

The Lazy Person's Guide to Health and Wellness



'Metabolic Hacking' and other
Great Health Secrets revealed...

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The Lazy Person's Guide to Health and Wellness - 'Metabolic Hacking' and other Great Health Secrets Revealed..'

Are you someone who struggles to find the motivation to exercise or stick to a healthy diet? Do you feel like you just don't have the time or energy to put towards improving your health? If so, you're not alone. Many people struggle to make healthy habits a priority in their busy lives.

But the good news is that some simple tricks and shortcuts that can help even the laziest of people boost their health with minimal effort have emerged and been conveniently compiled into an ebook by your author. Now, using a tiny fraction of the effort most expend, you can live

an energised and healthy life and avoid the tragedy of such ailments as obesity, diabetes, and insulin resistance.

Of course, there is no way to be completely sedentary and also healthy - some effort has to be put in at some time. However, with all the new science and the power of crowd accelerated learning caused by internet communication, the best ways to cheat your way to health are right here.

In this guide, we'll explore the numerous benefits of great metabolic hacks such as high-intensity interval training (HIIT), Intermittent Fasting (IF) and making small changes to your diet and lifestyle that can trick your metabolism into healthier functioning.

In addition we cover other sources of potential 'well-being impairment' such as stress and toxic people with some ideas on how to minimise the negatives.

Most importantly we reveal suppressed health secrets that certain people definitely don't want you to know for this book. By implementing just a few of the strategies and techniques outlined herein, you can begin to really take control of your health and live a happier, healthier life - without all the ballbusting!

So, let's get started!

INTRODUCTION - The Primary Issue

Metabolic disorders - particularly obesity - are major public health issues that affect millions of people around the world. Obesity is defined as having an excess amount of body fat, and is typically measured using the body mass index (BMI). Obesity is associated with a variety of negative health outcomes, including increased risk for cardiovascular disease, certain types of cancer, and respiratory problems.

One of the consequences of obesity is insulin resistance. Insulin is a hormone that regulates the levels of glucose (sugar) in the blood. When the body becomes resistant to insulin, it is unable to effectively use this hormone to regulate blood sugar levels. This can lead to a condition called prediabetes, in which blood sugar levels are higher than normal but not yet high enough to be classified as type 2 diabetes.

Type 2 diabetes is a chronic condition characterised by high blood sugar levels. It is caused by a combination of genetics and lifestyle factors, including obesity, physical inactivity, and poor diet. Untreated or poorly managed diabetes can lead to a variety of serious complications, including nerve damage, kidney disease, eye problems, and an increased risk of heart attack and stroke.

Other metabolic consequences of poor lifestyle habits, such as a sedentary lifestyle and unhealthy diet, can include high blood pressure, high cholesterol, and an increased risk of developing certain types of cancer. These conditions are all closely linked to obesity and can contribute to a vicious cycle of poor health outcomes.

In conclusion, obesity, insulin resistance, and diabetes are all closely linked to poor lifestyle habits, such as a lack of physical activity and unhealthy diet. These conditions can lead to a variety of serious health problems and significantly increase the risk of premature death. It is important to prioritise a healthy lifestyle in order to prevent or manage these conditions and improve overall health and wellbeing.

Until now, the effort and investment of time, energy and resources has prevented many from attaining the benefits of 'metabolic fitness.' In recent years, innovative ideas and better science have combined to bring metabolic health within reach of everyone by massively reducing the efforts involved and targeting key actions that can produce major benefits at little cost. Let's take a look.

CHAPTER 1: High Intensity Interval Training (HIIT)

Ever wanted the benefits of fitness with a fraction of the effort? What if there was a way to trick the body into upping cardio-vascular fitness with only a fraction of the usual effort? What if you could do just ten or twenty minutes of exercise per week to attain 70% of athlete level cardio fitness? Well, here it is!

High-intensity interval training (HIIT) is a type of exercise that involves short bursts of intense activity followed by periods of rest. It works by forcing your cardiovascular system to go briefly beyond your daily energy output norms, raising the heart rate and breathing intensity.

Your body, caught short by the effort, assumes it will have to raise general energy reserves and improve the efficiency of energy use - essentially, improve your 'fitness' to meet this new demand.

According to Dr. Chris Jordan, the director of exercise physiology at the Human Performance Institute, "When you do intervals, you're tricking the body into adapting to something it's not used to. You're forcing the body to do something it's not accustomed to, which is why it's effective."

This type of workout has gained popularity in recent years due to its effectiveness in burning calories and improving fitness using only a fraction of the time expected. In this chapter, we will explore the benefits of HIIT, how it can be incorporated into a fitness routine, and some potential drawbacks to consider.

Benefits of HIIT

One of the main benefits of HIIT is that it can be completed in a shorter amount of time compared to traditional steady-state cardio. This makes it an appealing option for people with busy schedules or low motivation and who may not have a lot of time or the inclination to devote it to exercise. HIIT workouts can range from as little as 10 minutes to upwards of 30 minutes, depending on the intensity and number of intervals. But only a fraction of that time is actually exercise!

In addition to its time-efficient nature, HIIT has been shown to be an effective way to burn calories and improve cardiovascular fitness. The intense bursts of activity require a lot of energy, leading to an increase in heart rate and oxygen consumption. As a result, the body continues to burn calories at an increased rate after the workout is over, a phenomenon known as excess post-exercise oxygen consumption (EPOC).

HIIT can also help to improve muscle endurance, as the short bursts of intense activity challenge the muscles and stimulate growth. It has also been shown to improve insulin sensitivity and blood pressure in individuals with type 2 diabetes.

A number of studies have supported the effectiveness of HIIT for improving fitness. One study published in the Journal of Obesity found that HIIT was more effective for reducing body fat and improving cardiorespiratory fitness than moderate intensity continuous training (MICT). Another study published in the Journal of Applied Physiology found that HIIT was effective for improving muscle endurance and cardiovascular fitness in older adults.

Recent research indicates that returning to full, normal, relaxed state during the rest period between your bursts increases the effectiveness of this clever cardio hack.

