

FROM

Nootropics



Bluetroxics



TROSCRIPTIONS TX



01

# Disclosure

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This information being provided to you is for educational and informational purposes only. It is not medical or psychological advice. Smarter Not Harder Inc. is not treating, preventing, healing, or diagnosing disease. This information is to be used at your own risk based on your own judgment. It is being provided to you to educate you about health, nootropics and as a self-help tool.

# What is Troscriptions?

Precision Dosed, Pharmaceutical Grade,  
Physician Formulated

Troscriptions (Tx) is a line of precision dosed, pharmaceutical grade, and physician formulated buccal troches (pronounced Troh-keys) pioneered by Dr. Ted Achacoso. Often referred to as the Cosmic MD, Dr. Ted has one of the highest IQs on the planet and has spent decades optimizing his own health and the health of his clients (presidents, congressmen, senators, athletes, movie stars, and more). In collaboration with an all-star team of physicians, practitioners, and professionals, Dr. Ted has designed the perfect Troscription (Tx) for you.

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# Health Optimization Medicine and Practice (HOME/HOPE)



Pioneered by Dr. Ted, HOME/HOPE is the real-time detection and correction of imbalances at the level of the basic cell using the sciences of Metabolomics, Epigenetics, Gut immune system (microbiota), Exposomics, Bioenergetics, Epigenetics, Evolutionary Biology, and Chronobiology. Cultivate your foundational health with HOME/HOPE, the first ever health management plan.

Founded by Dr. Theodore Achacoso, HOME/HOPE is a 501(c)3 charitable organization in the United States with practitioners throughout the United States, Europe, Asia, and Australia. All profits from the purchase of HOME/HOPE certification coursework go directly towards advanced HOME /HOPE coursework development.

Troscriptions is the for-profit arm of HOME/HOPE and a portion of Tx profits go to supporting it!

# Dr. Ted's Definitions of Health and Fitness

## What is Health and Fitness

Health is the optimal physical state characterized by the

**A**bsence of disease

The maintenance of

**B**alance between anabolism and catabolism

According to the Life

**C**ycle of the Organism

Fitness is an optimal physiologic state.

Fitness allows one to perform under stress (physical, emotional, mental) from a baseline state according to the life cycle of an organism.

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# Nootropics: The History

1964

Piracetam is synthesized by Corneliu E. Giurgea

Corneliu E. Giurgea stated nootropics should have the following characteristics.

- Enhance learning and memory
- Enhance the resistance of learned behaviors/memories to conditions which tend to disrupt them
- Protect the brain against physical or chemical injuries
- Increase the efficacy of tonic cortical/subcortical control mechanisms
- Possess very few side effects and have low toxicity

1972

Corneliu E. Giurgea created the term Nootropics

CURRENT

The widespread use of "Cosmetic Neurology"

Current "Cosmetic Neurology" Definition: (colloquial: smart drugs and cognitive enhancers) drugs, supplements, and other substances that may improve cognitive function, particularly executive functions, memory, creativity, or motivation, in healthy individuals.

The current definition is focused on **brain-fitness-for-task**. Any classification that stems from it should only include Performance Optimizing Nootropics (PONs) and not Health Optimizing Nootropics (HONs).

2020

AND BEYOND

Nootropics Redefined, Hello Bluetropics

See the rest of the Ebook for more details on PONs and HONs!

