS

GUIDE 9

TOP 12 HEALTH HACKS ⚡

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

IN THIS GUIDE The 12 hacks · Completely free · The breathing toolkit · Grounding, lymph & light pp. 28–30

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

⭐ The 12 Hacks

1 · Morning sunlight
5–15 min outside within 30 min of waking. Sets your body clock and times cortisol and serotonin. No sunglasses; cloudy still works.

2 · Post-meal walks
5–10 minutes within 30 minutes of eating cuts the glucose spike about 10–20%.

3 · Physiological sigh
A double inhale through the nose, then a long slow exhale. The fastest way to calm your nervous system — 1–3 breaths, anytime.

4 · Salt water AM
½ tsp sea salt in 16–24 oz [470–710 mL] of water on waking, before coffee or food.

5 · Cold finish
End your shower cold — start with 15–30 seconds, build to 1–3 minutes. Mornings are best.

6 · Morning gratitude
A few minutes before screens. Gratitude raises IgA, your first line of immune defense.

7 · Eliminate seed oils
Canola, soybean, corn, sunflower. The damage lasts years — check every label.

8 · Total darkness
A pitch-black bedroom: blackout curtains and a sleep mask. Even light on your skin disturbs melatonin.

9 · Strength training
2–3× a week. Keeps your metabolism up for hours afterward, releases myokines, and protects against diabetes.

10 · Protein first
30–40 g at every meal, eaten before the carbs. Builds muscle and steadies blood sugar.

11 · Screens off
Blue-light blockers after sunset, or screens off 1–2 hours before bed.

12 · Heat
Sauna 15–20 min, 4–7× a week — linked to 40% lower all-cause mortality in Finnish men. A hot bath counts (Guide 13).

✅ Completely Free

Morning sun · walking · fasting · cold showers · breathwork · prayer · water · good sleep · grounding · rebounding · community · managing stress · avoiding seed oils · a 20-minute afternoon nap.

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 control on purpose — the fastest, freest way to change your state. Inhales rev you up; exhales calm you down.

🫁 Nose vs. Mouth

Nasal breathing signals safety: it makes nitric oxide (boosting oxygen uptake 10–15%), uses the diaphragm, and slows the breath. Mouth breathing is shallow and fast, skips the nitric oxide, and can keep you stuck in fight-or-flight. Notice your breathing right now — if your mouth is open, close it.

🧰 Four Patterns

😮‍💨 Physiological sigh — fastest calm

A deep inhale through the nose, a quick second "sip" on top, then a long slow exhale (twice as long). 1–3 breaths. Re-inflates 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.

🌙 4-7-8 — the relaxation breath

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

⚡ Wim Hof — the energizer

30 deep breaths (in nose, out mouth), let the air out and hold empty (60–90+ sec), then a recovery breath held 15 sec. 3–4 rounds.

⚠️ Not before bed, in water, while driving, with heart conditions without clearance — and never with a cold plunge.

💡 **Key principle:** calming breaths stretch the exhale. When anxious, make your exhale longer than your inhale. Wim Hof is the exception — fast breaths plus a hold energize rather than calm.

⏱️ Build It Into Your Day

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

Breathing protocols are in Chapter 15 of HEAVENLY HEALTH HACKS

FREE HACKS & LIGHT FOR MOOD

earth, lymph & sunlight

🌱 Grounding (Earthing)

Bare feet on grass, sand or soil for 10–30 minutes. The earth's surface carries a negative charge; contact lets free electrons flow into your body — basic electrical grounding, the same principle behind every electrical system ever built.

Small studies suggest it normalizes cortisol, lowers inflammation markers and improves HRV. The evidence is early — but it's free. Do it while you get your morning sun.

🤸 The Free Lymph Hack — Bounce

Your lymphatic system returns 2–3 liters of fluid to your blood every day — and it has no pump. It depends on movement.

Bounce gently on a mini-trampoline (or in place) for 2–3 minutes a day. The up-and-down motion opens and closes lymph valves. NASA researchers found rebounding gave more body-loading benefit than running at the same heart rate.

☀️ Light for Mood

Morning sun sets your clock. **Midday sun** does something different: at a UV index of 3 or more, UVB triggers your skin's POMC cascade. One 10-minute midday walk with your arms exposed fires four systems at once:

β-endorphins
the POMC cascade — a natural mood lift

Vitamin D
needs the midday sun angle — morning sun won't make it

Nitric oxide
UVA releases stored NO from your skin — better circulation

Melatonin in your cells
infrared triggers melatonin inside your mitochondria

⚠️ For low mood, anxiety or low motivation, this free habit supports the same mood systems antidepressants target — a powerful complement to care, not a replacement if you need treatment. Below UV index 3, UVB doesn't reach the ground.

💡 Dark Winter Mornings? A Light Box

10,000 lux for 20–30 minutes, starting within 30 minutes of waking, at arm's length (16–24 inches [40–60 cm]), angled toward your face. Eat breakfast while it works. Never in the late afternoon or evening. **Not for:** bipolar disorder (can trigger mania), lupus, certain eye conditions. It fills the gap — it doesn't replace the sun.

✅ **Start here:** take tomorrow's morning coffee outside, barefoot on the grass if you can.

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

GUIDE 10

HEALTHY HOME SWAPS 🏡

Your home is either supporting your health or undermining it.

IN THIS GUIDE Kitchen, cleaning, bedroom & water · Where to begin · Water & first steps pp. 31–33

You don't need to stop every drop. Think like an engineer: reduce the inflow below what your body can process. Your home is where you spend the most hours — so it's where small changes add up fastest.