Incorporating HIIT into a Fitness Routine

There are a few different ways that HIIT can be incorporated into a fitness routine. One option is to complete a standalone HIIT workout a few times per week. This could involve alternating between short bursts of intense activity, such as sprinting or jumping, and periods of rest.

Another option is to include HIIT elements into a traditional cardio workout. For example, a person could do a steady jog on a treadmill and then increase the incline or speed for 30 seconds to 1 minute every few

minutes. This can add a bit of variety to a cardio workout and help to boost calorie burn.

A third option - and particularly suited to the lazy person - is spontaneous HIITS. What is to stop you doing 100 fast star jumps while you wait for food to cook or while listening to a podcast etc. I keep my heart healthy by using this method, short runs, running upstairs - any short burst of effort I can conjure up as I go about my day. As long as I end up out of breath I have succeeded in forcing my metabolism to take note and make changes.

Jumping on a bicycle, a fitness bike, the floor or what have you when you feel a surge of energy and pumping like hell for a minute is quite do-able compared to a 'proper' workout. Even the laziest person has energetic moments. Exploiting these moments - moments that might not make it to a gym - can drastically improve your fitness in a way that is enjoyable in the moment - rather than being a chore. The energy hit and wellbeing feeling make it quite addictive and easily habit forming. The lack of a routine and the obligation to attend a location and workout can be helpful for the procrastinator or lazy types. You just need to capitalise on power moments by recognizing the opportunities during your day. It soon becomes a fun and beneficial game.

Potential Drawbacks of HIIT

It's important to note that HIIT is an intense form of exercise and should be approached with caution. It's a good idea to start with shorter intervals and gradually increase the length and intensity as fitness improves. It's also important to warm up properly before starting a HIIT workout to help prevent injury. So, for example, don't do a sprint or similar right out of bed, wait until you have walked and moved enough for your muscles to cope with intense activity without injury.

It's important to listen to your body and not push yourself too hard initially, as this can lead to overtraining or injury. Work your way in...

Make it a point to remember how important it is to start with manageable intensity levels and then improve them and make sure you warm up before beginning. If you have underlying health issues consult a suitably qualified medical or fitness practitioner before diving in.

In conclusion, HIIT is a highly time-efficient and effective way to improve cardiovascular fitness and burn calories - perfect for the smart but lazy person. It can be incorporated into a fitness routine in a variety of ways and has a number of potential benefits. However, it's important to approach HIIT with caution and to listen to your body to avoid overtraining or injury. As with any exercise program, it's always a good idea to consult with a healthcare professional before starting.

CHAPTER 2: Intermittent Fasting - IF

What if there was a way to really, actually lose weight and still eat the things you love? As with many things, it's all about timing...

How Your Body Really Works...

Your body has a 'dual fuel' system comprising (a): burning calories from food intake ('carbs') and (b): burning calories from stored fats. Poor lifestyle habits have caused most people to only use the carb 'energy pathway.' The lack of fat burning leads to obesity and all the associated issues. Despite lowering calorie intake, the body will stubbornly hold on to stored fat unless you kick in the fat burning system - which explains why 'diets' fail.

When you feel hungry, it is the body telling you that carbs are depleted and unless you go eat some more, it will now switch to fat as the energy source. In the few minutes that it takes, we experience some hunger pangs and discomfort as energy levels run low - maybe even some faintness. Once the fat burning system kicks in those feelings go away and we forget about food.

That carb to fat transitional moment - and what follows - is the key to burning off all the fat you don't want - and it is where 90% of people fail. If you can defeat that moment, your metabolism is back in your control!

There is a system developed to specifically maximise this opportunity without having to necessarily even reduce calorie intake (although that speeds up fat loss). The key point is that ***it is not WHAT you eat but WHEN you eat*** that counts. In the system outlined below, you CAN EAT your favourite foods during your 'eating windows' - unlike ineffective calorie based dieting. So you don't have to sacrifice your guilty pleasures - just re-time the experience.

What is Intermittent Fasting?

Intermittent fasting is a dietary pattern that involves periods of eating followed by periods of abstaining from food. It has gained popularity in recent years due to its potential health benefits, which include weight loss, improved insulin sensitivity, and a decrease in inflammation.

One of the main benefits of intermittent fasting is that it can help to boost metabolic health. By restricting food intake to certain periods of the day, the body is able to enter a state of 'ketosis,' in which it begins to burn fat for energy instead of glucose. This will inevitably lead to weight loss and improved insulin sensitivity, which can be beneficial - perhaps even essential for individuals with type 2 diabetes.

Intermittent fasting can also help to reduce inflammation in the body, which is thought to be a contributing factor to a number of chronic diseases, including heart disease and cancer. It may also improve brain function, as the body produces a protein called brain-derived neurotrophic factor (BDNF) during periods of fasting, which helps to support the growth and function of neurons.

Anyone can gradually adapt their eating patterns to include intermittent fasting. It's important to start slowly and to listen to your body, as everyone's needs are different. Some people may find it easier to start

with shorter fasting periods, such as 12-14 hours, and gradually work up to longer periods of time. It's also important to make sure that you are getting enough nutrients during the eating periods to support overall health.

IF Methods

There are several different types of intermittent fasting that people can try, each with their own specific fasting periods. Here are a few examples:

- 16/8 method: This involves restricting food intake to an 8-hour window each day and fasting for the remaining 16 hours. For example, a person may choose to eat between 12pm and 8pm and then fast until 12pm the following day. This is one of the most popular forms of intermittent fasting and can be easy for people to incorporate into their daily routine.
- 5:2 diet: With this method, a person eats a normal, healthy diet for 5 days of the week and then restricts calorie intake to 500-600 calories per day for the other 2 non-consecutive days.
- Alternate day fasting: As the name suggests, this involves alternating between days of normal eating and days of calorie restriction. Some people may choose to eat a very low-calorie diet on fasting days, while others may choose to eat no food at all.

It's important to note that intermittent fasting is not for everyone and it's always a good idea to consult with a healthcare professional before starting any new dietary pattern. It's also important to make sure that you are getting enough nutrients during the eating periods to support overall health. It's a good idea to focus on whole, unprocessed foods and to include a variety of fruits, vegetables, and protein sources in your diet.