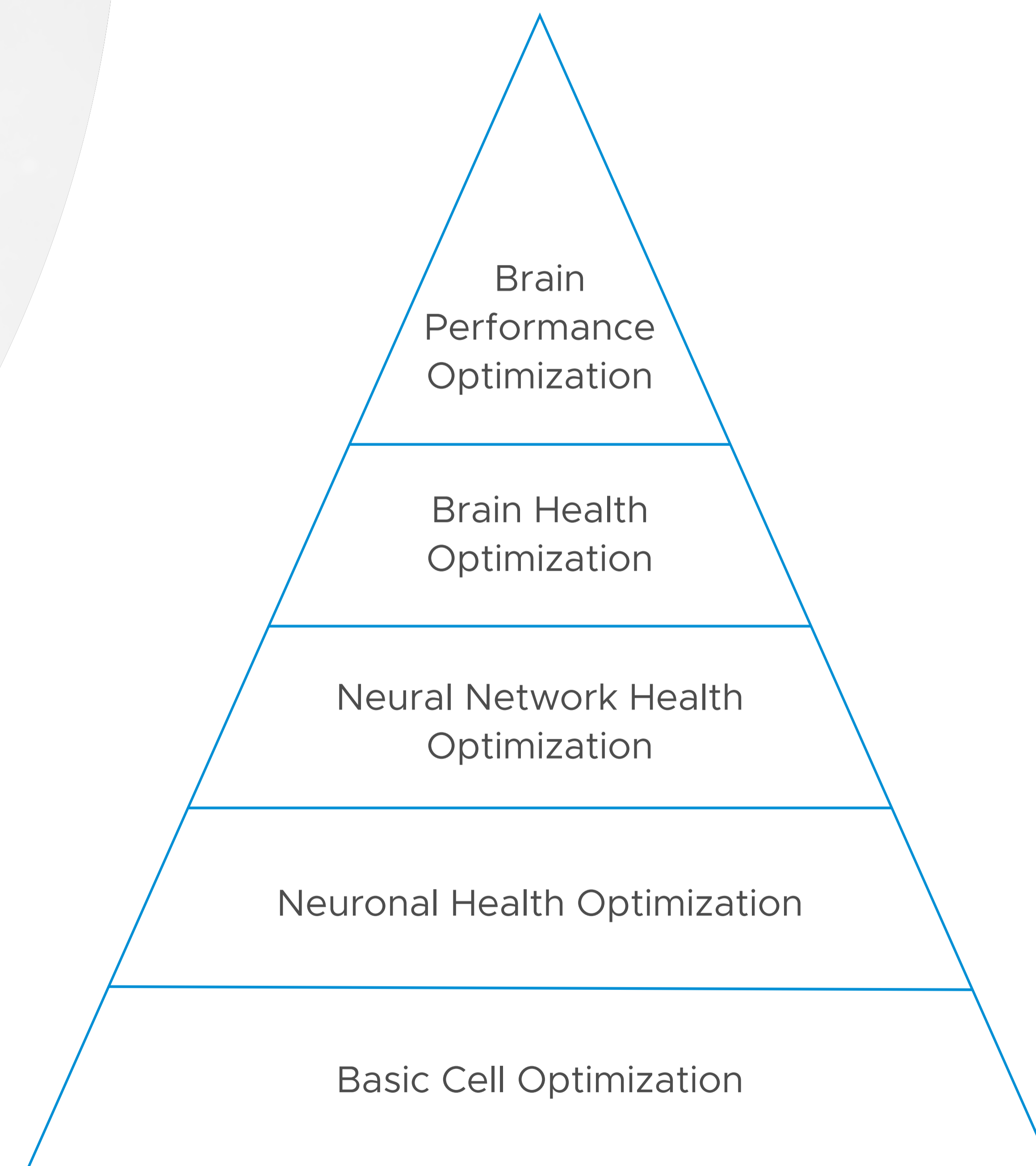
# Performance Requires Prior Health Optimization

## There Can Be No True Performance Optimization Without Health Optimization

- ✓ There can be no brain performance optimization without prior brain health optimization. Because the brain is made up of neural networks.
- ✓ There can be no neural network performance optimization without prior neural network health optimization. Because neural networks are made up of neurons.
- ✓ There can be no neuronal performance optimization without prior neuronal health optimization. Because neurons are really basic cells with specialized functions.
- ✓ There can be no basic cell performance optimization without prior basic health optimization.

### Why?

While providing a quick spike in performance, deliberately overclocking the performance of an unhealthy brain will inevitably lead to further deficits and possible damage in the long term.



# Redefining Nootropics for the 21st Century

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## Nootropics (noun):

Any agent, influence, or lifestyle which helps optimize the health of the brain **and/or** optimizes the ability to perform a task.



# Reclassifying nootropics

## Health Optimization Nootropics

- Contribute to overall health (as defined earlier).
- Optimizes the health of brain and neural networks, neurons, cells, and basic cell.

## Performance Optimization Nootropics

- Any agent which optimizes the fitness of the brain **to perform a task like memorizing, learning, focusing, or self motivating.**
- Agents are not necessarily healthy for the brain.

## Bluetropics

- Contribute to both the health **and** fitness of the brain.
- Note: Bluetropics are not necessarily blue but they are holistically amazing.