🍳 Kitchen & Cookware

Avoid	Use instead
Non-stick (PFAS)	cast iron, ceramic, stainless
Plastic containers	glass or stainless steel
Plastic cutting boards	wood or bamboo
Seed oils	butter, ghee, tallow, coconut
Canned food & drinks (BPA linings)	fresh, frozen, glass jars
Plastic tea bags	loose-leaf tea

🧽 Cleaning Products

Avoid	Use instead
Chemical detergents	plant-based, fragrance-free
Fabric softener, dryer sheets	wool dryer balls
Triclosan dish soap	castile soap
Air fresheners	open windows · essential-oil diffuser
Paraffin candles	beeswax candles
Bleached paper towels	unbleached or cloth

🛏️ Bedroom & Sleep

Avoid	Use instead
Light pollution	blackout curtains + sleep mask
A warm room (70°F+ [21°C+])	cool: 65–67°F [18–19°C]
Synthetic bedding	cotton, linen
Phone in the bedroom	charge it in another room
LED standby lights	cover or remove
Bright evening lights	blue blockers after sunset

💧 Water

Avoid	Use instead
Unfiltered tap	reverse osmosis, distilled, spring
Fluoridated water	RO or distillation removes it
Chlorinated shower	a shower filter
Plastic bottles	glass or stainless

Tap water can carry fluoride, chlorine, heavy metals, pharmaceuticals, pesticides and microplastics.

🧴 Personal Care *ON YOUR BODY = IN YOUR BODY*

Avoid	Use instead
Fluoride toothpaste	hydroxyapatite or prebiotic
Aluminum antiperspirant	aluminum-free deodorant
Synthetic fragrance	fragrance-free
Commercial lotions	tallow balm
Chemical sunscreen	mineral (zinc oxide) — coconut oil is not a sunscreen

📶 EMF & Electronics

Avoid	Use instead
Bluetooth earbuds	wired headphones
Phone in your pocket	in a bag, away from your body
Wi-Fi on all night	router off while you sleep
Laptop on your lap	on a desk

Precautionary and low-effort — distance is your friend, even a few 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 or ghee · avocados, berries.

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

🧂 Quality Salt

✅ **Choose:** Baja Gold (~30–50 ppb lead) · Jacobsen (~40–60 ppb). ❌ **Avoid:** table salt — stripped of 90+ minerals, with aluminum-based anti-caking agents.

Lead varies by brand and batch. Choose brands that publish current third-party heavy-metal testing (around 50 ppb lead or less), and ask for the Certificate of Analysis.

⏱️ A Realistic Timeline

First 30 days
Remove seed oils · replace daily cleaning products · switch plastic food storage (especially for hot food) · change the personal-care items with the most skin contact.

1–3 months
Install water filtration · finish the cleaning swap · move to all glass and steel storage · buy organic for the Dirty Dozen.

3–12 months
Bedroom air purification · reduce EMF · natural-fiber bedding and clothes · upgrade cookware.

⚠️ Hidden Dangers

- **Triclosan dish soap** reacts with chlorine in tap water to form chloroform — right at your kitchen sink.
- **One plastic tea bag** can release about 11.6 billion microplastics into a single cup.
- **Never microwave in plastic** — heat speeds up chemical leaching.

For more detail, see Chapter 18 in HEAVENLY HEALTH HACKS

WATER & FIRST STEPS

filter well, start free

💧 Reverse Osmosis (RO) Water

RO removes the bad — fluoride, chlorine, metals, microplastics — but also every mineral. **Add minerals back:** trace-mineral drops, an electrolyte mix like LMNT, or ½ tsp sea salt per gallon [3.8 L].

A Berkey keeps natural minerals and needs no remineralizing, but it doesn't remove fluoride as completely as RO or distillation — a good option where fluoride is low.

🚿 Filter the Shower Too

A 10-minute hot shower exposes you to more chlorine than drinking eight glasses of tap water — heat opens your pores and you breathe the vapor. Look for **KDF + carbon** filtration and replace it every six months. Shower filters don't remove fluoride.

✅ Free Changes

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

💰 Worth the Investment

- An RO water filter (removes fluoride)
- 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 — and trying to creates its own stress. Start with the free swaps tonight. Add the investments as you're able.

"Do you not know that your bodies are temples of the Holy Spirit, who is in you? … Therefore honor God with your bodies." Tending your home is part of tending the temple.

1 CORINTHIANS 6:19–20 (NIV)

✅ **Start here:** tonight, charge your phone outside the bedroom and turn off the Wi-Fi router.

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

GUIDE 11

WOMEN'S HEALTH ♀

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

IN THIS GUIDE Cycle-aligned living · Adapting each lever · Perimenopause · Do, avoid & when to scale back pp. 34–35

Most health research was done on men. Women's bodies respond differently — to a monthly cycle, to hormonal shifts, and to a more reactive stress system. Many symptoms blamed on "hormones" or "getting older" are really cortisol out of rhythm from piled-up stress — and that's fixable.

🔄 Cycle-Aligned Living — Work With Your Hormones

Follicular phase (days 1–14, estrogen rising)

More energy and drive. You handle longer fasts (14–16 hours, even 24 if you want), harder training, and cold better. A good window to push.

Luteal phase (days 15–28, progesterone rising)

Keep fasting gentle (12 hours at most), ease off training intensity, and give your body more fuel — especially carbohydrates. Skip cold if you feel depleted. Recovery and sleep come first.

⚙️ How to Adapt Each Lever

⏱️ Fasting

A 12-hour overnight fast is often plenty. Aggressive fasting backfires — cortisol spikes higher in women, and the body may hold on to fat. Eat within 30–45 minutes of waking. Don't train fasted — have 15 g of protein first.