Chapter 3 - Sugar

Okay, so you can have calorie dense foods and still lose weight, but if you want faster results and more health benefits - there are some calories you can replace with better alternatives.

Sugar, in truth, is a **highly addictive and potentially harmful substance** that is found in copious quantities in many processed foods and drinks. While it may provide a temporary energy boost or satisfy a sweet tooth, excessive sugar intake can lead to a number of negative health effects.

One of the main problems with sugar is that it is highly calorically dense and provides little to no nutritional value. This means that it is all too easy to consume too much sugar and gain weight, which can increase the risk of obesity and related diseases such as type 2 diabetes and heart disease.

Sugar can also contribute to tooth decay and has been linked to an increased risk of certain cancers, such as breast and colon cancer. It can also disrupt the body's natural hormone balance, leading to mood swings and other issues.

Many people choose to use artificial sweeteners as a sugar alternative in an attempt to reduce their sugar intake. However, artificial sweeteners have their own set of potential negative effects. Some studies have suggested that they may increase the risk of certain health issues, such as cancer and weight gain.

STEVIA

A better alternative to both sugar and artificial sweeteners is stevia, a natural, plant-based sweetener that has been shown to have a number of health benefits.

The moment I got my hands on Stevia, I was able to reduce my sugar intake by half! I simply used half the sugar and added a pinch of stevia

leaf powder in everything I add sugar to. There is a little aftertaste that has an aniseed-like quality to it, but it took me only a day or so to get used to it and the tiny sacrifice - compared to the huge benefits - is well worth it. Now I miss that little extra flavour in my tea if I just use sugar!

Stevia is derived from the leaves and stem of the stevia plant and is up to 300 times sweeter than sugar, making it a highly efficient sweetener. It has a low glycemic index, meaning that it does not cause a rapid increase in blood sugar levels, and has been shown to have a number of potential health benefits, including improved insulin sensitivity and blood pressure control.

One potential drawback of stevia - for some people - is the slightly bitter aftertaste. However, there are a few ways to mitigate this:

- Mix stevia with other natural sweeteners: By combining stevia with other natural sweeteners, such as honey or maple syrup, you can help to mask the aftertaste.
- Choose a high-quality brand: Some stevia brands may have a stronger aftertaste than others. Choosing a high-quality brand with a good reputation can help to reduce the aftertaste.
- Add it to hot drinks: Stevia tends to dissolve more easily in hot liquids, making it a good option for adding to coffee or tea.

WARNING:

Avoid Stevia products that combine stevia with artificial sweeteners - a cynical product range backed by vested industry interests. Inspect the ingredients carefully before purchasing any Stevia product.

In conclusion, sugar is a highly addictive and potentially harmful substance that can contribute to a number of negative health effects. Artificial sweeteners may also have negative effects. Stevia is a natural, plant-based alternative that has a number of potential health benefits

and can be a good option for those looking to reduce their sugar intake. While it may have a slightly bitter aftertaste for some people, there are ways to mitigate this and make stevia a more enjoyable option.

Here are a few tips for using stevia in cakes and sweets:

- Start with a small amount: Because stevia is so much sweeter than sugar, it's important to start with a small amount and gradually increase as needed. It's also a good idea to taste as you go to ensure that the sweetness level is to your liking.
- Use a liquid form: Stevia is available in both liquid and granulated form. The liquid form is generally easier to work with in baking and can be more accurate to measure.
- Experiment with other sweeteners: As mentioned earlier, stevia can have a slightly bitter aftertaste for some people. Combining it with other natural sweeteners, such as honey or maple syrup, can help to mask the aftertaste and create a more well-rounded sweetness.

Here are a couple of recipes that feature stevia as the sweetener, just in case you know someone who can be bothered to bake it:

- Stevia-sweetened chocolate chip cookies: In this recipe, stevia is used to replace the sugar in a classic chocolate chip cookie recipe. To make the cookies, you'll need:

1 cup unsalted butter, softened

1/4 cup stevia

1 egg

1 tsp vanilla extract

1 1/2 cups all-purpose flour

1 tsp baking soda

1 tsp salt

1 cup chocolate chips

Preheat the oven to 350°F and line a baking sheet with parchment paper. In a large mixing bowl, cream together the butter and stevia until well combined. Add the egg and vanilla extract and mix until well combined. In a separate mixing bowl, whisk together the flour, baking soda, and salt. Gradually add the dry mixture to the wet mixture and mix until well combined. Stir in the chocolate chips. Drop spoonfuls of the dough onto the prepared baking sheet and bake for 10-12 minutes, or until the edges are lightly golden.

- Stevia-sweetened carrot cake: In this recipe, stevia is used to replace the sugar in a classic carrot cake recipe. To make the cake, you'll need:

1 1/2 cups all-purpose flour

1 tsp baking powder

1 tsp cinnamon

1/4 tsp nutmeg

1/4 tsp salt

1/2 cup stevia

1/2 cup unsweetened applesauce

1/2 cup vegetable oil

3 eggs

1 tsp vanilla extract

2 cups grated carrots

1 cup chopped walnuts (optional)

Preheat the oven to 350°F and grease a 9x9-inch baking pan. In a large mixing bowl, whisk together the flour, baking powder, cinnamon, nutmeg, and salt. In a separate mixing bowl, whisk together the stevia, applesauce, vegetable oil, eggs, and vanilla extract. Gradually add the wet mixture to the dry mixture and mix until well combined. Stir in the grated carrots and chopped walnuts (if using). Pour the batter into the prepared pan and bake for 30-35 minutes, or until a toothpick inserted into the centre comes out clean.

In conclusion, stevia is a natural, plant-based sweetener that can be used as a sugar alternative in a variety of baked goods and sweets. It is important to start with a small amount and gradually increase as needed, and to experiment with other sweeteners to mask the potential aftertaste. These recipes for stevia-sweetened chocolate chip cookies and carrot cake are just a couple of examples of how stevia can be used in place of sugar. With a little experimentation and practice, you can use stevia to create a variety of delicious, healthy treats.