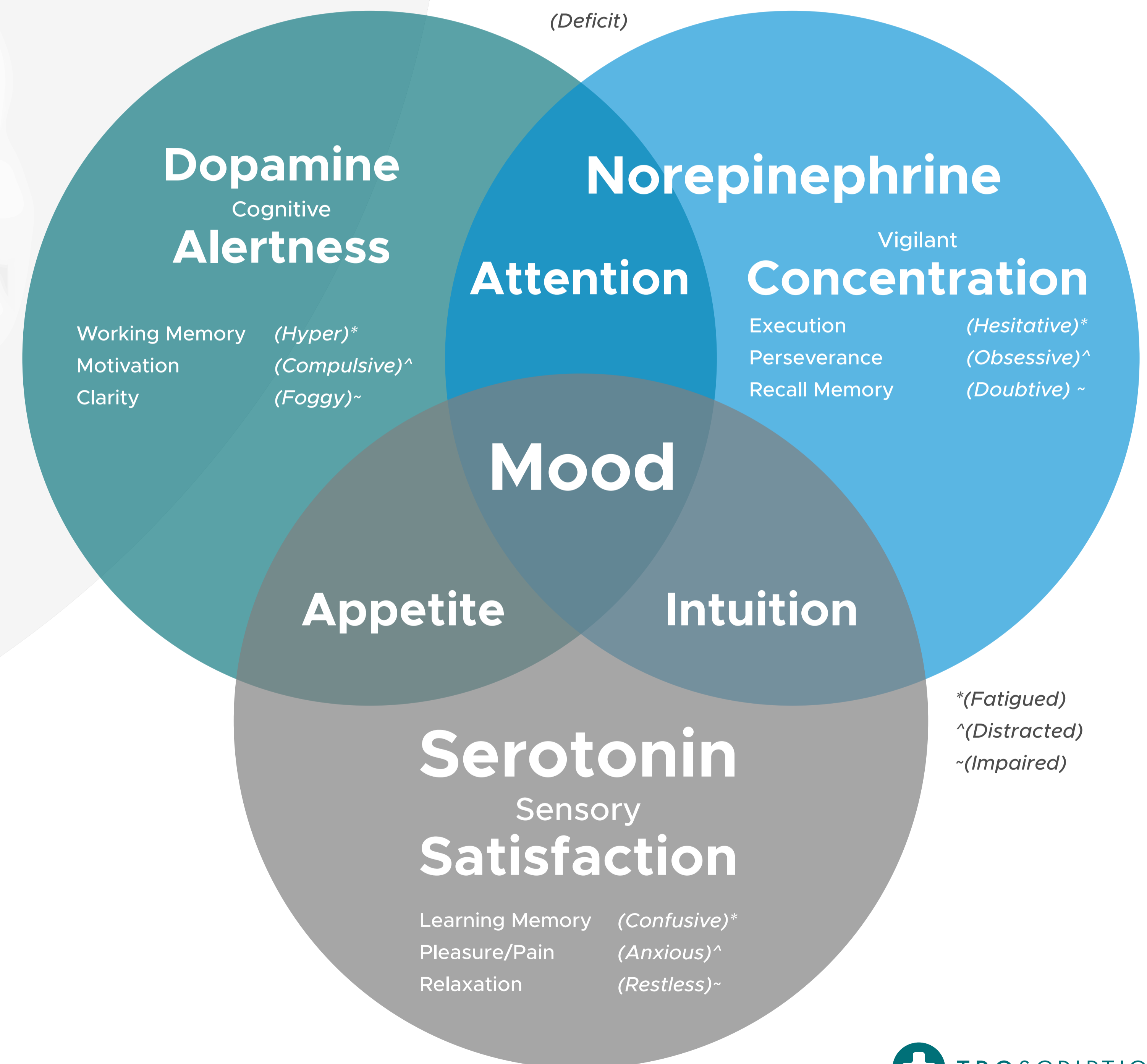
# Health Optimization Nootropics (HON) Contribute to Overall Brain Health

## Lifestyle HON

- Sun
- Sleep
- Exercise

## Nutrients HON

- Tyrosine
- Vitamin B6
- Vitamin C



# HON Profile: Sleep

## HON Deep Dive: Chronobiology

### The Importance of Circadian Rhythms

Chronobiology is the study of cyclic rhythms in living organisms.

These “clocks” influence a wide range of cellular processes.

One of the major rhythms is the sleep wake cycle.

Disrupting the sleep rhythm over time may lead to pathologic states (aka... you don't want to do it). And as Dr. Ted says, “Your day doesn't start when you wake up, it starts when you go to sleep.”