🔥 Heat & ❄️ Cold

Sauna suits women well: 20–30 minutes at 160–175°F [71–80°C], 3–4× a week. Over time it can ease hot flashes and night sweats. If you use cold, gentle is enough — about 55°F [13°C] for 1–3 minutes, not 40°F [4°C] ice baths. Avoid cold right after strength training.

🏋️ Training

Lift heavy: challenging weights, 6–12 reps, 2–3× a week. Light weights with high reps won't protect muscle and bone after 40 — women lose muscle a decade earlier than men when they don't train. Short sprints (20–30 sec all-out, 2–4 min easy) in the Green bucket; ease off in the luteal phase.

🥩 Protein

35–40 g a meal — higher than the standard 30 g because of anabolic resistance. About 1 g per pound of lean body weight a day. Midlife needs more, not less. Don't fear eating enough.

🪣 Cortisol & Women

Your stress system is more reactive. Its symptoms mimic perimenopause: belly fat, brain fog, fatigue, mood swings, poor sleep. It's often cortisol, not "just hormones." Address stress before fasting.

🌙 Perimenopause (40s+)

Baseline cortisol is already higher — go conservative: fuel over fasting, regular sauna, sleep and stress first. And lift heavy, because muscle loss speeds up now.

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

DO, AVOID & WHEN TO SCALE BACK

✅ Do These

- Eat within 30–45 minutes of waking
- 35–40 g of protein a meal
- Heavy strength training 2–3× a week
- Sauna for your beneficial stress
- Match fasting to your cycle
- Put sleep above everything — 7–8 hours
- Address cortisol first

🚫 Avoid These

- Aggressive fasting (16+ hours, one meal a day)
- Training fasted
- Extreme cold plunges (40°F [4°C])
- Hard intervals when stressed or in the luteal phase
- Under-eating or calorie restriction
- Pushing through fatigue

⚠️ Warning Signs to Scale Back

- Disrupted sleep — especially waking 2–4 am
- 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 (7–8 hours), 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 who understands female physiology — especially through perimenopause and menopause, or with a thyroid, adrenal or reproductive condition.

"I praise you because I am fearfully and wonderfully made." 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.

PSALM 139:14 (NIV)

✅ **Start here:** tomorrow, eat a protein breakfast within 45 minutes of waking — before any workout.

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

GUIDE 12

MEN'S VITALITY ♂

Body, soul, and spirit — the complete man.

IN THIS GUIDE Muscle · The statin spiral · Weekly training · Free the man pp. 36–37

Without training, we lose 3–8% of our muscle every decade after 30, faster after 60. Strength training keeps your metabolism up for hours afterward, and about 90% of your serotonin is made in your gut. Body and soul are one system — so this guide trains both.

💪 Muscle — the Organ of Longevity

Metabolic engine
Burns energy at rest, improves insulin sensitivity, and soaks up blood sugar.

Myokines
Signaling proteins released when muscles work — anti-inflammatory, anti-anxiety, anti-depression.

Bone & joint
Raises bone density, supports joints, lowers injury risk.

Brain
More blood flow and growth factors protect the aging brain.

🎯 **Two longevity benchmarks — can you pass?** Farmer's carry: your body weight, split between both hands, for one minute. Dead hang: two minutes. Every 11-lb [5 kg] drop in grip strength is linked to a 16% higher risk of death from any cause.

> *"My dynamometer reading of 151 lbs [68.5 kg] at 55 sits roughly 55% above the average for men my age. … This is what consistent heavy lifting builds over years. Not gym vanity — a body that works the way it was designed to, for as long as God designed it to last."* — BRYAN

📉 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 medication.

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

⏱️ Weekly Training Minimum

150–180 min / week
Zone 2: brisk walking or easy cycling — steady, moderate effort. The aerobic base.

2–3× / week
Strength: the Big 7 (Guide 13), heavy enough to challenge you, adding weight over time.

1× / week
Intervals: 20–30 sec all-out, 2–4 min easy, 4–8 rounds. Raises VO2 max.

⚠️ **Sauna & fertility:** heat temporarily lowers sperm count and motility — testosterone and sex drive are not affected. Trying to conceive? Fully reversible: pause frequent sauna 3–6 months before conception, or keep sessions shorter with a cold, damp towel on your lap.

For more detail, see Chapters 9, 10, 14 & 19 in HEAVENLY HEALTH HACKS

FREE THE MAN

the most powerful reset you have

🛡️ What the Body Keeps

Unresolved grief. Harbored unforgiveness. Suppressed anger. These invisible wounds don't stay invisible — they eventually show up in the body. Unforgiveness keeps producing stress chemicals — cortisol, adrenaline — and keeps you in cycles of inflammation, higher blood pressure and weaker immunity. If the body keeps the score, forgiveness is one of the most powerful reset buttons it has.

> *"I've noticed that every time I carry unforgiveness, my shoulders tighten and my sleep suffers."* — BRYAN

🕊️ The Four-Step Forgiveness Process

1 · Choose
Forgiveness is a decision, not a feeling. You don't have to feel it to choose it. You're not condoning what happened — you're releasing its power over you.

2 · Release the debt
Name what they did and how it made you feel. Then say, "I release you from owing me ___," and give the debt to Jesus.

3 · Encounter
Ask Jesus where He was during that painful experience. Let Him show you His presence and speak truth over it.

4 · Bless
Bless the one who hurt you (Matthew 5:44). "Forgiveness releases pain, but blessing restores love."

🔍 **What forgiveness does in your body:** the prefrontal cortex activates and the fear center calms · HRV rises · oxytocin is released, which triggers nitric oxide and opens blood vessels · cortisol and adrenaline drop · inflammatory markers fall.