Chapter 4: Using the 'Life Gym'

There are two aspects to 'fitness.' One is cardio-vascular fitness which involves the heart, lungs and metabolic factors (this is about energy production efficiency and readiness). The other is skeleto-muscular fitness - or strength, durability and flexibility (this is about your ability to harmlessly meet physical challenges). Of course, these two concepts are deeply intertwined, but having simple, easy to target concepts to apply your limited time and effort to helps with applying the most efficient stimulus in key areas.

You must, by definition, apply some level of stimulus to an autonomous system - such as the metabolism - to evoke a change. Working out, for example, would be a stimulus to various systems. However, not everyone has the time or inclination to apply large chunks of time, effort and money for the benefits of excellent health.

Fortunately, incorporating physical activity into your daily routine is an effective way to improve your strength and cardiovascular fitness with minimal effort. Here are a few examples of how you can use everyday activities to get in a workout:

- Take the stairs instead of the elevator: This is a simple way to get in some extra cardio and strengthen your lower body muscles. You can increase the intensity by taking two steps at a time or by running up the stairs.
- Go for a walk or jog during your lunch break: Taking a break from your desk and getting some fresh air can do wonders for both your physical and mental health. Going for a walk or jog during your lunch break is a simple way to get in some extra cardio.
- Use household items for strength training: You don't need expensive gym equipment to get in a strength-training workout. There are plenty of household items that can be used as weights, such as soup cans, water bottles, or even a backpack filled with books. You can use these items to do exercises like bicep curls, tricep dips, and shoulder presses.
- Do bodyweight exercises: Bodyweight exercises, such as push-ups, squats, and lunges, are a great way to build strength and improve cardiovascular fitness. These exercises can be done anywhere and don't require any equipment, making them a convenient option for those short on time or space.
- Incorporate bursts of activity into your daily routine: If you find it hard to fit in a dedicated workout, try to incorporate bursts of activity into your daily routine.
- Stand up from sitting very slowly and purposefully and repeat it when possible until the motion is comfortable.

- Run in short bursts between errands or do a few sets of squats or lunges while waiting for the coffee to brew.

Stretching, flexing, and maintaining good body dynamics are important for overall health and wellness. These activities can help to improve flexibility, range of motion, and muscle strength, as well as reduce the risk of injuries. Once again, stretching and flexing can be incorporated into your everyday activities using a smidgen of creativity and a little mindfulness to remember to remember.

Yoga and Pilates are popular forms of exercise that focus on stretching and toning muscles, as well as improving body awareness and posture. Both practices involve a series of poses and movements that can help to improve flexibility, strength, and balance. Investing in learning just a few techniques or poses can transform your flexibility and core strength.

Here are a few simple stretching and toning techniques you can try:

1. Cat-cow stretch: Start on all fours with your wrists under your shoulders and your knees under your hips. Inhale and arch your back, letting your belly sink towards the ground. Exhale and round your back, tucking your chin to your chest. Repeat for several reps.
2. Downward facing dog: Start on all fours and lift your hips towards the sky to form an inverted "V" shape. Spread your fingers wide and press into the ground to lengthen your spine. Hold for several breaths.
3. Plank: Start in a push-up position with your wrists under your shoulders and your feet hip-width apart. Engage your core and hold for several breaths.
4. Lunges: Step forward with one leg and lower your back knee towards the ground, keeping your front knee over your ankle. Hold for a few seconds and then switch legs.
5. Squats: Stand with your feet hip-width apart and lower your hips towards the ground as if you're sitting back into a chair. Engage your core and push back up to standing.

Remember to start slowly and gradually increase the intensity and duration of your stretching and toning exercises as you become more comfortable and stronger. It's also important to listen to your body and stop if you experience any pain or discomfort.

Essentially, be creative and discover opportunities to stretch, work out, strengthen and test muscles (even by simply flexing hard) and improve balance in your everyday life. It's a fun and rewarding challenge to play the 'health building opportunities' game with yourself.

I leave a set of resistance training bands around the house so I can pick them up and use them at a whim. These styles of 'life-flow training' have been in use by martial artists and other groups for millenia.

In conclusion, there are plenty of ways to use everyday activities to improve your strength and cardiovascular fitness. By incorporating physical activity into your daily routine, you can improve your overall health and well-being without the need for - or the time and cost of - a regular workout.

Walking, of course, is the number one, life gym hack and one which has gone by the wayside in modern times. Find somewhere nice to walk and stroll, march or hike your way to health.

Chapter 5: Vitality - Real Energy Hacks that won't cost you later.

Changing lifestyle is a lot easier if you have extra energy and zing to assist you. However, the global options of coffee, energy drinks and the like tap into energy reserves, can cause metabolic 'crashes' and be detrimental to long term health.

Pharmaceutical energy boosting solutions come with risks - and illegal solutions come with even more risks.

Nature's Little Helpers...

Herbal tinctures and extracts made from healing mushrooms, plants and other sources can offer a wide range of health benefits. One example is shilajit, a substance found in the Himalayan mountains that has been used for centuries in Ayurvedic medicine. Shilajit is a rich source of trace minerals and elements, including fulvic acid, which has potent anti-inflammatory properties. It is also a good source of hundreds of harmless but potent minerals and compounds that have proven their effectiveness through extended historical use.

In addition to its anti-inflammatory benefits, shilajit has been shown to support the immune system, improve energy and stamina, and support cognitive function. It may also have a positive effect on blood sugar and cholesterol levels.

Herbal tinctures made from other healing mushrooms and plants can also offer a range of health benefits. For example, medicinal mushrooms such as chaga and reishi have been shown to have immune-supporting properties and may be helpful in reducing inflammation. Herbs like turmeric and ginger have also been shown to have anti-inflammatory effects and may be helpful in relieving joint pain and reducing the risk of chronic diseases.

It's worth noting that the pharmaceutical industry has a history of harm and medical malpractice. While some medications can be lifesaving, others have been found to have serious side effects and may not be the best option for everyone. In contrast, herbal tinctures are generally considered to be safer and have fewer side effects.

