

# 21 Ways To Upgrade Your Brain, Optimize Your Body & Defy Aging

by Ben Greenfield

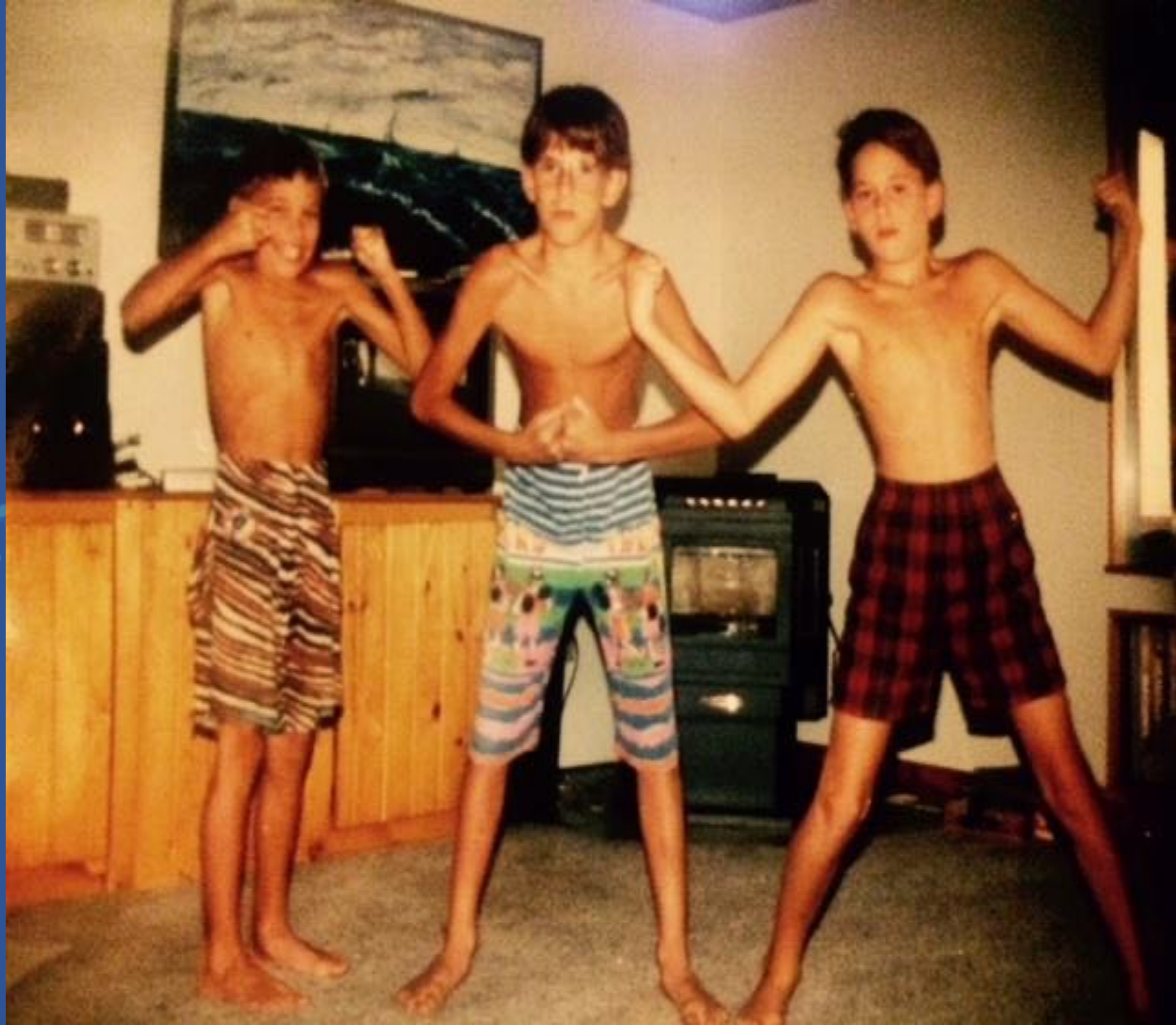
## BOUNDLESS

UPGRADE YOUR BRAIN,  
OPTIMIZE YOUR BODY  
& DEFY AGING



NEW YORK TIMES BESTSELLING AUTHOR

**BEN GREENFIELD**







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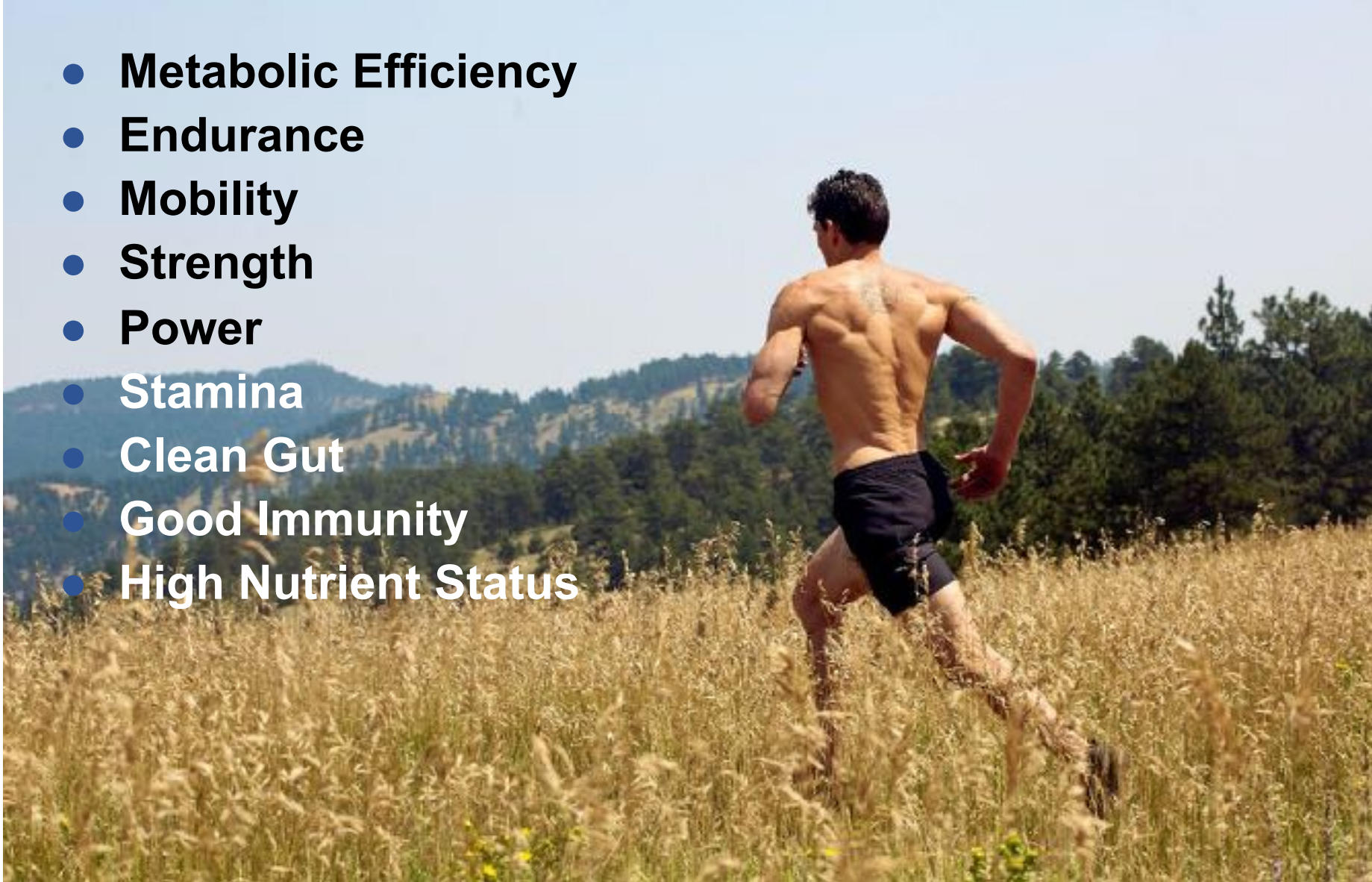


# Boundless

*Adjective:* unlimited or immense.

*Synonyms:* limitless, without limit, unlimited, unbounded, untold, bottomless, immeasurable, measureless, incalculable, inestimable, abundant, abounding, great, inexhaustible.

- **Metabolic Efficiency**
- **Endurance**
- **Mobility**
- **Strength**
- **Power**
- **Stamina**
- **Clean Gut**
- **Good Immunity**
- **High Nutrient Status**





- **Balanced Neurotransmitters**
- **Low Inflammation/Fog**
- **Stress/Cortisol Reduction Strategies**
- **Good Sleep**
- **High Memory & Executive Function**
- **Control Over Thoughts/Feelings**



- **Mastery Of Spiritual Disciplines**
- **Gratitude**
- **Fasting**
- **Meditation**
- **Study/Solitude**
- **Celebration/Joy**
- **Relationships**
- **Service**
- **Routines & Rituals**