📋 This Week — Body + Soul

💪 Body

- Strength train 2–3× (the Big 7)
- 30–40 g of protein within 1–2 hours after training
- A 10-minute walk after your largest meal
- A cold finish to your shower (15–30 sec, building up)

🕊️ Soul

- Ask, "Who am I still holding something against?"
- Walk through the four steps for one person
- Five minutes of morning stillness before your phone
- Consider a HeartSync or inner-healing session

"Aging is the aggressive pursuit of comfort." Cold, heat, fasting and heavy lifting aren't biohacks — they're the ancient inputs God built your body to receive.

— GARY BRECKA

✅ **Start here:** test your grip this week — a farmer's carry with half your body weight in each hand, for one minute.

For more detail, see Chapters 3, 6 & 14 in HEAVENLY HEALTH HACKS

GUIDE 13

INTERMEDIATE PRACTICES 📈

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

IN THIS GUIDE The intermediate levers · Heat, cold & red light · The Big 7 movements · Fasting & supplement timing pp. 38–39

✅ **Before you start:** 2–4 weeks of steady foundations — sleeping well, stable energy, manageable stress (a 🟢 Green or settled 🟡 Yellow bucket). The baseline: same wake time · morning sunlight · no seed oils · quality protein · basic supplements · water with minerals.

⚙️ The Intermediate Levers

⏱️ Time-restricted eating

Start with a 12-hour window (7 am–7 pm) → 14 hours → work toward 16:8. During the fast: water, black coffee, plain tea. Finish eating 2–3 hours before bed. Salt your water as insulin drops.

🔥 Heat

Sauna: 15–20 min at 160–190°F [71–88°C] (start with 5–10), 4–7× a week; electrolytes before and after. **Or a home bath:** 104°F [40°C], shoulder-deep, 20–30 min, 2–4× a week. Both trigger heat-shock proteins.

❄️ Cold

15–30 sec cold at the end of your shower → build to 1–3 min → (advanced) a plunge, starting around 55°F [13°C], 3–5× a week. Should feel challenging but invigorating — not depleting. Skip it if your sleep is poor.

🏋️ Strength training

2–3× a week, compound movements, adding weight over time. Muscle is the organ of longevity.

🦠 Gut

Fermented food daily · bone broth for the lining · remove inflammatory foods · vary your fiber · consider an elimination test. 70–80% of your immune system lives here.

😴 Sleep

The 10-3-2-1-0 rule (Guide 3). A cool room at 65–67°F [18–19°C], pitch dark.

⚠️ Check First — Heat & Cold

Sauna or hot bath: pregnant, over 65, heart disease, on blood-pressure medication, or after alcohol — check with your doctor first. Stand up slowly and get out at the first dizziness. **Cold plunge:** get clearance with heart disease, uncontrolled blood pressure, arrhythmia or Raynaud's. Never plunge alone — and never pair a plunge with the Wim Hof breath-hold.

🔴 Red Light Therapy

10–20 minute sessions, morning or midday (it's energizing). Red (630–660 nm) works on skin, collagen and surface inflammation; near-infrared (810–850 nm) reaches muscle, joints and bone. Real sunlight first — red light fills the gap on dark days and northern winters. Budget start: a single 660 nm bulb, 12–24 inches away.

💡 **The intermediate rule:** add one lever at a time, give it about two weeks, and make sure your sleep and energy hold before stacking the next. If a practice leaves you drained, scale it back — that's information, not failure.

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

MOVEMENTS, FASTING & SUPPLEMENTS

🏋️ The Big 7 Compound Movements *MINIMUM EFFECTIVE DOSE*

Pattern	Examples
Squat	goblet squat, split squat
Hinge	deadlift, kettlebell swing
Push	push-up, dip
Pull	inverted row, pull-up

Pattern	Examples
Hang	dead hang, active hang
Carry	farmer's walk
Core	plank

🦵 **Strength = longevity.** Every 11-lb [5 kg] drop in grip strength is linked to a 16% higher risk of death from any cause. Three of the Big 7 train your legs directly (squat, hinge, carry). Benchmarks: a farmer's carry at your body weight for 60 seconds; a two-minute dead hang.

⏱️ Fasting — What Happens When

12 hours (overnight)
The Foundation window. Digestive rest; fat-burning begins.

16 hours
Autophagy — always running — ramps up.

24 hours
Inflammation drops.

48 hours +
Advanced — see Guide 15, with medical supervision.

⚠️ Do not fast if pregnant or breastfeeding, under 18, underweight, or on insulin or any blood-sugar-lowering drug — not without your prescriber.

💊 Supplement Timing

Supplement	When
D3 + K2	morning, with fat
B-complex	morning
Magnesium + zinc	evening
Omega-3s	with meals
Vitamin C	anytime (away from food if your ferritin is high)
Taurine	1–2 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 settle before stacking the next.

PROGRESS, NOT PERFECTION

✅ **Start here:** this week, try one 14-hour overnight fast — finish dinner by 6 pm, eat at 8 am.

For more detail, see Chapters 14, 21 & 22 in HEAVENLY HEALTH HACKS

GUIDE 14

DETOX & CLEANSE 🧹

Support the elimination systems God already built in.

IN THIS GUIDE The four drainage pathways · Liver foods & binders · Sauna & detox bath · Heavy metals · Parasites pp. 40–42

True detox isn't a quick fix or a product. It's supporting your built-in elimination systems while cutting the toxins coming in. The most important step: stop adding toxins — seed oils, fluoride, pesticides, plastics — before you try to remove any.

