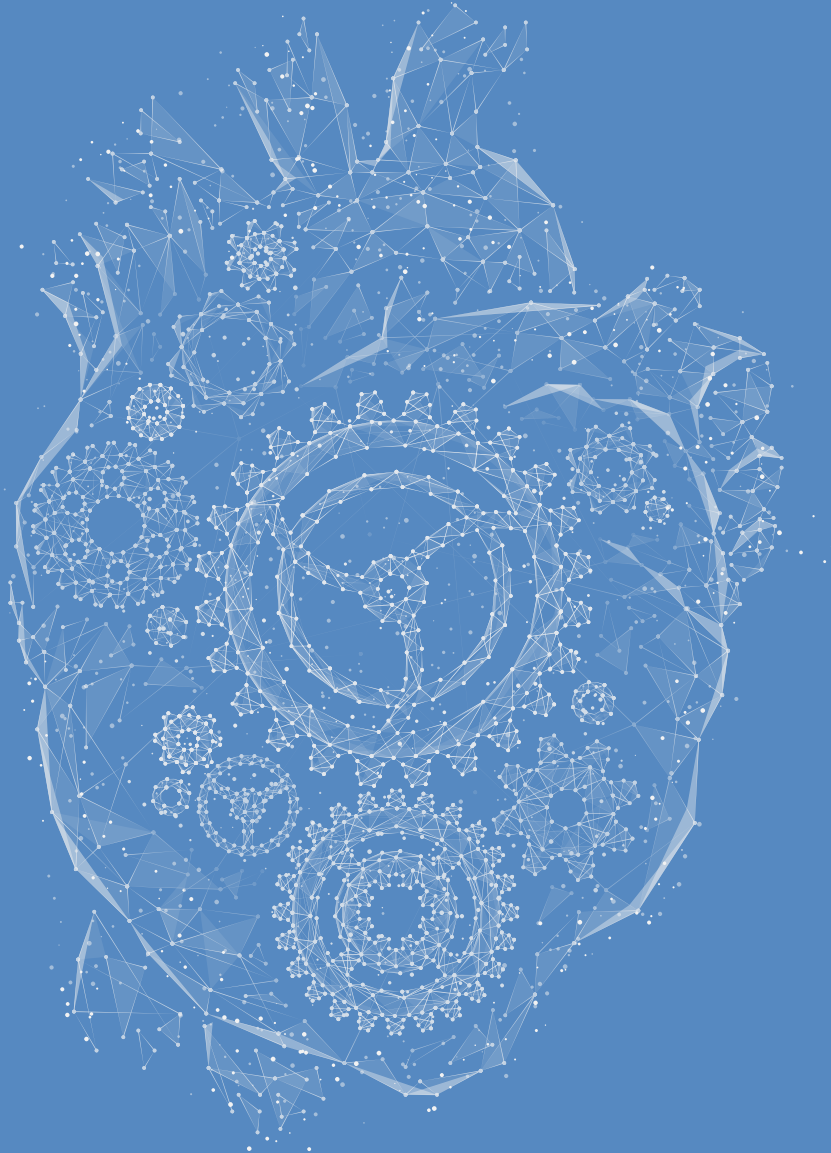


BIOHACKINGTRUTH.COM



BODY MIND, BIOHACKING GUIDE

WELCOME

I created this guide because it is my mission to share the truth about utilizing the principles of biohacking to unleash your potential, so you can master yourself and live a long and fulfilling life.

Hello, my name is **Jerry Kuykendall**, founder of Biohacking Truth. I am a Holistic Health Practitioner, Self Mastery Coach & Consultant.

We live in a world we aren't evolved to live in. Our mental/emotional, physical and spiritual health are being assaulted by our environment, and we must play offense in our life to offset these insults.

Through 25 years of trial and error with my own health, weight, and emotional resilience as well as working with my wonderful clients across the world, it became very apparent that there are critical areas in our life that we must keep balanced in order to look amazing, feel fulfilled, and be vital.

Our **5 fundamental BT principles** provide laser focus, honing in on what it is that is costing you the most mental and physical energy, while not contributing to your life's goals of feeling great, performing at peak efficiency, youthful athleticism, and emotional resilience for life's demands and pleasures.

Today, in this guide you have the opportunity to get your Healthy youth and vitality back for the rest of your long and fulfilling life.

Unleash the potential in you.



Jerry Kuykendall



HOW TO USE THIS GUIDE

Schedule some time: Over the next 30-45 days, set aside 1 hour of each day to commit to the process. Set a calendar appointment that repeats every day for the next 30-45 days.