# **#beboundless**

# 1. Balance Your Bees



- Stimulate Wisely
- Avoid Toxins
- Love Your Senses
- Replace Building Blocks
- Lube Your Nerves
- Clean Your Brain
- Quantify



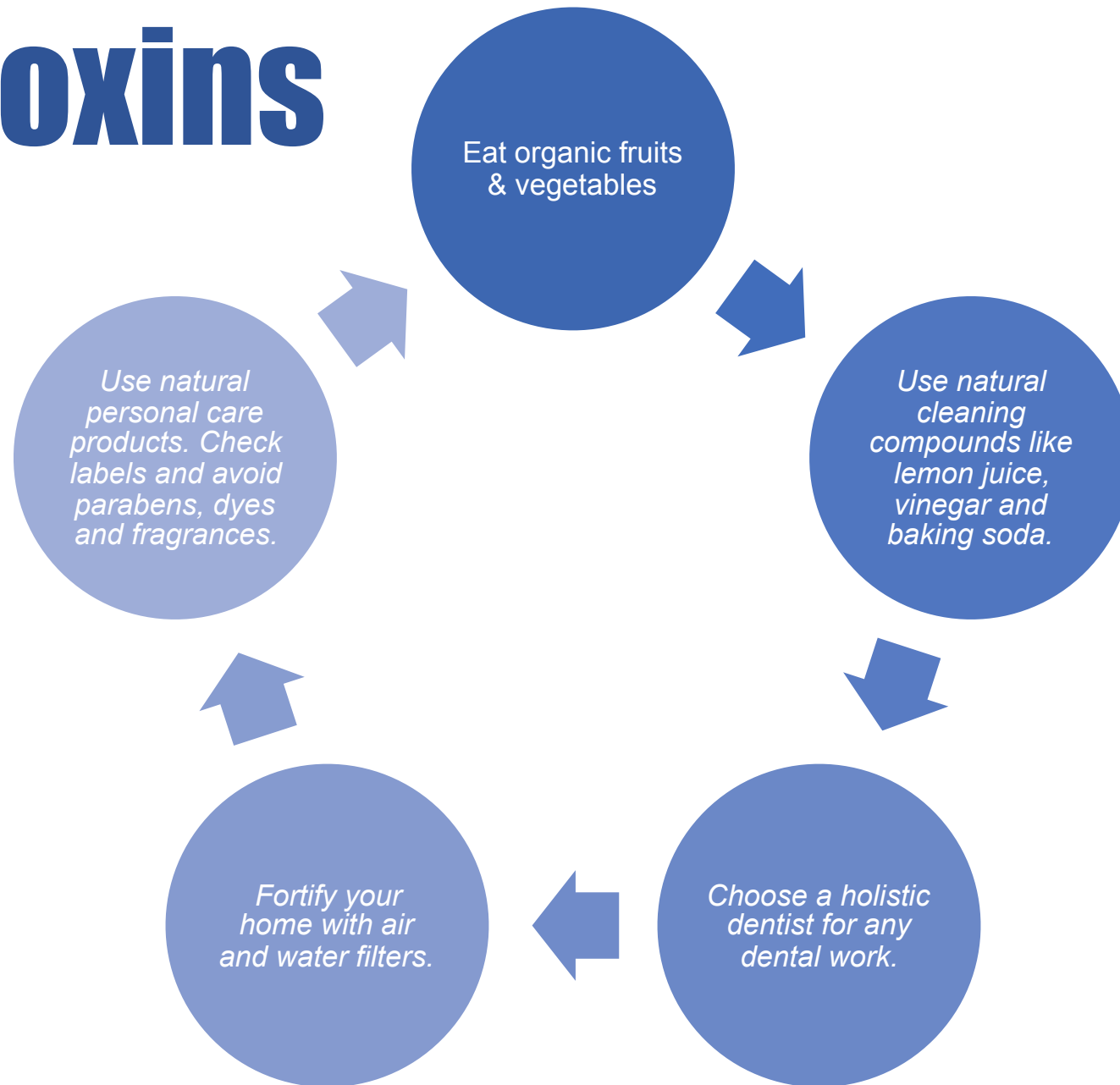