🚪 The Four Drainage Pathways — All Must Be Open

1 · Bowel — fix this first

At least one complete bowel movement a day, or mobilized toxins get reabsorbed. Fiber, magnesium, water and movement.

2 · Skin — your largest detox organ

Over 20 square feet of surface. Sweat carries heavy metals, BPA and fat-soluble toxins. Shower right after sweating; dry-brush before showers.

3 · Liver — peak 1–3 am

It does its heaviest work in deep sleep. Waking at 1–3 am regularly can signal liver stress.

4 · Kidneys — hydration

They filter about 200 quarts [~190 L] of blood a day. Drink roughly half your body weight (lbs) in ounces, with quality salt for minerals — and let pale-straw urine be your check.

⚠️ **The most common detox mistake:** mobilizing toxins before all four pathways are open. They don't leave — they move, sometimes somewhere worse.

🥬 Liver-Support Foods

- Cruciferous vegetables — sulforaphane switches on detox enzymes
- Beets · garlic and onions (sulfur)
- Morning lemon water
- Dandelion and nettle for the kidneys
- Milk thistle — protects liver cells
- Clean water — the carrier for it all

🧲 Binders — Capture & Remove

- **Zeolite** — a volcanic mineral whose cage-like structure traps heavy metals (microplastic binding is shown in water treatment; human studies pending).
- **Activated charcoal** — 500–1,000 mg as needed.
- **Bentonite clay** — 1 tsp in water between meals.
- **Chlorella** — binds mercury; start with 1–2 g, build to 3–5 g.
- **Humic / fulvic acids** — bind glyphosate.

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

14

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

SWEAT, SOAK & THE HEAVY-METAL SEQUENCE

🔥 Sauna Detox

160–190°F [71–88°C] traditional or 120–150°F [49–66°C] infrared, 15–20 minutes (start with 5–10), 4–7× a week. Electrolytes before and after; shower right after. A wool hat lets you stay in longer. In Finnish men, 4–7 sessions a week was linked to 40% lower all-cause mortality.

⚠️ **Pregnant, on blood-pressure medication, or after alcohol: check first. Get out at the first dizziness.**

🛁 Detox Bath

Soak 30 minutes in hot water with 2 cups baking soda, 2 cups Epsom salts and ½ cup bentonite clay. Drink water before and after.

A calming ritual — good for relaxation, skin and sore muscles. Some magnesium may absorb, but it isn't your magnesium source.

⚠️ Heavy-Metal Detox — Order Matters

Pulling metals out of storage without open drainage causes redistribution — metals can move to the brain and make you worse. Follow the sequence, and go slow:

1. **Open drainage (2–4 weeks)** — bowel moving daily; kidneys supported (water, minerals, dandelion, nettle); liver supported (crucifers, beets, lemon water, milk thistle); asleep during the 1–3 am window.
2. **Mobilize + bind (4–12 weeks)** — mobilizers (cilantro, chlorella) always paired with binders (zeolite, charcoal, bentonite). Binders 2 hours from food and supplements.
3. **Eliminate** — sauna, detox baths, steady hydration.
4. **Remineralize** — metals displace minerals: 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) · arsenic (rice, well water).

⚠️ **Chelation drugs (DMSA, EDTA) need medical supervision. Expect three to six months minimum for meaningful heavy-metal reduction. Work with a practitioner.**

For more detail, see Chapters 19 & 20 in HEAVENLY HEALTH HACKS

PARASITES & A SUSTAINABLE RHYTHM

🪱 Parasite Cleanse (Dr. Bryan Ardis)

Five steps that make your gut a place parasites can't thrive:

1. **Starve** — cut refined sugar and processed carbs.
2. **Target** — pomegranate extract, black seed oil, oregano oil, raw garlic, wormwood, clove, black walnut hull, neem.
3. **Bind** — activated charcoal or bentonite clay catch the toxins released as parasites die.
4. **Support** — liver foods: crucifers, lemon water, beets.
5. **Rebuild** — probiotics and fermented foods.

⚠️ Symptoms often blamed on parasites — sugar cravings, bloating, fatigue, brain fog, teeth grinding, skin issues — have many causes. Work with a knowledgeable practitioner for testing and monitoring.

📋 A Sustainable Rhythm

Daily
Liver-supporting foods, water with minerals, 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 your bowel is moving daily, add binders and water, 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. Slow and steady wins; aggressive "cleanses" usually backfire.

✅ **Start here:** make sure your bowel moves every day before you try any cleanse — fiber, magnesium, water, a walk.

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

GUIDE 15

ADVANCED OPTIMIZATION ⚛️

Powerful medicine — proceed with wisdom and professional guidance.

IN THIS GUIDE Who should wait · Extended fasting · NAD+ · Advanced hormesis · Supplement reference · Combinations · Cycling pp. 43–49

⚠️ **The truth that changes everything:** these practices are powerful medicine. They need solid foundations (sleep, nutrition, stress), a 🟢 Green stress bucket, and often professional supervision. Added to a depleted system they harm, not heal. If in doubt, you're not ready — check your Stress Bucket score first.

🚫 Do NOT Attempt If…

- Your sleep is poor
- You're in chronic stress or burnout
- Your stress bucket is 🟡 Yellow or 🔴 Red
- You haven't run the intermediate practices for 8+ weeks
- You're recovering from illness or in a major life transition
- You have hormonal dysfunction
- **Fasting:** pregnant or breastfeeding, under 18, underweight, or on insulin or any blood-sugar-lowering drug

⏳ Extended Fasting

24 h	48 h	72 h	5 days
inflammation drops, insulin sensitivity improves	growth hormone up to 5×; tissue repair	stem-cell regeneration, immune reset	the fasting-mimicking diet: ~1,100 calories day one, ~725 after

Replace sodium, potassium and magnesium as insulin drops. Refeed gently — bone broth first. A quarterly or yearly practice, not a routine.

