



BENGREENFIELDFITNESS

ADVANCED BRAIN BIOHACKING

10 Ways to Enhance Your Brain



Ben Greenfield

BenGreenfieldFitness.com/atlanta17







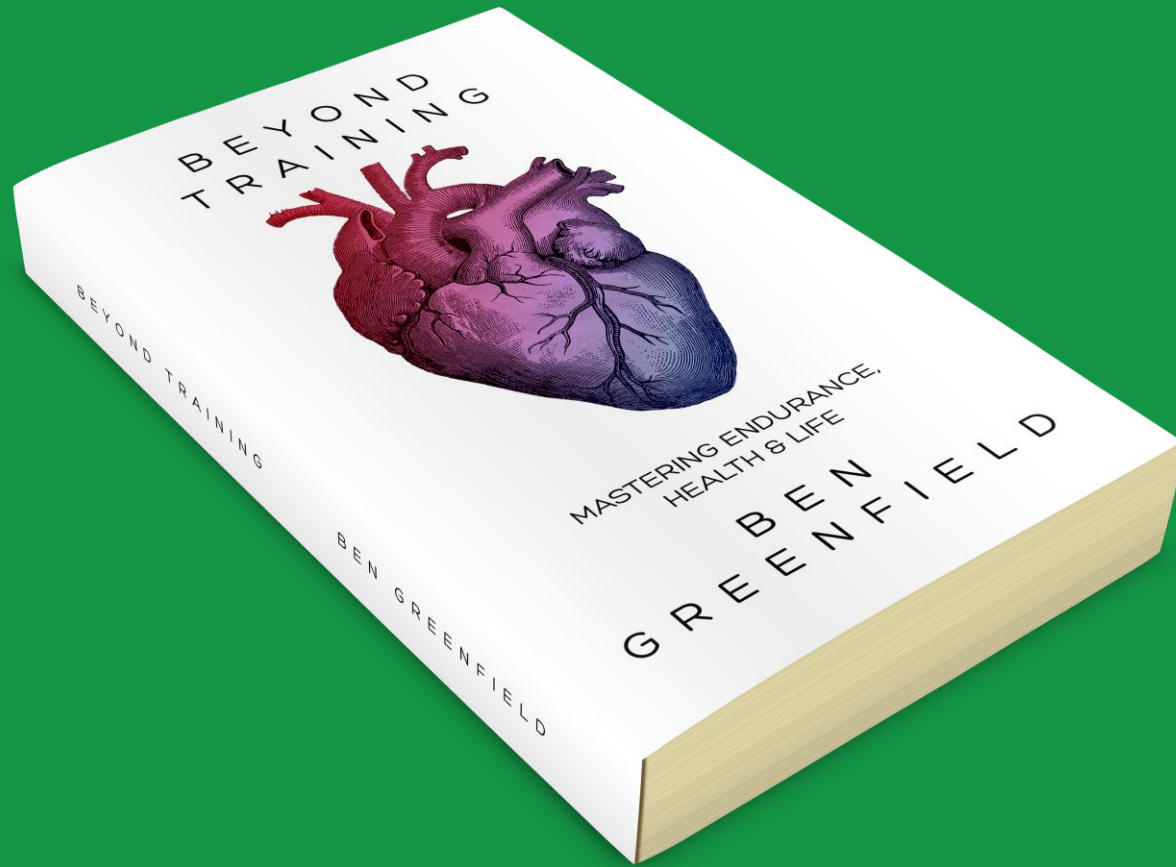
SPARTAN RACE

SPARTAN RACE

Reebok SPARTAN RACE

Reebok SPARTAN RACE





BeyondTrainingBook.com

8 WAYS TO FIX NEUROTRANSMITTER PROBLEMS

1

**TAPER OFF OR
AVOID ANTI-
DEPRESSANTS**

2

**MODERATE
STIMULANTS**

3

**AVOID TOXIN
EXPOSURE**

4

**AVOID SENSORY
OVERLOAD**

5

**FIX YOUR
GUT**

6

**REPLACE
BUILDING
BLOCKS**

7

**NERUO-
TRANSMITTER
REPLEION**

8

**LUBE THE
NERVES WITH
FATS**

4 WAYS TO FIX HPA AXIS DYSFUNCTION

1

DISTRESS

2

***AVOID
EXCESSIVE
EXERCISE***

3

***SHUTDOWN
INFLAMATION***

4

SLEEP

12 WAYS TO SUPPORT YOUR BLOOD-BRAIN-BARRIER

1

**OPTIMIZE YOUR
B VITAMIN
INTAKE**

2

**NOURISH
YOUR GUT**

3

**EAT PLENTY OF
MAGNESIUM**

4

**DON'T EAT A
40% COCOA
BUTTER DIET**

5

**USE
PHYTONUTRIENT-
RICH PLANTS AND
SPICES**

6

**DRINK
COFFEE
AND/OR TEA**

7

**SUPPLEMENT
S CAN HELP**

8

**CONTROL YOUR
BLOOD
PRESSURE**

9

SLEEP

10

**DON'T DRINK
TOO MUCH
ALCOHOL**

11

**STIMULATE
YOUR VAGAL
NERVE**

12

**STOP EATING
SO OFTEN**

16 WAYS TO INCREASE NEUROPLASTICITY

1

**GET ENOUGH
MAGNESIUM**

2

**GET ENOUGH
CHOLINE**

3

SLEEP

4

EAT FISH

5

EAT TURMERIC

6

**MOVE
FREQUENTLY**

7

SPRINT

8

GO HARD

9

GO FAST

10

**MITIGATE
STRESS**

11

**GREASE THE
GROOVE**

12

**SEEK
NOVELTY**

13

**LEARN AN
INSTRUMENT**

14

**TACKLE A
DIFFICULT
SUBJECT**

15

**LEARN A
LANGUAGE**

16

**TRY
PSILOCYBIN**





tDCS



Neurofeedback

Photobiomodulation



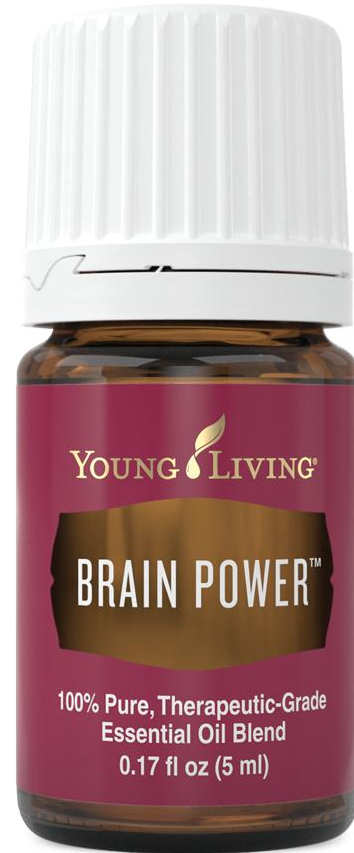
Light





Vagus Nerve Stimulation

Aromatherapy





**Methylene
Blue**

CBD / Curcumin



Mastic Gum

**Reebok
SPARTAN RACE**



Psychedelics





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Q & A

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