# Stimulate Wisely



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# Avoid Toxins





# Love Your Senses



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# Replace Building Blocks

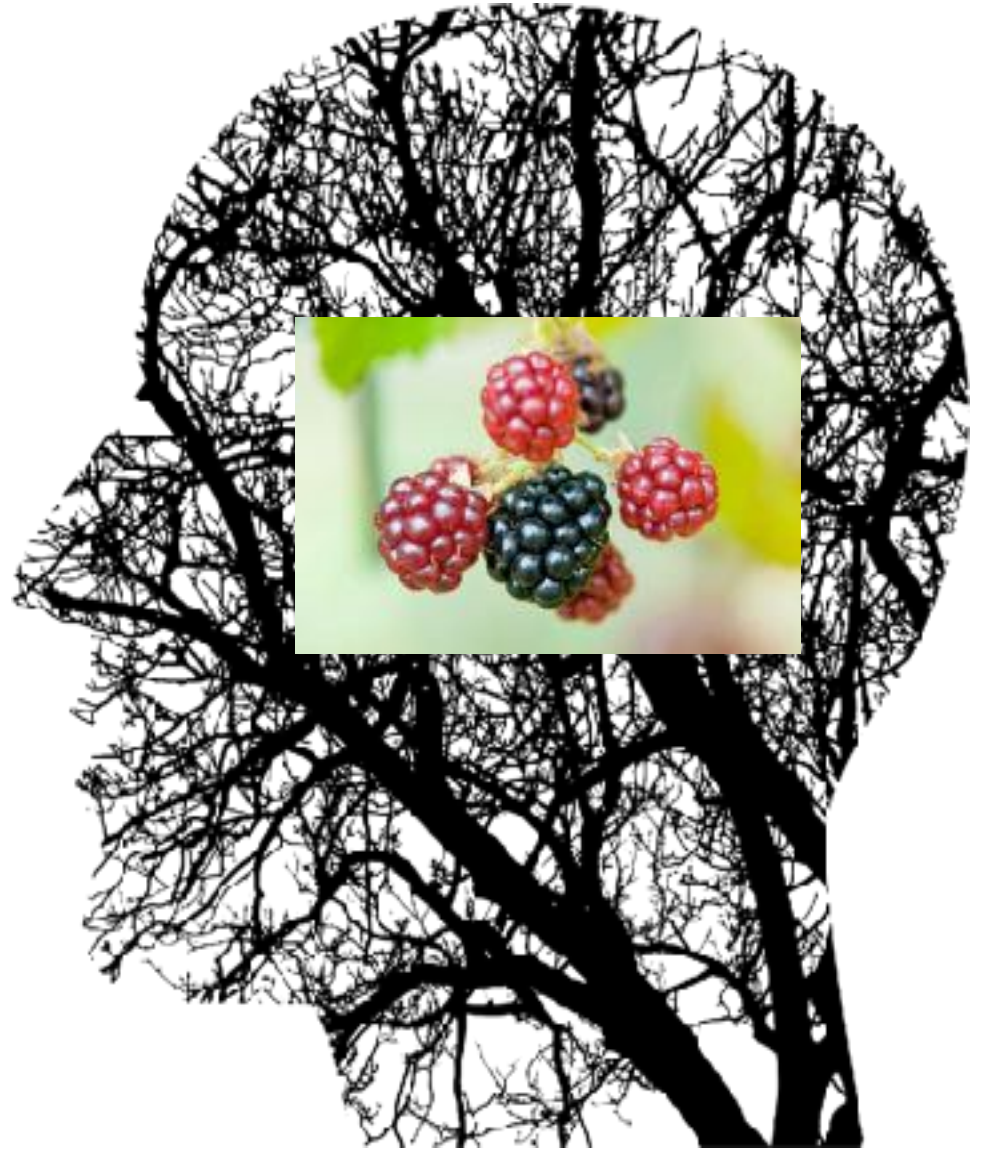
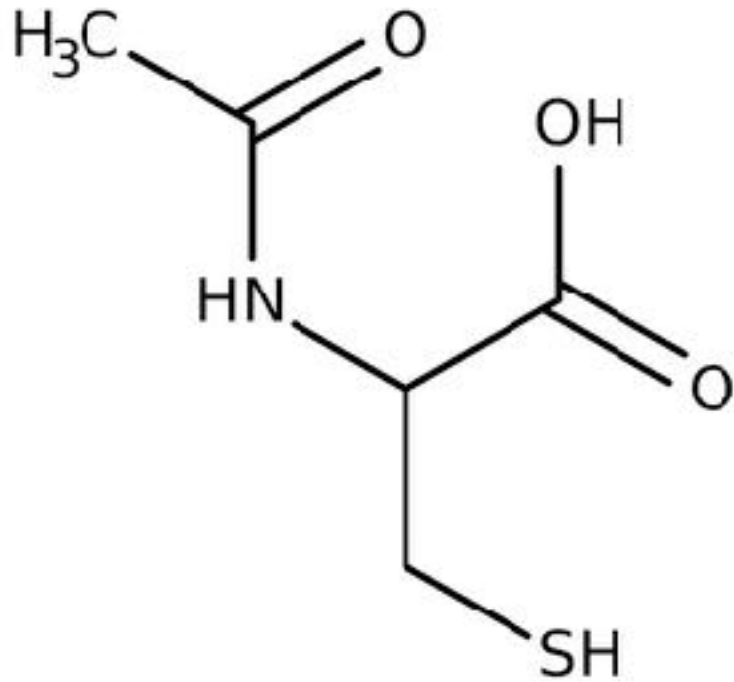




