

“How To Grow A Superhuman Body & Brain”

BenGreenfieldFitness.com/London14



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The
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Triathlon
Dominator Package

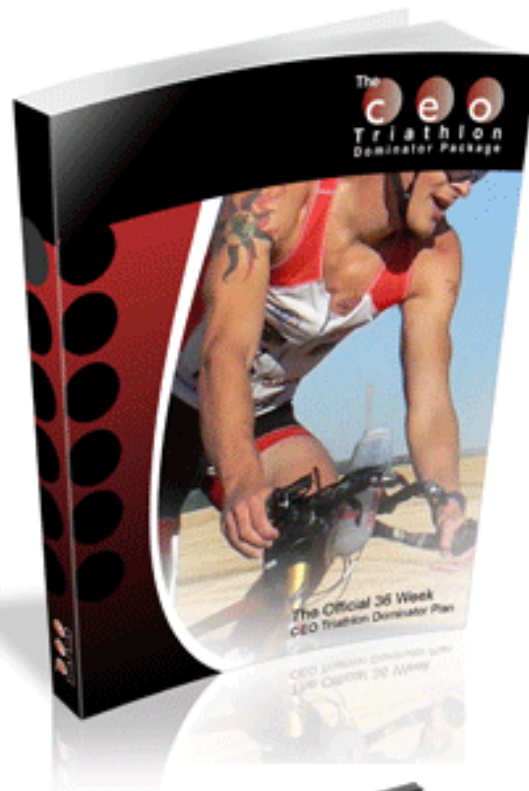
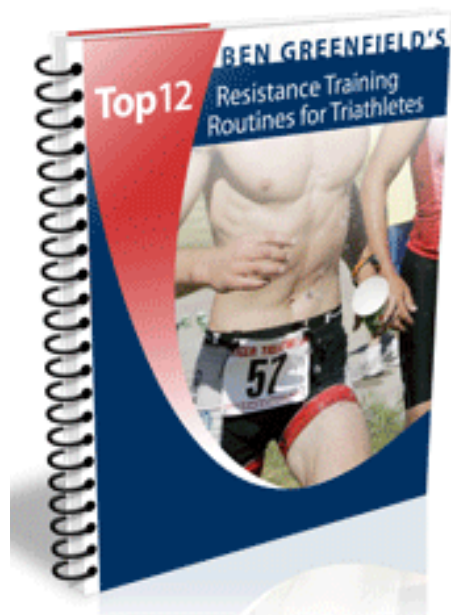


A Step-By-Step Guide to Maximum
Results With Minimum Training.

