

# SMARTER NOT HARDER

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THE BIOHACKER'S GUIDE TO GETTING  
THE BODY AND MIND YOU WANT

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HARPER WAVE

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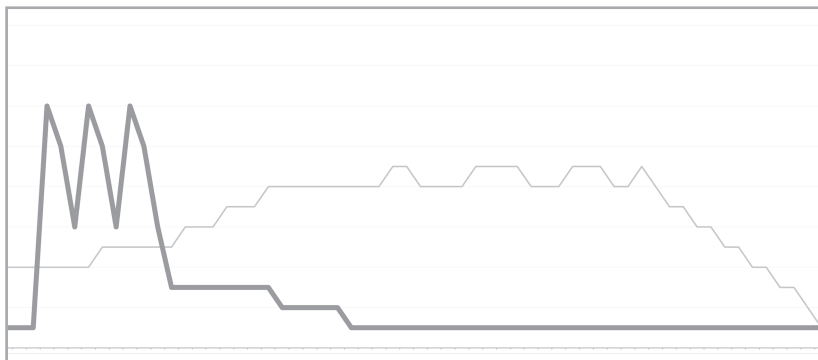
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Here's a graph of a typical cardio workout, which looks suspiciously like all the forms of cardio exercise you've ever seen (jogging, spin class, stair stepper, and so on). It shows how much energy you expend over time:



An hour of grinding is a lot of work, so of course your body hates it and your innate laziness will try to trick you into not doing it and eating a doughnut instead. Sometimes you'll use willpower (which takes more energy) and make yourself do it anyway. But it's a grind until you're done, when you might feel more energized—or you may just be tired.

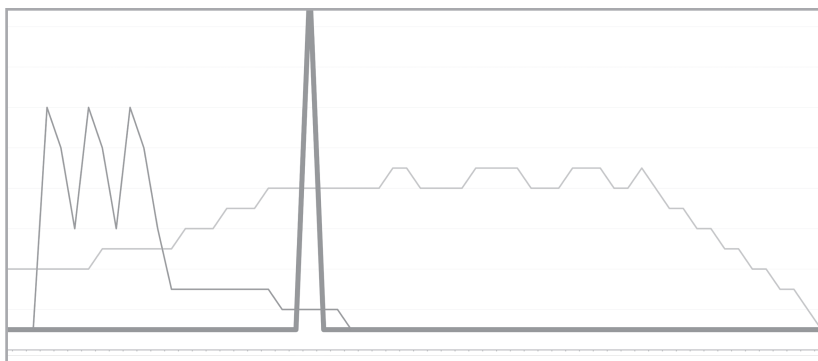
Now let's look at a smarter approach. Try something new that you'll learn about in this book, and your workout will look like this instead:



You've saved a lot of time, and you pushed yourself harder, but you did less work overall. From your body's MeatOS perspective, it will have to change itself to adapt because you sent a signal that it has to be prepared for more intense levels of performance. But from your perspective, it was easier because you didn't have to push your lazy body for as long. You got the same benefits as with the sixty-minute grind workout, but it sucked for only fifteen minutes.

Can you do even better? Sure, you can. As a biohacker, you have given yourself permission to double down on your laziness. After all, if you can free up some time or gain more energy, you might be able to do something meaningful.

So you harness your lazy drive and use it to figure out how to get the same (or better) results with even less suck. You harness all kinds of data and test different outcomes. Or maybe, being lazy, you just peek over a researcher's shoulder during the final exam and copy his answers. Either way, the end result looks like this:



## HIGH-OMEGA-6 FOODS

Processed vegetable and seed oils (corn oil, sunflower oil, soybean oil, cottonseed oil, canola oil)

Nuts (walnuts, pecans, Brazil nuts)

Seeds (flax, sunflower, sesame, pumpkin)

Poultry fat (chicken, turkey, duck)

Conventionally raised pork fat/lard

## SNEAKY SOURCES OF OMEGA-6 FATS

Dressings, sauces, and condiments

Processed and packaged snacks

### Omega-6 and Omega-3 Content in Processed Vegetable and Seed Oils

Ingredient	Omega-6 Content	Omega-3 Content
Safflower	75%	0%
Sunflower	65%	0%
Corn	54%	0%
Cottonseed	50%	0%
Sesame	42%	0%
Peanut	32%	0%
Soybean	51%	7%
Canola	20%	9%
Walnut	52%	10%
Flaxseed	14%	57%
Fish (wild)	0%	100%

USDA National Nutrient Database, USDA, [fdc.nal.usda.gov](https://fdc.nal.usda.gov)

#### **TL;DR FOR VITAMIN DAKE**

**Vitamin D3:** 5,000 IU per day, more if your skin is dark or you are heavy or until your vitamin D blood tests show a level of 70–90 ng/mL.