# Lube Your Nerves



# Clean Your Brain





# Quantify

## Braverman Personality Type Assessment

### Part 1: Determining your Dominant Nature

Instructions: Answer each question by selecting either True or False. Answer the questions in terms of how you feel most of the time. For example, if you've had a bad night's sleep and feel tired today, answer the questions that pertain to your energy levels based on how you feel on a more average day.

#### 1A - DOPAMINE

##### Memory and Attention

- I find it easy to process my thoughts
- I concentrate effectively
- I am a deep thinker
- I am a quick thinker
- I become distracted because I do so many tasks at once
- I enjoy intense debate
- I have a good imagination
- I tend to criticize and analyze my thoughts

True	False
True	False
True	False
True	False
True	False
True	False
True	False
True	False

##### Physical

- I have a lot of energy most of the time
- My blood pressure is often elevated
- Sometimes in my life I have had episodes of extreme energy
- I have insomnia
- I find exercising invigorating
- I don't ordinarily need coffee to jump-start me in the morning
- My veins are visible and tend to look as though they might pop out of my skin
- I tend to have a high body temperature
- I eat my lunch while I'm working
- I experience occasional intense anger or changes in emotion

True	False
True	False
True	False
True	False
True	False
True	False
True	False
True	False
True	False
True	False

##### Character

- Some individuals view me as tough-minded
- Most people view me as achievement-oriented
- Some people say that I am irrational
- I will do anything to reach a goal
- I value a religious philosophy
- Incompetence makes me angry
- I have high standards for myself and for others