In conclusion, healing mushrooms, plants and other natural sources can offer a range of health benefits, including boosted energy levels and anti-inflammatory effects and immune support, particularly in the convenient tincture formulation. They may also be a safer alternative to some medications, although one should consult with a suitable healthcare professional before starting a new supplement regimen if you have underlying health issues.

Chapter 6: Time for an Oil Change? - What if the fats/cholesterol message has been completely wrong?

Seed oils and processed oils have become a common ingredient in many processed foods and are often used for cooking at home. However, there are a few problems with these types of oils that make them less desirable than other options.

One issue with seed oils is that they are high in omega-6 fatty acids, which can contribute to inflammation in the body. Excessive intake of omega-6 fatty acids has been linked to an increased risk of chronic diseases such as heart disease, diabetes, and certain cancers.

Another problem with seed oils is that they are often highly processed and may contain harmful additives and chemicals. Many seed oils are extracted using heat, solvents, or other harsh methods, which can damage the oil and strip it of nutrients. They may also be refined, bleached, and deodorized, which can further degrade the quality of the oil.

In contrast, butter is a natural, whole food that is rich in nutrients and has a number of health benefits. It is a good source of healthy fats, including saturated and monounsaturated fats, which can help to improve cholesterol levels and reduce the risk of heart disease. Butter is also a rich source of vitamin A, which is important for eye health, and vitamin K2, which supports bone health.

While it's important to consume fats in moderation, cooking with butter may be a better option than using highly processed seed oils or vegetable oils. It's also a good idea to choose butter made from the milk of grass-fed cows, as it is higher in nutrients and healthier fats than butter made from grain-fed cows.

One of the main misconceptions about fats and cholesterol is that they are inherently harmful and increase the risk of heart disease. However, this idea was based on observational studies that did not take into account other factors that could contribute to heart disease, such as unhealthy diet and lifestyle choices.

More recent research has shown that not all fats are created equal and that some types of fats, such as monounsaturated and polyunsaturated fats, can actually be beneficial for heart health. These types of fats can help to lower LDL cholesterol (the "bad" cholesterol) and increase HDL cholesterol (the "good" cholesterol), which can reduce the risk of heart disease.

Additionally, cholesterol is a vital component of the body and is necessary for a number of functions, including the production of hormones and the maintenance of cell membranes. It is also needed for proper brain function and the synthesis of vitamin D.

The medical industry has been largely misled by bad science when it comes to fats and cholesterol, leading to the widespread use of low-fat and cholesterol-lowering products that may not be as healthy as they are claimed to be. It's important to understand that not all fats and cholesterol are bad and that it's important to consume a variety of healthy fats in moderation as part of a balanced diet.

In conclusion, the understanding of fats and cholesterol has evolved in recent years, and research has shown that some types of fats can be beneficial for heart health and that cholesterol is essential for proper body function. The medical industry has been largely misled by bad science when it comes to fats and cholesterol, and it's important to consume a variety of healthy fats in moderation as part of a balanced diet.

Seed oils and processed oils may contribute to inflammation and may contain harmful additives and chemicals. In contrast, cooking with butter, especially butter made from grass-fed cows, can be a healthier option due to its natural, whole food status and its rich nutrient content.

It's important to consume fats in moderation, but butter can be a healthy choice for cooking and as a condiment.

Chapter 7: You Are What You Eat...

Eating whole, unprocessed foods is an important aspect of a healthy diet. Processed foods, on the other hand, are often high in additives, preservatives, and unhealthy ingredients, and can contribute to a number of negative health effects. The issue is that we have become accustomed to processed, easy to prepare foods and may lack the time or inclination to prepare healthier options from fresh foods. Let us first examine the issue a little more before looking at the solutions.

One study published in the journal PLOS ONE found that a diet high in processed foods was associated with an increased risk of cardiovascular disease, while a diet rich in whole, unprocessed foods was associated with a lower risk. Other studies have found similar associations between a diet high in processed foods and an increased risk of obesity, type 2 diabetes, and certain types of cancer.

In contrast, whole, unprocessed foods, such as fruits, vegetables, and whole grains, are rich in nutrients and have been shown to have a number of health benefits. For example, fruits and vegetables are high in fibre, vitamins, and minerals and have been shown to support cardiovascular health, improve digestion, and reduce the risk of chronic diseases. Whole grains, such as oats and quinoa, are also rich in fibre and nutrients and can help to improve cholesterol levels and reduce the risk of heart disease.

There are several dangers associated with consuming a diet high in processed foods. One of the main concerns is the negative impact on overall health and wellbeing. Processed foods are often lacking in

essential nutrients such as vitamins, minerals, and fibre, and can contribute to a variety of health problems, including obesity, type 2 diabetes, heart disease, and certain types of cancer.

Food additives can also pose a risk to health. Some additives have been linked to a variety of negative health outcomes, including allergic reactions, behavioural problems in children, and cancer. In addition, many food additives have not been thoroughly tested for safety, and the long-term effects of consuming these substances are unknown.

In contrast, natural, low-processed foods offer a variety of benefits for overall health and wellbeing. These foods are often rich in essential nutrients, including vitamins, minerals, and fibre, and can help to protect against a variety of health problems. They can also be more satisfying and enjoyable to eat, as they often have a more natural, authentic flavour.

In conclusion, eating whole, unprocessed foods is an important aspect of a healthy diet. Processed foods are often high in additives, preservatives, and unhealthy ingredients, and have been linked to an increased risk of chronic diseases. In contrast, whole, unprocessed foods, such as fruits, vegetables, and whole grains, are rich in nutrients and have been shown to have a number of health benefits.

Food Balance

Maintaining a balanced diet is important for good health, and this includes finding the right balance between carbohydrates, protein, and fibre.

Carbohydrates are an important source of energy and are found in foods such as grains, fruits, and vegetables. There are two main types of carbohydrates: simple carbohydrates, which are found in sugary foods like candy and soda, and complex carbohydrates, which are found in whole grains, fruits, and vegetables. Complex carbohydrates are generally considered to be healthier because they are slower to digest and provide more sustained energy.