🔄 **The 4-2-1 protocol:** 4 days of 16:8 eating · 2 days of normal, social eating · 1 day of a full 24-hour fast. Varying the stimulus prevents plateaus and stays sustainable.

⚠️ Extended fasting (48 hours or more) belongs under medical supervision.

For more detail, see Chapters 19, 21 & 24 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 behind energy production and DNA repair — declines, mitochondria thin out, and worn-out "zombie" cells pile up. This stack gives your cells raw materials and signals to push back — on top of solid foundations, never instead of them.

🔋 NAD+ & Longevity Stack

NAD+ (morning, with fat)

NMN 250–500 mg (NAD+ building block), cycled 5 days on, 2 off · PQQ 10–20 mg (builds new mitochondria) · CoQ10 100–300 mg (powers ATP).

AMPK switch (with meals)

Berberine 500–1,500 mg (or dihydroberberine — easier on the gut) switches on AMPK, the same pathway metformin uses. ⚠️ Lowers blood sugar — monitor if diabetic, and never combine with diabetes drugs without your prescriber.

Sirtuin support (with a fatty meal)

Resveratrol 250–500 mg · astaxanthin 4–12 mg (reaches the brain) · taurine 1–2 g.

Cell protector (before meals)

Alpha-lipoic acid — start at 300 mg; up to 600 mg twice a day. Regenerates glutathione and vitamins C and E. ⚠️ Diabetics: watch blood sugar.

⚠️ Cancer History? Non-Negotiable

NAD+ fuels *all* rapidly dividing cells. Talk with 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. ⚠️ On blood thinners? Talk with your doctor.

🌿 Foundations First — the Real Longevity Levers

No pill beats the free fundamentals. The strongest healthspan evidence is for fasting and autophagy, **strength training, deep sleep, real food and managing stress**. This stack is an optional top layer. Human evidence for some compounds (resveratrol, for one) is still weak, and NMN is emerging. Build the foundations first; add these only if you choose.

For more detail, see Chapters 22, 24 & 25 in HEAVENLY HEALTH HACKS

ADVANCED HORMESIS

deliberate stress, precisely dosed

🌡️ Advanced Hormesis

❄️ Cold
About 3 minutes at 50–55°F [10–13°C], 3–5× a week — cold-shock proteins. Never alone; never with the Wim Hof breath-hold.

🔥 Heat
Sessions of 20+ minutes push core temperature toward 103°F [39.4°C], the threshold for strong heat-shock protein production.

🔀 Contrast
5–10 min heat, then 1–3 min cold, for 3–4 rounds — "vascular gymnastics" (Patrick). Only when fully recovered.

🧪 Therapeutic Nicotine (≠ Smoking)

Nicotine acts on the α7 nicotinic receptor — anti-inflammatory, and studied for Parkinson's and MS. But **there is no proven therapeutic dose.**

✅ If you use it
Patches first (slow release, lowest addiction risk) → clean lozenges second (xylitol-sweetened). Start at 3 mg and stay low.

🚫 Never
Cigarettes, vapes or pouches — combustion toxins, added pyrazines and fast delivery build addiction, not healing.

⚠️ The MIND trial (2026) found no cognitive or dementia benefit. A 2023 patch trial didn't slow Parkinson's. Nicotine worsens Crohn's. Cigars still carry mouth and throat cancer risk. With a glioma, leave it alone.

💪 Creatine: Beyond the Gym

Recycles ATP, supports memory and focus, builds strength and recovery, and protects the aging brain. **Dose:** 3–5 g a day for muscle; about 10 g if brain benefits are the goal — the higher dose meaningfully raises brain creatine. No loading phase; take it continuously. One of the most studied supplements there is.

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

For more detail, see Chapters 19, 22 & 23 in HEAVENLY HEALTH HACKS

MASTER SUPPLEMENT REFERENCE

outcome first · test → supplement → retest at 90 days

Every supplement in the book — starting points, not prescriptions. Fat-soluble vitamins (A, D, E, K) always with fat. Form matters more than dose. Choose 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 (with K2 + Mg; aim 40–80 ng/mL [100–200 nmol/L])	2,500 IU · 5,000 IU in winter or the north	AM, with fat	regulates 2,000+ genes
Vitamin K2 (MK-7) — never D3 without it	100–200 mcg	AM, with fat	sends calcium to bones, not arteries
Magnesium (glycinate · threonate)	400–600 mg elemental, split	PM	300+ enzyme reactions; sleep and brain
Omega-3s (EPA+DHA; index 8–12%)	2–3 g	with meals	cell membranes, brain structure
Methylated B-complex (not folic acid)	per label	AM, with food	methylation and energy
Vitamin C (liposomal)	1–2 g	any	antioxidant; away from food if ferritin is high
Zinc + copper (about 15 : 1)	Zn 15–30 mg · Cu 1–2 mg	PM, away from calcium	prevents an imbalance
Creatine (monohydrate)	3–5 g (muscle) · ~10 g (brain)	any	ATP reserve for brain and muscle
NAC	600 mg	AM, empty stomach	builds glutathione
Alpha-lipoic acid (R-ALA)	start 300 mg → up to 600 mg 2×	before food	regenerates other antioxidants; diabetics monitor
Probiotics (rotate strains)	per label	before a meal	microbiome and vagal tone
Trace minerals (Se, Cr, Mo, B)	per label	with food	fills trace-mineral gaps
Glycine	3–5 g	before bed	deeper sleep, methylation, collagen
Colostrum (low-heat)	2 g	AM, empty stomach	gut repair, immunity, lean mass

⚠️ On warfarin? No K2 unless your prescriber manages it. Test K2 if you can — Bryan's own cellular panel showed him low after six years on it.