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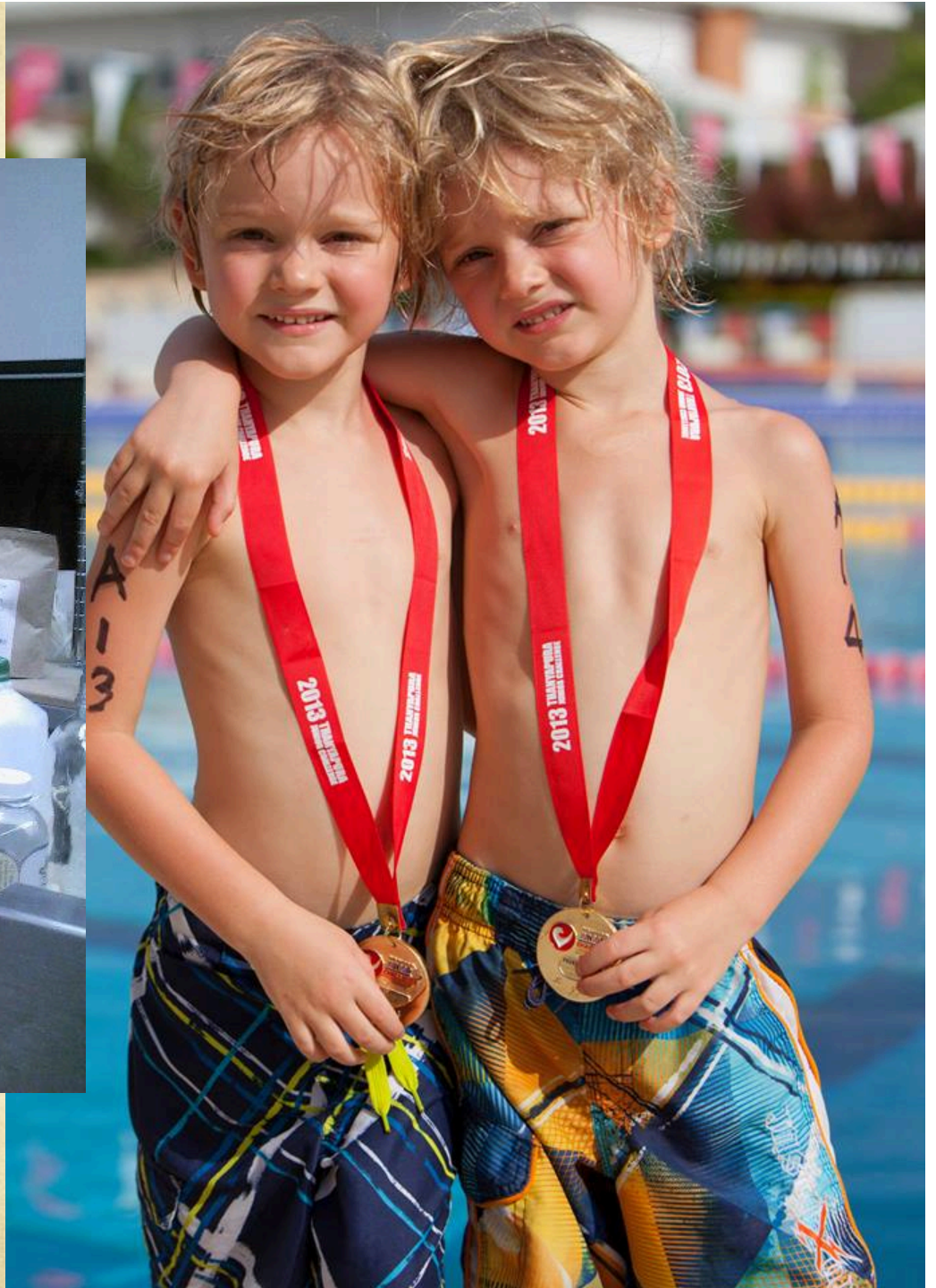
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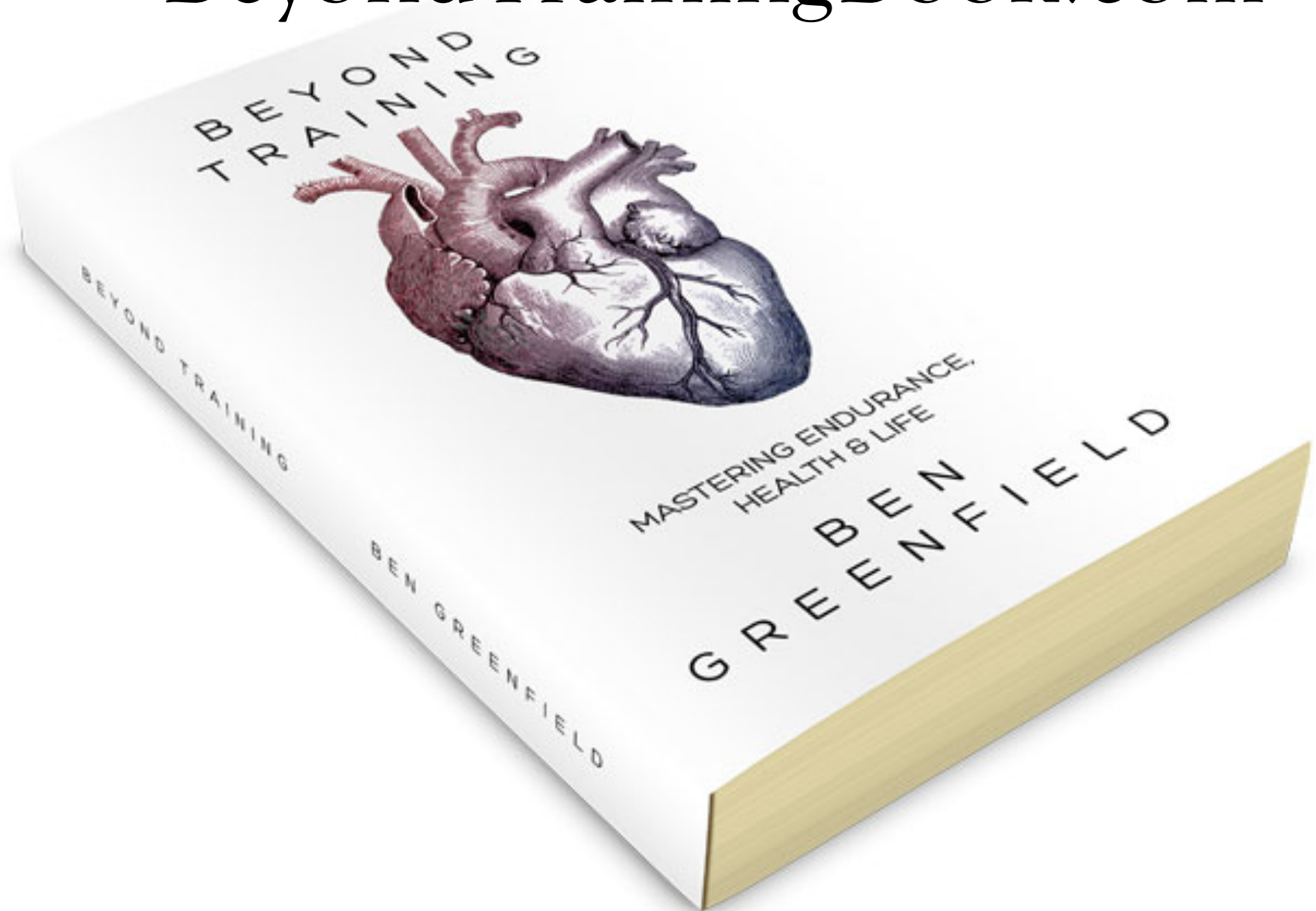