Protein is important for building and repairing tissues and is found in a variety of foods, including meat, poultry, fish, beans, and dairy products. It's important to consume a variety of protein sources to ensure that you're getting all the essential amino acids your body needs.

Fibre is a type of carbohydrate that is found in plants and is not digested by the body. It helps to keep the digestive system healthy and can help to lower cholesterol levels and reduce the risk of heart disease. There are two types of fibre: soluble fibre, which dissolves in water and can help to lower cholesterol levels, and insoluble fibre, which does not dissolve in water and helps to add bulk to the stool and prevent constipation.

To maintain a healthy balance between carbohydrates, protein, and fibre, it's important to consume a variety of whole, unprocessed foods, including fruits, vegetables, whole grains, and lean proteins. So how can we improve our food quality with little effort?

One solution comes in the form of services that provide you with the ingredients for quick to prepare and delicious, healthy foods. Because these businesses buy in bulk and don't have retail outlets, and because they provide step by step instructions for preparation - the cost is comparable or even cheaper than the unhealthy, processed equivalents.

Preparation time is typically 15 or 20 minutes and offers a little exercise and the many known benefits of home prepared food. The recipes are easy enough for a sensible child to prepare, so it may be worth exploring the distribution of duties in a household to incorporate better eating options with minimal effort by any one person.

Remember that eating better, more nutritious foods - along with all the other techniques outlined herein - will increase energy levels, eventually making it less of a challenge to prepare food.

Here are a few healthy balance recipes ideas to get you salivating:

- Whole grain quinoa with roasted vegetables and grilled chicken:
Cook quinoa according to package instructions and top with

roasted vegetables and grilled chicken for a balanced meal that's high in complex carbohydrates, protein, and fibre.

- Black bean and sweet potato burrito bowls: Combine black beans, sweet potatoes, brown rice, and avocado for a vegetarian meal that's high in complex carbohydrates, protein, and fibre.
- Grilled salmon with roasted asparagus and quinoa: Grilled salmon is a good source of protein, and paired with quinoa and roasted asparagus, this meal is high in complex carbohydrates and fibre.

In conclusion, maintaining a balanced diet is important for good health, and this includes finding the right balance between carbohydrates, protein, and fibre. To ensure that you're getting a healthy balance of these nutrients, it's important to consume a variety of whole, unprocessed foods, including fruits, vegetables, whole grains, and lean proteins. Making small adjustments can have huge benefits - if you have the right information.

Chapter 8: Hydration - You Are What You Drink Too

We all know we should stay hydrated, but what if water is not simply water?

And what if the type of water (which is at least 70% of what we are) could make a huge difference to our body's performance? Let's explore...

Staying hydrated is important for overall health and can have a number of benefits. Water is essential for maintaining the balance of bodily fluids, regulating body temperature, and supporting various physiological processes.

Here are some of the benefits of staying hydrated:

- Improved physical performance: Dehydration can negatively impact physical performance and make it harder to exercise or engage in other physical activities. Staying hydrated can help to improve energy levels and physical performance.
- Better mental clarity: Dehydration can cause fatigue and foggy thinking. Staying hydrated can help to improve concentration, memory, and mental clarity.
- Improved digestion: Water is essential for digestion and can help to prevent constipation. Drinking plenty of water can help to keep your digestive system functioning properly.
- Flushing out toxins: Water helps to flush toxins out of the body through urine and sweat. Staying hydrated can help to keep your body cleansed and healthy.

NOW THE SECRETS...

Okay, above is the standard science, which is all good, but there is more to water than meets the eye. Important water knowledge has been suppressed because its use would improve general health and cost those who profit from illness. Here is your super powerful secret water health hack:

STRUCTURED WATER

Structured water - also known as 'EZ' (Exclusion Zone) water - has been treated to have a specific molecular structure, which can offer additional health benefits. The main theory supporting the observed phenomena of using structured water in both plants and animals centres on two main properties of water:

1: Molecular shape

Water that has been exposed to the swirling motion of natural flow in streams and rivers, and has passed through the varying magnetic characteristics of the terrain it has passed through, adopts a hexagonal

molecular structure or shape. This shape is thought to penetrate cells more easily and to assist with optimal cellular functioning.

2: The 'memory effect'

Researchers have discovered that water can store information about everything it comes into contact with. The storage is performed by tiny energetic differences that create up to 144,000 different angles in the bond between the hydrogen and oxygen atoms in water molecules. This allows water to be 'programmed' with frequencies that mimic natural compounds. This was the basis for Samuel Hahnemann's research which led to the much maligned but of late redeemed science of homeopathy. Dr Masaru Emoto's brilliant and Nobel Prize winning work on water's memory effect shows in a very graphic way the different crystalline structures created when water is exposed to different programming.

Once again, such potential is most definitely NOT good news for pharmaceutical bottom lines, so you may well have missed this or been led to believe it is quackery.

There are a number of devices using magnetics, flow forms, RF frequencies and other mechanisms to restructure water for health. However, if you prefer not to spend money before assessing structured water.

To make structured water using a structured water unit, you will need to follow the manufacturer's instructions. These units typically involve passing the water through a series of influences to alter its molecular structure.

To make structured water for free using magnetic fields or crystals, you can try the following method:

1. Fill a clean glass jar with purified water.
2. Place a magnet or crystal in the jar with the water.
3. Allow the water to sit for at least an hour.
4. Remove the magnet or crystal and drink the structured water.

In conclusion, staying hydrated is important for overall health and can have a number of benefits, including improved physical performance, better mental clarity, improved digestion, and the flushing out of toxins. Structured water is water that has been treated to have a specific molecular structure thought to be most aligned with biological systems. While the benefits of structured water are not supported by the larger scientific community, bear in mind that they are funded by an industry that stands to lose if you are armed with critical information to take control of your own health.

Chapter 9: Sleep

Sleep is essential for good health, and getting enough sleep is important for both physical and mental well-being. During sleep, the body has an opportunity to rest and repair, and sleep is also important for the consolidation of memories and the regulation of mood and emotions.