True	False
True	False
True	False
True	False
True	False
True	False
True	False

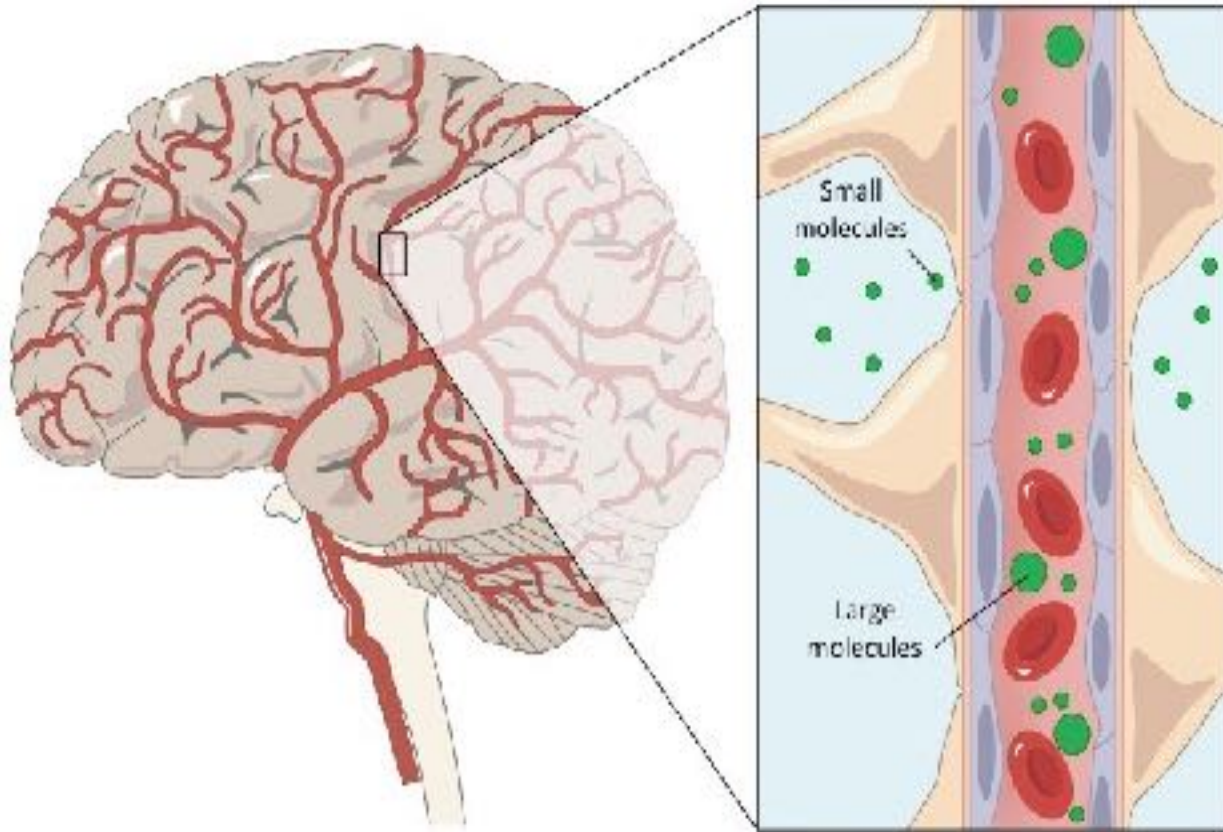
##### Personality

- I am a very domineering individual
- I sometimes don't notice my feelings
- I often have trouble listening to others because my own ideas dominate
- I have been in many fights
- I tend to be future-oriented
- I am sometimes speculative
- Most people view me as thinking-oriented
- I daydream and often fantasize
- I like to read history and other non-fiction books
- I admire ingenuity
- I can be slow in identifying how people can cause trouble
- I don't usually get tricked by people who say they need

True	False
True	False
True	False
True	False
True	False
True	False
True	False
True	False
True	False
True	False
True	False
True	False



# 2. Fix The Leaks



- *More Sleep*
- *Less Alcohol*
- *Lower Blood Pressure*
- *Less Saturated Fat (!)*
- *Moderate Coffee & Tea*
- *Magnesium*
- *Vagus Nerve Tone (Esp. Cold!)*
- *Limit Snacking*
- *Nourish The Gut*