Keep your mind open to new concepts and ideas: Many of these concepts may be new to you. Fight any resistance with faith that this will work, it is a proven system of results.,

Start at the start and go in order: Go through each informative section and corresponding exercises one at a time 1 per day for 5 days. Use links provided as a resource, but it is not necessary to continue.

Document your findings: Keep a folder or binder for your practice exercises and journal your results and any thoughts and emotions you are having about the process.

Attack your biggest area of opportunity: On day 6, record a journal entry that summarizes the previous 5 days. Use this information to pick one or two pillars that will most likely complete your circle of health and fulfillment over the next 3 weeks. Laser in and correct those areas.

Find your community: Join our private facebook group and engage, share and ask others who are just as committed as you.

Give credit where credit is due: Pat yourself on the back for taking big action towards self mastery and longevity. It takes courage, we are proud of you.

Don't wait: Strike while the iron is hot, set a date immediately and ignore any doubt or fear of change or failure. Change is necessary and failure is subjective.

Never forget: "Change happens when the pain of staying the same is greater than the pain of change" — Tony Robbins.

The Bridge from your current self to your future self starts here!

Pillar 1: Thinking

AWARENESS & ATTUNEMENT

True awareness and attunement to our Physical, Mental, Emotional and Spiritual bodies are the seeds of self mastery.

By being in touch with your purpose, the deep seeded motives that drive us, we can pursue our purpose and live in an optimized state. When we know our true purpose, we can know what is holding us back. Finding the strength to take inspired action becomes possible when we possess the clarity to dismantle our limiting beliefs.

In our new state of being, an adaptable, resilient and strong version of you is freed up to thrive in life, on your terms.

By being attuned to our body's physiological state, we can interpret the messages and signals being sent. Understanding the language of inflammation, chronic fatigue, & self sabotage are the first step to correcting the root cause, maximizing genetic expression for youth and vitality.

Relax. Take 5 deep breaths. You are ready to start the process of mastering your "self."

EXERCISE #1: GET TO KNOW YOURSELF AND WHAT DRIVES YOU.

As a self discovery exercise, answer the following questions, provide a response to each of these inquiries. There are no wrong answers, speak from the heart. Find awareness and attunement here, no judgment. This is all about self discovery.

Core Values: My top 3 priorities in life are:

Self Image: I see myself as:

Public Image: Other people see me as:

Self Awareness: I want other people to see me as:

Mindset: I like to say "can do", or "I doubt it" when trying new things?

Fun/Me Time: I spend approx.(#) of hours per week doing things I love:

Distraction/obligation: I spend approx. (#) of hours per week doing things I dislike:

Knowing this about yourself:

What is one area that would benefit me most to balance?

What are 3 actions I can take in the next 3 weeks that would improve this area?



Pillar 2: Functional Fuel

FUEL YOUR BODY, DON'T FEED IT.

If you are fueling your engine with processed non foods, or in a nutritional profile that doesn't suit you, you are using suboptimal building materials. This will cause a downstream compensatory effect that will compromise health down to the cellular level.

To keep your body optimized, stick to free pastured, 100% grass fed, organic sources. Whole foods, lots of colors in fresh plants, red, orange, yellow, green, blue, purple... eat the rainbow for maximum bioavailable micro nutrients and prebiotic fiber.

EXERCISE #2: BUILD A MENU, EAT LIKE A CAVEMAN

Follow a whole food diet for at least 45 days, lots of color (red, orange, yellow, green, blue, purple), quality-sourced.

Make the process easy by widening up your choices:

1. Make a list of all the organic pastured grass fed meats and wild fish you like to eat.
2. Make a list of organic vegetables and fruit you love to eat, seasonal is best.
3. Make a list of organic healthy fats you love to eat.
4. Keep starches low, stick to white rice or green bananas for your starches.
6. Your plate should be approximately 50% colored vegetables, 20% rice, 20% protein and 10% healthy fats.
7. Drink 2-5 liters of water daily depending on exertion
8. Pick a day every week to build your menu from your list.

Add and subtract food items from your list as needed. The goal is to make the options almost overwhelming. Eating healthy has so many delicious options for us, there's no need to feel deprived.

For excessive digestive issues, try low fodmap, fiber, HCL, probiotic and enzyme protocol. Check with your Doctor, Naturopath or Functional Medicine Practitioner prior to making any major changes to your diet, exercise or supplementation regimen.

Choose healthy fats/brain food: avocados, walnuts, almonds, macadamia nuts, coconut oil, MCT oil, grassfed butter, wild fish oil, extra virgin olive oil.



Pillar 3: Me Time

REST, RECOVERY, INTROSPECTION

We don't get enough sleep, or "me time" in our lives. This is causing a population of overly-stressed people who are stuck in a stress state.

Consequently, our energy reserves run low, we invest what little energy we do have on false beliefs and narratives, losing our grip on perspective and attunement with our inner and outer environments.