For more detail, see Chapter 22 in HEAVENLY HEALTH HACKS

SUPPLEMENT REFERENCE

longevity stack & what to cycle

🔋 NAD+ & Longevity Stack

Supplement	Dose	When / cycle	What it does
NMN — ⚠️ cancer caution (ask an oncologist)	250–500 mg	AM · 5 on / 2 off	restores NAD+
PQQ — stack with CoQ10 + NMN	10–20 mg	AM · continuous	builds new mitochondria
CoQ10 (ubiquinol) — essential on statins	100–300 mg	with fat · continuous	powers ATP
Resveratrol — human evidence weaker than animal	250–500 mg	AM, with fat	sirtuin support
Taurine	1–2 g	any · continuous	heart, brain, bile
Astaxanthin	4–12 mg	with fat	antioxidant that reaches the brain
Spermidine	1 mg	any	switches on autophagy

🔄 Cycle These

Supplement	Cycle
Ashwagandha (KSM-66) 300–600 mg PM	6 weeks on / 2 off
Rhodiola (3% rosavins) 200–400 mg AM	6 weeks on / 2 off
EAAs after workouts	5 on / 2 off
Caffeine (60–90 min after waking)	5–6 on / 1–2 off

💊 Pulse & Targeted

- **Quercetin + fisetin** (senolytic) — 2–3 days a month only. ⚠️ Blood-thinner caution.
- **Sleep stack** — L-theanine 200 mg + apigenin 50 mg + glycine 3 g; melatonin 0.3–0.5 mg at most.
- **Therapeutic nicotine** — patch only (never smoking); start at 3 mg in the morning and stay low.

🌿 Rotational *BLOCKS WITH SCHEDULED BREAKS*

Supplement	Cycle	What it does
Milk thistle 600 mg with food	30 days on / 2 weeks off	protects and regenerates liver cells
Citrus bergamot 500–1,000 mg	90-day blocks	LDL support — reassess with bloodwork
Dihydroberberine per label, with meals	8 weeks on / 2 off	blood sugar and ApoB (AMPK)
Black seed oil 1 tsp AM with food	monthly rotation	broad anti-inflammatory

For more detail, see Chapters 22–25 in HEAVENLY HEALTH HACKS

SYNERGISTIC COMBINATIONS

the multiplier effect

👑 The Three Crown Jewels — Start Here

Free triple stack
Morning sun + barefoot grounding + breathwork → body clock reset, lower inflammation, calm nervous system. Free, about 10 minutes.

Blood-sugar trifecta
Apple cider vinegar before meals → protein first → a walk after. The walk alone: ~10–20%. Together: an estimated 50–65% smaller spike.

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

🔗 Pair These Together

- Vitamin C + bioflavonoids (absorption)
- Zinc + copper (about 15 : 1, always)
- Turmeric + black pepper (piperine boosts absorption ~2,000%)
- NMN + PQQ + CoQ10 (full NAD+ restoration)
- NAC + ALA + glycine + vitamin C (the glutathione stack)
- Strength training + fasting (build and clean)
- Strength + protein + post-workout sauna (growth hormone up to 2–3×)
- Creatine ~10 g + exercise + sleep (brain)
- Heat → cold ×3–4 (muscle soreness down up to 40%)
- Move + sun + nose-breathe + beets (the four nitric-oxide pathways)
- Sirtuin stack: resveratrol + astaxanthin + taurine
- Gut healing: glutamine + zinc + collagen + vitamins A and D
- Immune: gratitude 3× a day + prayer + community
- DHA factory: omega-3s + no seed oils

⚠️ Separate These — or Pair by Context

- **Calcium + iron** — they compete; take at different times.
- **Calcium + magnesium / zinc** at high doses — space them apart.
- **Iron + vitamin C** — it depends: if iron is low, pair them (C boosts uptake); if ferritin is high, keep C away from food.

💡 **Key principles:** test → supplement → retest at 90 days · add one at a time, 1–2 weeks apart · fat-soluble vitamins with fat · form matters more than dose · third-party tested · more isn't better — bloodwork sets the dose.

For more detail, see Chapter 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 good ones. Cells turn down the number or sensitivity of their receptors when they get the same signal day after day — that's why your second coffee never hits like the first. The break isn't wasted time. It's when receptors reset and your own production switches back on.

🧱 Building Blocks — Continuous

Raw materials your body uses, not signals it receives: vitamins, minerals, creatine, NAC, ALA, omega-3s, probiotics. Nothing to downregulate. Stopping creates a deficiency, not a reset.

🔄 Signal Modulators — Cycle

These bind receptors or switch pathways: NMN (5 on / 2 off), ashwagandha and rhodiola (6 weeks / 2 off), caffeine (5–6 on / 1–2 off), nootropics. The break resets the receivers.

💊 Senolytics — Pulse Only

2–3 days a month. Quercetin and fisetin don't downregulate — but the pathways they use to clear old cells also run wound healing, so continuous use 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
- Feeling "wired but tired"

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.

✅ **Start here:** list everything you take, mark each one "building block" or "signal" — and give the signals a scheduled break.

For more detail, see Chapters 22 & 24 in HEAVENLY HEALTH HACKS

GUIDE 16

INSIDE OUT ❤️

The heart of health — where true healing begins.