BeyondTrainingBook.com



1. Get A Baseline

- Big 4:
 - Blood Panel
 - ASI
 - Gut
 - Nervous System
- Extras:
 - Ion Panel
 - Pulse O2
 - Restwise



2. Cleanse & Detox

- Gut
 - Autoimmune Diet
 - Bone Broth (shortcut: Gelatin or Collagen Hydrolysate)
 - Probiotics
 - Colostrum
 - Oil Of Oregano
- Liver
 - Chlorella
 - L-Glutathione
 - Antioxidants
- Metals
 - Amino acid chelator



3. Cool The Brain

- Control glycation.
- Raise cholesterol above 200.
- Keep EMF away from head.
- Hardwire/unplug router at night.
- Use HEPA air filter + negative ion generator.
- Liberally use ginger, garlic, turmeric (curcumin), curries, coffee, milk/gluten/soy free dark chocolate, choline sources.



4. Become Fat Adapted

- The Grazing Myth
- Intermittent Fasting
- Train Low/Fasted
Morning Aerobic Workouts
- Protein?
- Include:
 - MCT/Coconut Oil
 - Amino Acids
 - Greens



5. Build A Foundation

- Morning Routine
 - Core Foundation/Yoga
- Deep tissue work
 - Foam roller
 - Ball
 - Supple Leopard
- Strength
 - Super Slow
“Body By Science”
 - Mass Made Simple
 - 5x5



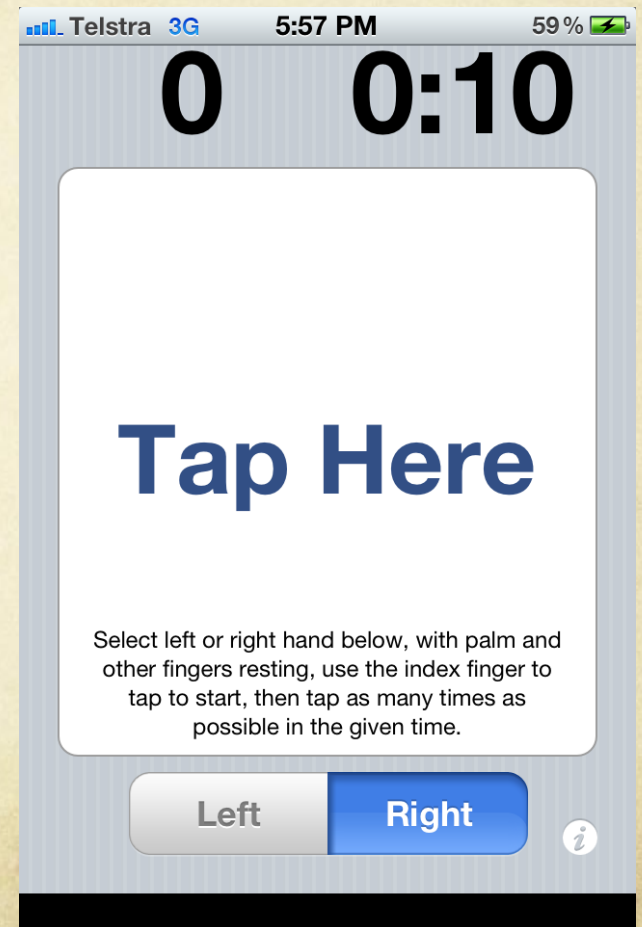
6. Targeted Supplementation

- Biggest Issues
 - HS-CRP
 - Full spectrum natural anti-inflammatory
 - TSH
 - Glandular extract/organ meats
 - RBC Magnesium
 - Mineral rich plants/sea salt/electrolytes
 - Vitamin D
 - Mix of A/D/K from cod liver oil, organ meats, natto, fermented foods
 - Women: Estrogen/Progesterone/DHEA/Cortisol
 - Men: Testosterone/SHBG/DHEA/Cortisol
 - Adaptogens, de-stress, sleep