**Vitamin A:** 5,000–10,000 IU per day as preformed retinol (not beta-carotene) (same as 1,515 mcg RAE).

**Vitamin K:** 2,000 mcg containing 1,000 mcg of K1 and 1,000 mcg of K2 as MK-4 and possibly also MK-7 per day.

**Vitamin E:** 150 mg of delta- and gamma-tocotrienols with 150 mg of geranylgeraniol.

## **TL;DR FOR HERBS AND SPICES**

Aim for 1–2 grams most days of each herb and spice in dried, capsule, or tincture form.

**Turmeric:** 1–2 grams of turmeric extract containing 95 percent curcuminoids taken with bromelain and a fat source. Avoid supplements containing black pepper extract.

***Panax ginseng*:** 1 gram per day.

**Siberian ginseng:** 100–200 mg twice per day or as directed.

**Cinnamon:** 1–2 grams of Ceylon cinnamon per day.

**Saffron:** 30–100 mg of saffron extract per day.

**Holy basil:** 1 gram or more per day.

***Rhodiola rosea*:** 250–500 mg of rhodiola extract, standardized to 3 percent rosavin and 1 percent salidroside, per day.

**Sage:** 1–3 grams of dried sage or 1–2 grams of sage leaf extract per day.

**Rosemary:** 2 grams of dried rosemary per day.

***Bacopa monnieri*:** 750 mg per day along with a fat source.

**Ashwagandha:** 3–6 grams of powder per day, or one 300 mg capsule 2 to 3 times per day.

## **TL;DR FOR PROBIOTICS, PREBIOTICS, AND POSTBIOTICS**

**Probiotics:** Choose the histamine-degrading probiotics *Bifidobacterium infantis*, *Bifidobacterium longum*, *Lactobacillus plantarum*, and soil-based organisms. Follow the manufacturer's dosing instructions.

**Prebiotics:** Work up to 15–20 grams per day from vegetables or acacia fiber powder.

**Postbiotics:** To reduce inflammation, take 1 gram of sodium butyrate per day. For increased muscle output and slower aging, take 500–1,000 mg of urolithin A per day.

## **TL;DR FOR ENERGY SUPPLEMENTS**

**PCQ:** 10–20 mg of Active PQQ per day.

**CoQ10:** 30–150 mg per day.

**Oxaloacetate:** 100–200 mg per day.

**Acetyl-L-carnitine:** 1–3 grams per day.

## **TL;DR FOR AMINO ACIDS AND PEPTIDES**

**Amino acids:** 10 grams of essential amino acids during a workout or before bed.

**Peptides:** 10–20 grams of bioactive collagen peptides per day.

## **TL;DR FOR MINERALS**

**Calcium:** 1,000 mg per day from calcium fructoborate, calcium AEP, calcium AKG, and/or calcium-D-glucarate.

**Magnesium:** 500–1,000 mg in split doses, once in the morning and once in the evening. Aim for a mixture of magnesium forms that end in *-ate*.

**Potassium:** 5,000–6,000 mg per day from diet and supplements.

**Sodium:** Don't be afraid of sodium from sea salt.

**Copper:** 1–3 mg copper orotate per day.

**Zinc:** 15 mg zinc orotate per day.

**Iodine:** 150 mcg per day, more if you are deficient.

**Manganese:** 2 mg per day.

**Molybdenum:** 50 mcg or more per day.

**Selenium:** 50–200 mcg of selenomethionine every other day if your blood level is less than 100 ng/mL.

**Ultratrace minerals:** From Danger Coffee, as liquid, or capsules.



<b>HACKS AND THEIR RELATIVE IMPACT ON YOUR GOAL</b> (10 IS HIGH IMPACT, 1 IS LOW IMPACT)							
Hack	Strength	Energy Level and Metabolism	Brain Fucntion	Stress and Recovery	Cardiovascular Fitness	Sex	Longevity
Fat-soluble vitamins	2	7	9	5	5	7	8
Minerals	6	7	6	7	5	7	8
Brain training	2	5	10	6	3	5	7
Cold and heat therapy	2	4	6	7	5	7	8
Breathing/hypoxia	1	7	5	4	5	8	7
Light/sound therapy	1	5	7	7	2	8	5

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