IN THIS GUIDE Health from the inside out · Your identity · Your heart · Soul, connection & forgiveness pp. 50–52

✨ Health Flows From the Inside Out

SPIRIT RECEIVES → HEART EMBRACES → SOUL ALIGNS → BODY MANIFESTS

Peace cascades from spirit to soul to body. That's why spiritual and physical health can't be separated.

👑 Your Identity — Already True in Christ

Chosen before time
"In love he chose us before he laid the foundation of the universe!" (Eph. 1:4 TPT)

Already blessed
Every spiritual blessing "has already been lavished upon us" (Eph. 1:3 TPT). Not will be. Has been.

Fully loved
"The same love he has for the Beloved, Jesus, he has for us." (Eph. 1:5–6 TPT)

A present reality
"We have the mind of Christ" (1 Cor. 2:16) — not a future achievement but a present reality.

💡 Your spirit is already whole, already connected, already alive in Him. This isn't a goal to achieve — it's a reality to recognize. Everything begins with awakening to what is already yours in Christ.

🧬 Your Cells Are Listening

Your genes aren't your destiny — they're a keyboard, and what you live in determines which keys get played. Your subconscious runs old programs: if your deepest programming says you're destined to be sick, or you don't deserve vitality, those beliefs shape the choices you make all day long.

Lies that keep you stuck
"I'm destined to be sick like my parents." · "I don't deserve health." · "It's too late for me."

Truth that sets you free
"I am fearfully and wonderfully made." · "My body was designed to heal." · "I am fully known and fully loved — and God delights in me."

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

YOUR HEART — THE GATEWAY

"Above all else, guard your heart, for everything you do flows from it." (Prov. 4:23)

🔬 More Than a Pump

The biblical "heart" is where your spirit and soul meet — the gateway where spiritual reality becomes conscious awareness. Physically, your heart sends more signals to your brain than it receives. HeartMath Institute research — over 500 peer-reviewed studies across 35 years — shows that heart rhythms directly affect brain function, emotions and physical health.

Unresolved heart wounds don't stay in your emotions. They become elevated cortisol, disrupted sleep, chronic inflammation and suppressed immunity. That's not metaphor — it's biochemistry.

📋 The 21-Day Gratitude Activation

Morning (2–3 min)
Before your phone, name three specific things you're grateful for. Not "my family" — "the way my daughter laughed at dinner last night."

Midday (2–3 min)
Pause and name one thing in this moment worth thanks — a warm cup of coffee, sunlight through a window.

Evening (3–4 min)
Name one moment today where God showed up, even in something small. Write it down.

By day 7, most people notice a shift in baseline mood. By day 21, you've begun rewiring your brain from scanning for threats to scanning for gifts. Gratitude also raises IgA — your first line of immune defense.

💝 HeartSync — A Resource for Heart Healing

Wounded hearts produce wounded bodies. HeartSync creates space to meet with Jesus in those wounded places and bring them into healing. Trained facilitators are available in person or online — **HeartSyncMinistries.org**.

> *"I engage in ongoing inner healing work through HeartSync Ministries — one of the most profound health investments I've made."* — BRYAN

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

SOUL, CONNECTION & THE MASTER KEY

where healing is completed

🧠 Your Soul — the Processor

Mind (interprets) · will (decides) · emotions (signal) · subconscious (runs the programs) · imagination. Your soul processes what your spirit receives and decides what your body experiences.

🤝 Loneliness Is Measurable Medicine

Dr. Julianne Holt-Lunstad's analysis of 148 studies and over 300,000 people: chronic loneliness carries the same mortality risk as smoking 15 cigarettes a day — a stronger predictor of early death than obesity or inactivity. The 85-year Harvard Study of Adult Development found the best predictor of health at 80 was the quality of relationships at 50. Community isn't a soft add-on — God built it into your biology.

🗝️ The Four-Step Forgiveness Process — the Master Key

1 · Choose to forgive
A decision, not a feeling. You're not condoning anything — you're releasing its power over you.

2 · Release the debt
List what they "owe" you, name how it made you feel, then say, "I release you from owing me ___." Give the debt to Jesus.

3 · Invite Jesus into the memory
Ask Jesus where He was during that painful experience. Let Him reveal His presence and speak truth over it.

4 · Bless the one who hurt you
Move from victim to overcomer (Matthew 5:44). "Forgiveness releases pain, but 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.

"Those who receive God's abundant provision of grace and of the gift of righteousness reign in life through the one man, Jesus Christ." 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.

ROMANS 5:17 (NIV)

✅ **Start here:** tonight, ask, "Who am I still holding something against?" — and walk through the four steps for one person.

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

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 meet 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. Present tense. Not eventually. Not in heaven only. Now.

For many of us that verse has lived mainly in the spiritual dimension. We are learning to reign in soul — in thought, emotion and identity in Christ. This collection is the third dimension: your body takes part in the reign. Vitality isn't worldly. Energy isn't vanity. Strength, clarity and the capacity to fully show up for your calling are expressions of your spiritual life. 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 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? And if that's true, what changes? 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: years of bloodwork, a genetic mutation that had gone unaddressed for a decade, and a body that at 56 is medication-free. 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 with 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 of 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 built a crisis 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 make nitric oxide. Roughly 200 million Americans use it. Nobody told them.
- **Alzheimer's** is now nicknamed "Type 3 Diabetes": a metabolic, lifestyle-driven disease, increasingly understood as preventable.
- **Up to 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 330 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 his bloodwork over years, discovered a genetic mutation he had left unaddressed for a decade, and rebuilt his health from the inside out: medication-free at 56. He co-founded M46 Ministries and Bee Me Kidz, and lives with his wife Teresa and their family 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.*