# Get More (Quality!) Sleep



# Drink With Compounded Interest



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# Control Blood Pressure



# Be Cautious With High-Fat Diets





# Drink Coffee & Tea



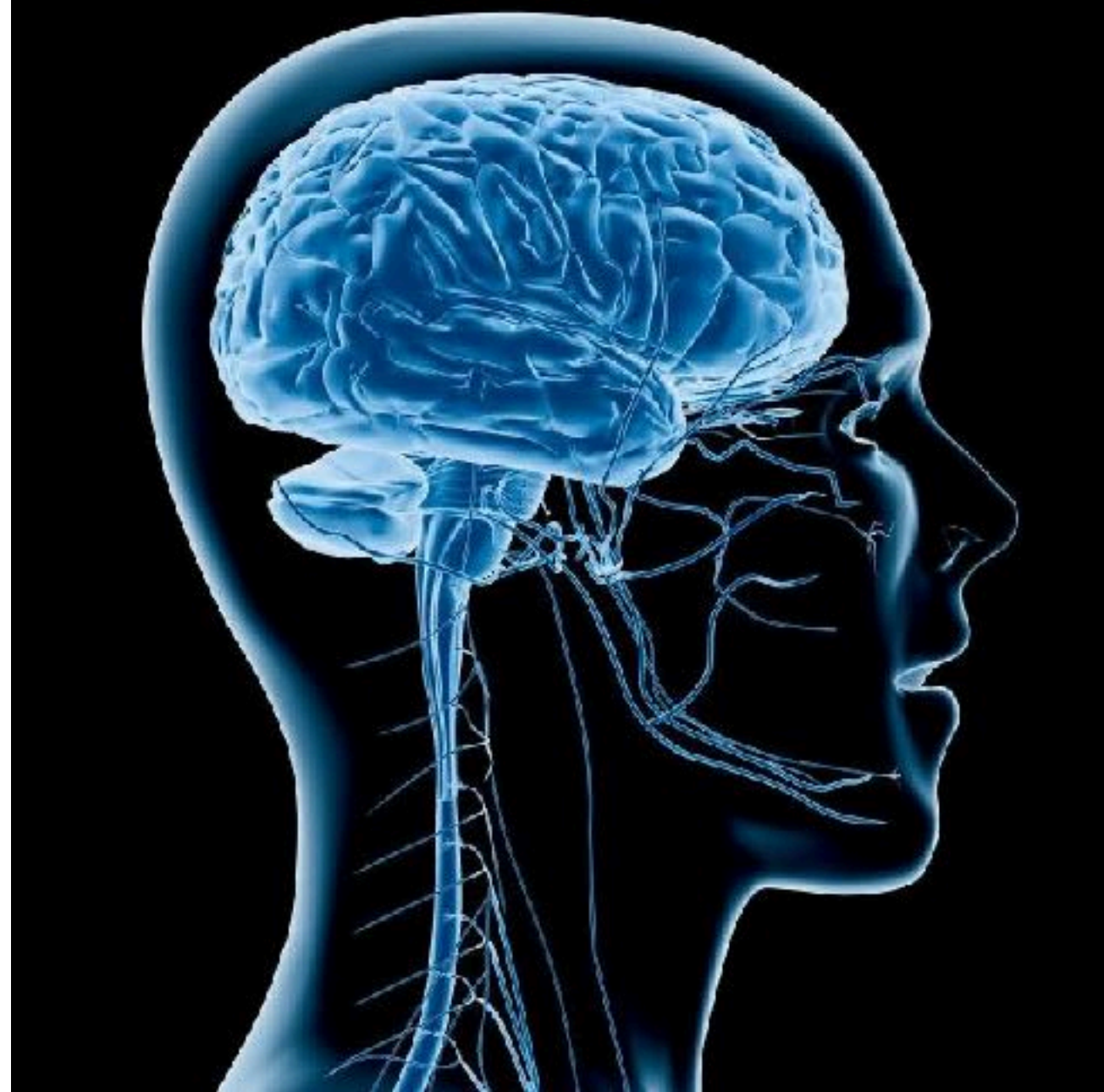
# Use Magnesium





# Stim Your Vagus

- Chanting/Singing/Humming
- Gargling
- Face Dunks
- Meditation
- Breathwork
- Massage
- E-Stim



# Avoid Frequent Snacking



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# Nourish Your Gut Bacteria



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# 3. Breathe

- Retain CO2
- Box Breathe
- 4-7-8 Breathe
- Alternate Nostril
- Decompression Breathing
- Holotropic (Soma)
- Walks!



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# 4. Limitless & Lucy

- Caution With Synthetics (Deprenyl, Modanifinal, Adderall, etc.)
- L-Theanine
- Nicotine
- Methylene Blue
- CBD (Microdose)
- Peptides
- Psilocybin + Lion's Mane



# 5. Upgrade Your Head

- Photobiomodulation
- tDCS
- CES
- PEMF
- N-Back
- Brain.FM
- Neurofeedback



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## A large collection of diet and fitness books, including titles like 'The 17 Day Diet', 'The Men's Health Big Book of Exercises', 'The Carb Lovers Diet', 'The Paleo Solution', 'Wheat Belly', 'Choose to Lose', 'Full-Filled!', 'Solve Your Weight Problems', and 'The 4-Hour Body'. The books are stacked and displayed on a table, with some standing upright and others lying flat. The covers feature various images of food, people, and text. The books are arranged in a way that shows a variety of dietary approaches and fitness routines.

# 7. Fuel Rules

- Avoid Rancidity
- Heat Wisely
- Lower Histamines
- Monitor Metals
- Limit LPS's
- SMASH





# 8. Lower Glycemic Variability





# 9. Clean Your Gut

- Test & Track (3 Day Gut Panel/ Cyrex)
- Heal (colostrum/L-glutamine/bone broth/Ion Biome)
- Detox
- Activate Parasympathetic (nose breathing/gratitude/chewing/
- Deactivate (soak/sprout/ferment)



# 10. Bigger's Not Better

- Plyometrics
- Overspeed Training
- Powerlifting
- Kettlebells
- NYT "7 Min Workout"
- HIRT



# 11. Stay Strong

- Body By Science/Superslow
- Grease The Groove
- Hex Bar/Kettlebell/Pull-Up Bar
- BFR Bands/Kaatsu





# 12. Lean & Mean

- Strike, Stroll & Shiver
- Save The Carbs
- Test Micronutrients (vitamin D, chromium, biotin, thiamine, antioxidants)
- Support Thyroid (glandular extract/sea vegetables)



# 13. Biohack Your Body

- NEUBIE
- Kaatsu
- X3Bar
- ARX or PeakFitPro
- VASPER





# 14. Be Wolverine

- 15 Minutes Mobility
- Inversion/Recovery Boots
- Cryotherapy/Cold
- 1-2-3 EMS Combo
- Grounding/Earthing
- Proteolytic Enzymes
- HBOT
- PEMF



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# 15. Hack Your Nap

- Essential Oils
- NUCalm or Circadia
- Biomat
- Gravity Blanket
- NeckNest



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# 16. Symmetrical Supermodel

- Foot Care/Barefoot/Minimalist
- Standing Desk/Topo Mat
- Saddle Chair or Stool
- Core Foundation/ELDOA/The “Coil”
- Nasal Breathing
- Oil Pulling
- Clay Mask + Serum
- Activator X!