7. Train Your Brain

- Lumosity, Cognifit, HAPPYNeuron, N-Back
- Music
- Sports
- Novelty, Variety, Challenge
- CNS Tap Test
- Smart Drugs?
 - Creatine
 - Piracetam + Aniracetam + Alpha GPC
 - TruBrain
 - TianChi
 - Upgraded Coffee



8. Grease the Groove

- RebelDesk + TruForm Treadmill
- Focal Upright UpDesk & Mogo
- Inversion
- Compression
- Pull-Up Bar



9. Include Stamina

- Pick One Crucible Each Year
- Weighted Vest
- Training Mask
- Spartan.com, Ironman.com
SEALFit.com, Tough Guy



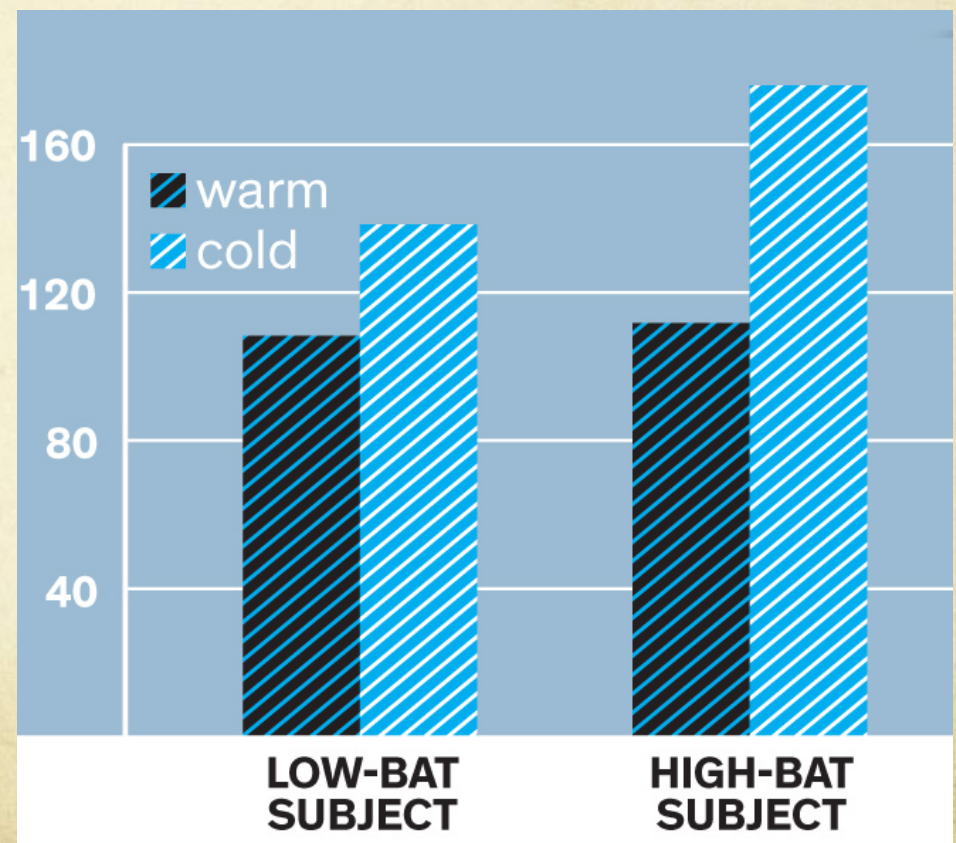
10. Include O2 Deprivation

- Warrior breathing
- Hypoxia
- Resisted breathing
- Tools
 - Underwater Swimming
 - Breath-Hold Walks
 - Swim Snorkel + CardioCap
 - PowerLung
 - TrainingMask



11. Fluctuate Temperature

- Cold Showers
- Hot-Cold Contrast
- Room Temp
- Sauna/Spa
- Cold Gear



12. Protect Your Sleep

- Home
 - Blue Light Blockers
 - Infrared Light
 - Sleep Mask
 - Brown Noise
 - Essential Oils
 - Passionflower
- Nap
 - Biomat
- Travel
 - Melatonin
 - PEMF/Earthpulse
 - Pzizz App



13. Minimize EMF

- Laptop pad
- WiFi off when possible
- Dirty filters
- Grounding/earthing
- Laptop grounding cable
- Negative ion generator



14. Relax

- HRV
 - Sweetbeat
 - Azumio
 - Omegawave/Bioforce
- Gratitude
 - 5 Minute Journal
- Mindful Meditation
 - BodyScan .mp3
- Biofeedback
 - emWave/Inner Balance app
 - Quick Coherence Technique



Q&A

All resources at:

**BenGreenfieldFitness.com/
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