Here are a few tips for getting enough sleep:

- Establish a consistent sleep schedule: Try to go to bed and wake up at the same time every day, even on weekends. This can help to regulate your body's natural sleep-wake cycle.
- Create a sleep-friendly environment: Make sure your bedroom is dark, quiet, and cool, and invest in a comfortable mattress and pillows.
- Avoid screens before bed: The blue light emitted by screens can disrupt the production of melatonin, a hormone that helps to regulate sleep. Try to avoid screens for at least an hour before bedtime.
- Practice relaxation techniques: Winding down before bedtime can help you to relax and fall asleep more easily. Try techniques such as deep breathing, meditation, or progressive muscle relaxation.
- Get naps and power naps: If you're feeling tired during the day, a short nap or power nap can help to boost energy and productivity. Aim for naps that are 20-30 minutes long.

- Experiment with sleep-promoting supplements: If you're having trouble falling or staying asleep, you may want to try supplements such as melatonin, valerian root, or passionflower. It's important to talk to a healthcare professional before starting any new supplement regimen.

In conclusion, sleep is essential for good health and is important for physical and mental well-being. To ensure that you get enough sleep, it's important to establish a consistent sleep schedule, create a sleep-friendly environment, avoid screens before bed, practice relaxation techniques, and get naps and power naps as needed. Experimenting with sleep-promoting supplements may also be helpful, but it's important to research thoroughly or consult a suitable healthcare professional before starting any new supplement regimen.

Chapter 10: Stress

Many people don't even realise they live in a chronic state of stress! Yet stress is simple to address using the simplest techniques that can easily slot into your lifestyle. A tiny investment of pre-emptive action can revolutionise your stress levels.

Stress is a normal part of life, but chronic stress can take a toll on your physical and mental health. If left unchecked, stress can lead to a range of health problems, including high blood pressure, heart disease, and mental health issues such as anxiety and depression.

Here are a few simple hacks and techniques you can use to combat stress and stay calm and focused:

1. Practise deep breathing: Deep breathing is a simple and effective way to relax and reduce stress. Try taking slow, deep breaths in through your nose and out through your mouth, focusing on your breath as you do so.

2. Exercise regularly: Exercise has been shown to reduce stress and improve mood. Aim for at least 30 minutes of moderate-intensity exercise, such as brisk walking or cycling, at least 5 days per week.
3. Get enough sleep: Sleep is essential for good health and can help to reduce stress and improve mood. Aim for 7-9 hours of sleep per night.
4. Eat a healthy diet: A healthy diet can help to reduce stress and improve overall well-being. Focus on eating whole, unprocessed foods and limit your intake of processed foods and sugary drinks.
5. Practice relaxation techniques: Relaxation techniques, such as meditation, yoga, or progressive muscle relaxation, can help to calm the mind and reduce stress.
6. Connect with others: Social support is important for mental health, and spending time with friends and loved ones can help to reduce stress and improve mood.
7. Take breaks: Taking breaks from work or other demands can help to reduce stress and improve focus. Try to take regular breaks throughout the day to recharge.

In conclusion, stress is a normal part of life, but chronic stress can have negative impacts on physical and mental health. There are a number of simple hacks and techniques you can use to combat stress and stay calm and focused, including deep breathing, exercise, getting enough sleep, eating a healthy diet, practising relaxation techniques, connecting with others, and taking breaks.

Chapter 11: Toxic People

The first step is to acknowledge if you are experiencing someone toxic in your life.

Toxic relationships can have a negative impact on your mental and emotional well-being. These types of relationships are characterised by behaviours that are harmful, unhealthy, and abusive, and they often involve a power imbalance where one person has control over the other.

Examples of toxic relationships include relationships with partners, family members, or friends, co-workers and bosses that involve physical, emotional, or sexual abuse, manipulation, control, or other unhealthy behaviors.

If you're in a toxic relationship, it's important to recognize the signs and take steps to protect yourself. This may involve seeking the help of a trusted friend, family member, or professional, such as a therapist or counsellor.

In some cases, it may be necessary to end the relationship in order to prioritise your own well-being. This can be a difficult decision, but it's important to remember that you deserve to be treated with respect and kindness, and that moving on from a toxic relationship can lead to a better life.

If you're having difficulty breaking away from a toxic relationship, there are resources available to help you. You can seek the help of a therapist or counselor, or reach out to organizations such as the National Domestic Violence Hotline or the National Suicide Prevention Lifeline for support in the US - or from similar, easily searched organisations in most countries.

In conclusion, toxic relationships can have a negative impact on your mental and emotional well-being, and it may be necessary to end the relationship in order to prioritise your own well-being. If you're in a toxic relationship, it's important to recognize the signs and take steps to protect yourself, and to seek the help of a trusted friend, family member, or professional if needed. Moving on from a toxic relationship can lead to a better life.

Chapter 12: Grounding

Grounding, also known as 'Earthing,' is a holistic health practice that involves connecting the body to the Earth's natural electrical energy. This is truly a lazy health hackkers gem - zero cost and zero effort!

Proponents of grounding argue that connecting with the Earth's energy can provide a range of health benefits, including reducing stress, improving sleep quality, and reducing inflammation, and they bring receipts.

Research has shown that grounding can indeed help to regulate cortisol levels and improve the body's production of melatonin, both of which can help to reduce stress and improve sleep quality. Grounding can also reduce the body's production of inflammatory molecules, resulting in a reduction of inflammation and pain.

For example, a 2020 study in the Canadian Journal of Cardiology concluded that grounding was associated with a **decreased risk of developing cardiovascular disease and improved heart rate variability**. Another study published in 2019 in the journal Complementary Therapies in Medicine found that grounding was associated with a decrease in pain and increased mobility.

As Dr. Stephen Sinatra, an integrative cardiologist, explains, "Grounding or earthing is an ancient practice that reconnects us to the energy of the Earth, which is a giant battery of free electrons. When we become electrically grounded, we can benefit from the energy of the Earth and balance our internal energy.