Taking the time to get present, to make sleep and introspection a priority, affords us the opportunity to weed out the thoughts, beliefs, associations, and narratives that do not serve us.

From a scientific perspective, practices such as gratitude, meditation, and gentle yoga/tai chi activate the parasympathetic nervous system, which is antagonistic to the stress systems of the body. This proactively creates a balanced state of physiology.

EXERCISE #3: GRATITUDE, MEDITATION AND SLEEP.

Gratitude practice: Upon waking, and just before bed, note in your journal 5 things you are grateful for.

Try a 3 minute meditation:



Spend 3-10 minutes daily in guided meditation.

Combine with gratitude practice to habit stack this mind body hack.

Pillar 4: Movement

THE MEDICINE OF MOVEMENT

Use the medicine of movement to master your physical self, overcome obesity and increase your confidence.

Fine tuning posture, stability, mobility and strength add vitality and ensure lasting fitness for life. Movement burns calories, drains lymphatic system, pumps spine, glands and organs, synergizes the musculoskeletal system, helps set the circadian rhythms, can be used to increase energy efficiency, reduce injury risk, and express genetics for athleticism and longevity.

EXERCISE #4: BUILD A SOLID CORE AND STABLE SPINE:

These exercises will get you in alignment and stabilize and strengthen the spine, so you can optimally pursue your active lifestyle, including more advanced training, poor posture has also been linked to negative mental and physical health.

For a stable posture, spine and functional mobility, optimize your core with these exercises daily for 30 days.

Play Offense!

How to complete the routine:

For each of these exercises, do 3-6 rounds daily as your strength improves.

Follow the instructions on the link provided to ensure proper execution. Descend the number of reps or time with each set, creating a reverse pyramid progression.



Pillar 5: Breath

THE MAGIC OF BREATHWORK

Use the magic of breathwork to unwind, de-stress, and tune the physical, mental, and emotional bodies.

Proper breathing is the tie that binds our mental/emotional and physical bodies. Poor breathing can add to stress to the body. Proper breathing ensures an alkaline state which combats inflammation and other factors of excess stress.

An added bonus to deep belly breathing is a calm and centered feeling, a balanced state of mind. This is due to stimulation of the vagus nerve, which tones down our fight or flight response in the body and mind.

To breathe diaphragmatically, fill the belly up first, and then the chest. Be attuned and aware to the cadence of the breath. Keep it rhythmic and balanced. The easier this is to accomplish, the more towards center you move.

EXERCISE #5:

1. Intentionally create a thought that creates a small amount of stress or anxiety, make it a small stressor, to not overwhelm your senses and Nervous System.
2. Use the box breathing technique to rebalance the mind and body (link below).
3. Do this practice as you wake or before bed for 5 minutes daily.
4. For peak efficiency stack this new habit with meditation or gratitude practices.
5. Be attuned and aware to your breathing during your day. Do particular thoughts or stimuli create a change to your breathing?

Breath is a critical weapon in your arsenal of Mastery!



TAKE ACTION

Because I know you're committed to getting results, I'm offering you a FREE \$50 Discovery call. It's a one-on-one with me, so I can give you a clear map and provide you the clarity you've been looking for.

Visit www.biohackingtruth.com to book your discovery call.

BOOK A CALL

You now know enough to be well on your way to thrive, and achieve a state of fulfillment and longevity in your life. We are confident that you can find plenty of activities to spend your new found vitality on!

Please share your stories with us, we would love to have you join in, inspiring others to take inspired action towards unleashing the potential in themselves . Just like you!

Much Love,

Jerry Kuykendall
Chek Professional, HHP, HLC.
Biohacking Truth
www.biohackingtruth.com



Bonus Worksheet

MY PERFECT DAY

Use this sheet after your one week initial run through. You can track your daily habits and results. You will soon find out what is becoming automatic, and what still requires extra attention and intention.

Note in your journal 10 things that you are grateful for.

Write 5 things in the morning, and 5 things in the evening.

Practice 3-10 mins of meditation through the day.

This is great to practice before or after journaling.

Practice box breathing to rebalance your mind and body throughout the day.

Write down **what you consumed** today.

Did these foods fuel your body, or just feed it?

Did you get **enough exercise** today?

[Watch our video](#) for a great daily routine.

Did you drink **plenty of water?**

2-5 liters is recommended, based on your physical exertion.

How was your...

Mood (1-10)
○○○○○○○○○○

Energy (1-10)
○○○○○○○○○○

Digestion (1-10)
○○○○○○○○○○

My 3 dominant thoughts and stories today were:

I was able to/not able to control the stories that accompanied those thoughts.

Explain: