

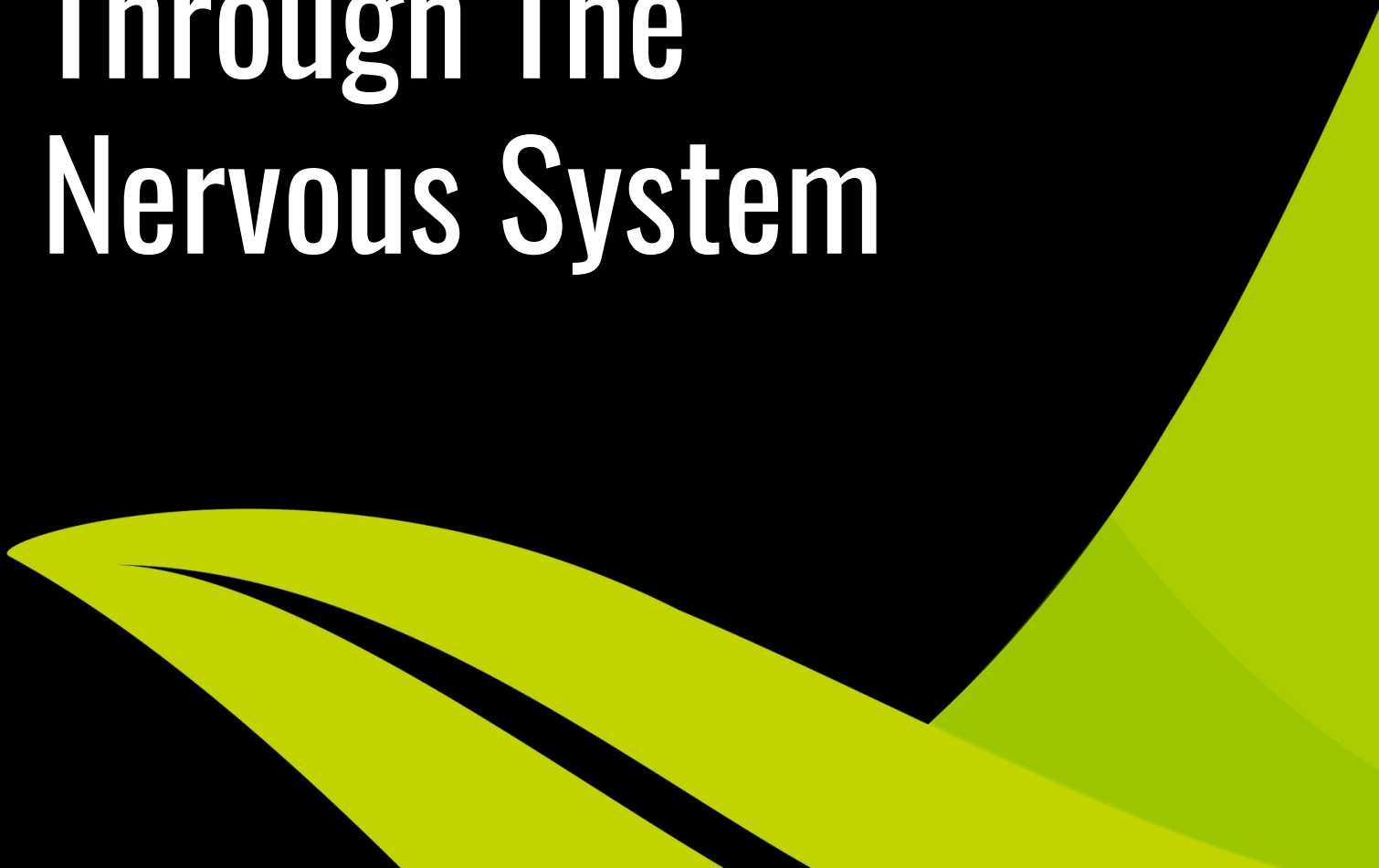
biOptimizersTM

Optimizing Digestion Since 2004



PODCAST

Avoiding Burn Out Through The Nervous System





GOAL IS HAVING MANAGING AND BALANCING YOUR NERVOUS SYSTEM TO OPTIMIZE YOUR BIOLOGY AND QUALITY OF LIFE.

	PARASYMPATHETIC: HEALING	SYMPATHETIC: FIGHT OR FLIGHT OR FREEZE
EXERCISE	<input type="checkbox"/> TAI CHI <input type="checkbox"/> YOGA	<input type="checkbox"/> WEIGHT LIFTING <input type="checkbox"/> SPORTS <input type="checkbox"/> RUNNING
BIOHACKING	<input type="checkbox"/> FLOATING <input type="checkbox"/> MEDITATION <input type="checkbox"/> EFT <input type="checkbox"/> SLEEP	<input type="checkbox"/> CRYO
MUSIC	<input type="checkbox"/> CLASSICAL <input type="checkbox"/> SOUNDTRACKS	<input type="checkbox"/> HEAVY METAL <input type="checkbox"/> GANGSTER RAP
NEURO TRANSMITTERS	<input type="checkbox"/> SEROTONIN <input type="checkbox"/> ENDORPHINS <input type="checkbox"/> OXYTOCIN <input type="checkbox"/> ANANDAMIDE	<input type="checkbox"/> ADRENALINE <input type="checkbox"/> NORADRENALINE <input type="checkbox"/> DOPAMINE
EMOTIONS	<input type="checkbox"/> GRATITUDE <input type="checkbox"/> HAPPINESS <input type="checkbox"/> JOY <input type="checkbox"/> PEACE <input type="checkbox"/> SERENITY	<input type="checkbox"/> FEAR <input type="checkbox"/> ANGER <input type="checkbox"/> DRIVE/WILLINGNESS <input type="checkbox"/> ANY EMOTIONAL REACTIVITY
LIFESTYLE	<input type="checkbox"/> HANGING WITH PETS <input type="checkbox"/> PLAYING WITH KIDS <input type="checkbox"/> MAKING LOVE <input type="checkbox"/> WALKING IN NATURE <input type="checkbox"/> RELAXING AT THE BEACH	<input type="checkbox"/> WORK <input type="checkbox"/> INTENSE SEX
SUPPLEMENTS DRINKS	<input type="checkbox"/> REISHI <input type="checkbox"/> L THEANINE <input type="checkbox"/> CBD/CBN/CBG <input type="checkbox"/> LAVENDER OIL <input type="checkbox"/> ASHWAGANDHA <input type="checkbox"/> MAGNESIUM	<input type="checkbox"/> COFFEE <input type="checkbox"/> STIMULANTS <input type="checkbox"/> THC <input type="checkbox"/> NICOTINE
BRAIN WAVES	<input type="checkbox"/> ALPHA <input type="checkbox"/> THETA <input type="checkbox"/> DELTA	<input type="checkbox"/> BETA <input type="checkbox"/> GAMMA

90 Day Nervous System Rebuilding Process:

Week 1: Start with 500 mg of [Magnesium Breakthrough](#) 3X a day.

Week 2-6: Increase to 1,000 mg of [Magnesium Breakthrough](#) 3X a day.

Week 7-12: Increase to 1,500 mg of [Magnesium Breakthrough](#) 3X a day.