Grounding can be done in a variety of ways, including walking barefoot, sleeping on an earthing sheet or mat, or even sitting in a chair with both feet on the ground. While there is still much research to be done on the exact mechanisms behind the grounding effect, the evidence thus far shows it can produce a range of health benefits. As Dr Sinatra puts it, "Grounding is a simple, affordable, natural way to enhance health and well-being."

Needless to say, those who profit from ill health do NOT want you to know or do this practice which, in my humble opinion, is all the more reason to give it a try!

Chapter 13: Ormes

Ormes (Orbitally Rearranged Monatomic Elements) also known as Ormus (in the product form), is a group of elements including gold, platinum, silver, irridium, copper and other precious metals that are believed to have special healing properties.

These altered state elements, thought to make up as much as 10% of planet Earth's mass, are extremely hard to detect as they have lost their outer electron ring or 'charge' and don't interact with the physical reality as they would in their normal form. For example, 'monatomic gold' is a powder. The gold atoms that would normally align and connect to form the metallic gold we know and love cannot connect as they have to charge to attract and bond them.

These monatomic (in copper's case, diatomic - two atoms) form elements operate largely within the quantum reality, and it is at this level they appear to be crucial to many life processes. Quantum biologists have uncovered structures within cells known as 'tubules.' These tubules are so tiny they exhibit quantum phenomena. Ormes are thought to inhabit these incredibly tiny structures and play a crucial role in cellular health and body communication.

Orme elements appear to be a component in the elusive process that allows 'consciousness' to exist - particularly gold which is believed to activate the mysterious pineal gland - an intuned eye (your eyes are the outer pineal glands) full of unusually charged and structured water laced with monatomic gold.

Other orme elements are associated with various systems of the body, such as copper with the immune system.

Orme elements are found in a variety of sources, including certain types of seawater, certain types of soils, and certain types of plants. It is increasingly looking like ormes may have a very high presence in so called 'superfoods' and may be a partial reason for their potency in boosting health.

There is a large and growing body of anecdotal evidence suggesting that ormes can have a variety of positive effects on health, including improved mental clarity, increased energy, better sleep, and improved overall well-being.

David Hudson, who is credited with re-introducing the ancient alchemic medicine known as 'mannah' in biblical times as 'monotomic elements' made his discovery in 1975 while analyzing and observing the behaviour of soil elements on his farmland.

Those who have an interest in suppressing such things, have labelled him as 'Material Man' due to his wealth - which he used to fund research into Ormes. They also mock his references to alchemy and the comparisons between alchemic practices and quantum effects.

Research into ormes has been limited (as they cannot be patented and monetised - Hudson owns the patents and allows anyone bar major corporations to use them freely - so materialistic!). Studies that have been done have suggested that ormes may have a positive effect on the immune system. A study from 2013 found that ormes had an immunomodulatory effect, meaning that it could regulate the immune system. In addition, a study from 2015 found that ormes had a protective effect on human cell cultures exposed to ultraviolet radiation.

As Dr. Joe Mercola, an integrative medicine practitioner, explains, "Ormes, also known as ORMUS, offer a unique form of energy that has been used in various forms of healing for centuries. It is believed to be able to improve physical, mental, and emotional well-being and is an essential part of the holistic healing process."

In conclusion, Ormes are thought to play a vital role in body energetic systems, particularly the so called 'subtle' (hard to detect with crude instruments) energy systems referred to as chi and qi in Asian medicine and once known as 'ether' by alchemic medicine. The concept of ether was dismissed by physics until the emergence of quantum physics revealed many more hidden dimensions and systems underpinning 'reality.'

Chapter 13: AI

As I explain in my book, 'Golden Age - How AI Changes Everything,' artificial intelligence is rapidly changing the tasks humans perform and

the way we all interact with the world. This is very good news for the lazy and/or smart person, as machines can now assist, enhance and even take over many tasks. This can either increase your productivity by orders of magnitude - or reduce the effort you must make to achieve those things you determine need doing.

Smart fitness apps and other health related technologies can massively improve our awareness of and actions on health related challenges. We can monitor and understand our bodies and its systems as never before, which ties in well with the hacks outlined in this ebook.

In addition, the new generations of AI are very advanced and can help with solving issues and challenges in life and with mental and emotional support we may need but not be able to access from humans for one reason or another.

Countless new tools are emerging and many of them will profoundly affect human lifestyle and health. Therefore it is important for the thinking person to understand and where possible utilise these new advanced technologies to improve their life and their full expression as a being.

CONCLUSION

In this book, we discussed a range of topics related to health and wellness and simple ways to address them effectively. We discovered that even the laziest person can use the advanced techniques and hacks described to make significant changes for the better in physical and mental health - which are not really separate but different sides of your total wellbeing.

These topics included essential metabolic hacks such as High Intensity Interval Training (HIIT), Intermittent Fasting (IF), how to avert some of the negative aspects of sugar and artificial sweeteners, using everyday activities to improve strength and cardiovascular fitness, the benefits of natural remedies and herbal tinctures, the problems with seed oils and

processed oils, the new understanding of fats and cholesterol, and simple hacks and techniques for managing stress and toxic relationships. We also discussed techniques such as grounding, the importance of eating whole, unprocessed foods, staying hydrated with high quality water, getting enough sleep, and maintaining a balanced diet with the right balance of carbohydrates, protein, and fibre.

Overall, these topics highlight the importance of adopting achievable healthy lifestyle habits and taking tiny, achievable but powerful steps towards improving your physical and mental well-being. By stealthily incorporating healthy habits like efficient physical activity, eating a healthier diet, and managing stress, you can hugely improve your overall health and well-being and vastly reduce your risk of chronic diseases with a fraction of the effort made by most.

By utilising the latest research, AI tools and clever hacks in health and wellness, you can easily extract the best creative solutions to help you take care of yourself and improve your quality of life the smart way.

If you even adopt half of one of the actions included above - I have succeeded in a small way in my mission to empower everyone - even the lazy like myself - to have a healthy and extended life.

If you enjoyed this ebook, please consider checking out 'Golden Age - How AI Changes Everything' - a book which brings you up to speed on the massive AI revolution and other books I am publishing regularly.

May you live long and prosper...

FA Chance

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