# 17. Get the Shields Up!



- Lymph (Trampoline, Vibration, Whole Body Shaking, Lymph Massage)
- Chaga
- Thieves
- Oregano/Propolis
- Colostrum
- Zinc Acetate





# 18. Eliminate Invisible Variables

- Electricity (Lower NNEMF & Repair Damage)
- Air (HEPA & Plants)
- Light (Lower LED, Dimmers, Flicker)
- Water (Filter + Structure Mineralize)



# 19. Hack Your Hormones



- Missing Micronutrients (creatine, magnesium, boron, zinc, DHEA, Vitamin D)
- Lift With Legs & Go Heavy
- Avoid Chronic Cardio
- Red Light Therapy
- Avoid Plastics
- Nitric Oxide Precursors
- Nitroglycerin Cream



# 20. Have A Purpose

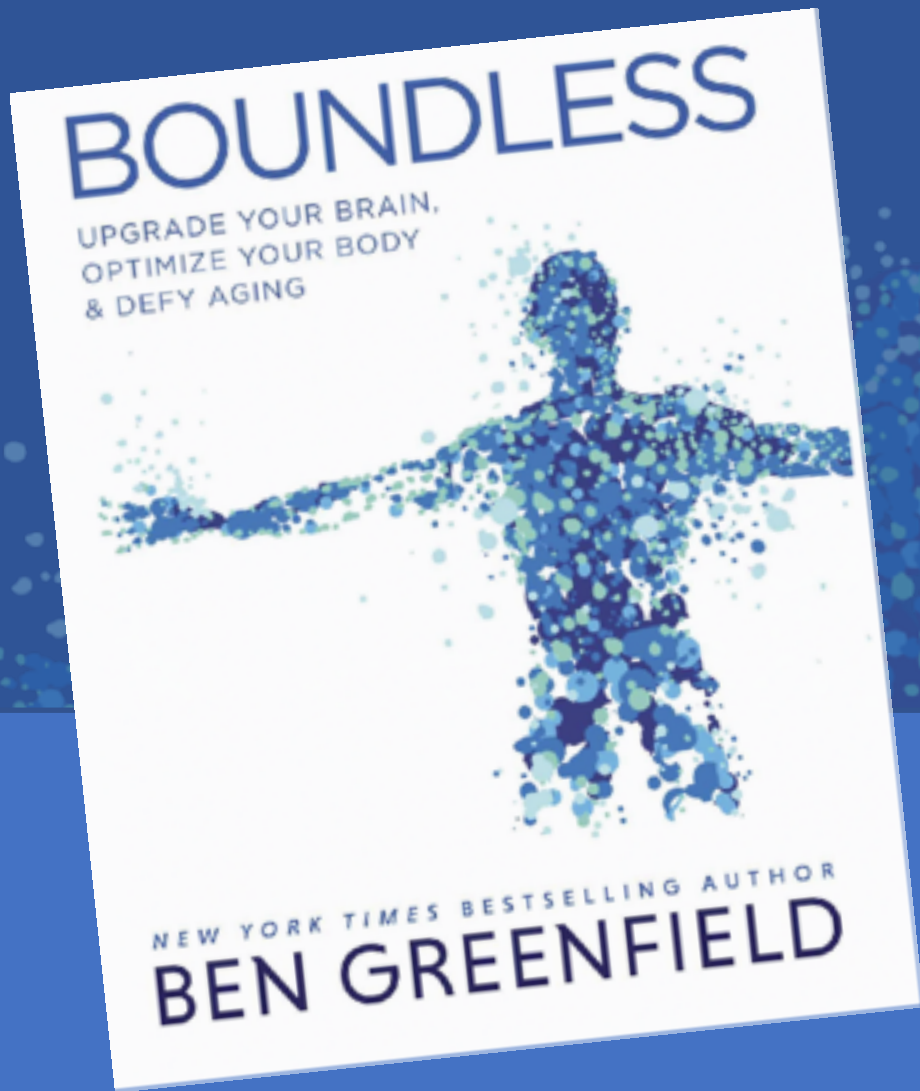
- Remember Childhood
- Get In The Flow
- Go On Retreat
- Follow The Golden Rule
- Train Your Spirit (meditation, prayer, fasting, simplicity, solitude, silence, fellowship, journaling, service)





# 21. Be Grateful





**Book signing after this presentation**

**All Resources & Goodies at:  
[BoundlessBook.com/resources](https://BoundlessBook.com/resources)**