### 5 Smarter Not Harder Sleep Tips

- For 8 hours, give yourself a 10 hour sleep opportunity
- Avoid blue light and bright light in the evening
- Create a sleep routine
- Meditate - 20 minutes a day
- Reduce alcohol and caffeine consumption
- Bonus 6th: Don't eat 2 to 3 hours before going to sleep (not even your keto cookies)

**Note:** For more in depth information, see the [homehope.org](https://homehope.org) module on Chronobiology.

# HON Profile: Tyrosine

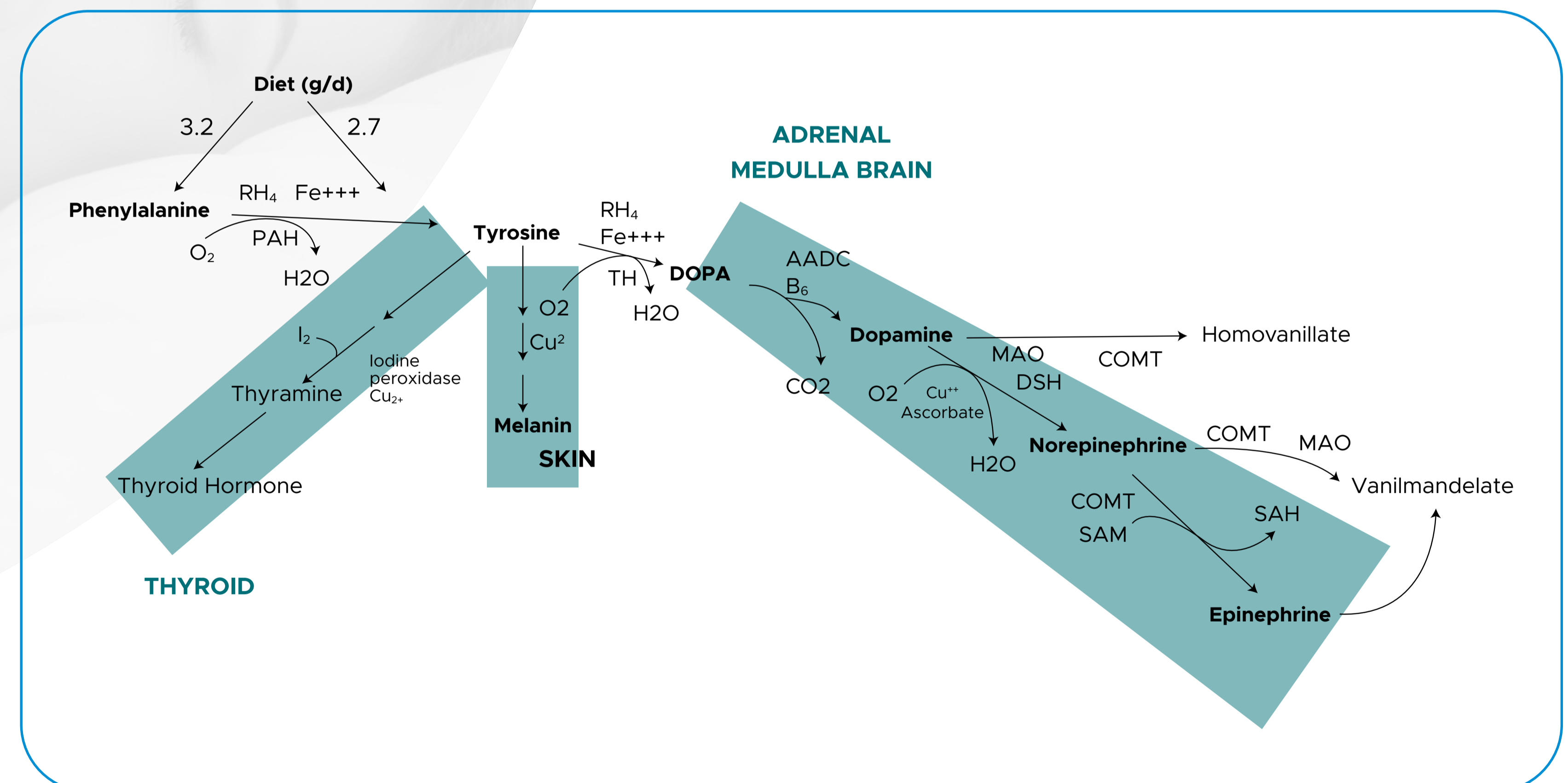
## HON Deep Dive: Tyrosine

Tyrosine is a non-essential amino acid derived from phenylalanine.

Tyrosine is metabolized into dopamine and catecholamine neurotransmitters including norepinephrine.

## Tyrosine

- ✓ Repletes brain catecholamine levels
- ✓ Enhances working memory
- ✓ May benefit healthy individuals exposed to demanding situational conditions.



# Boosting Brain Performance with Performance Optimization Nootropics (PON)

Any agent which optimizes the fitness of the brain

Agents tend to boost:

- Memory
- Learning
- Focus
- Self Motivation

## Modafinil's effects on simulator performance and mood in pilots during 37 h without sleep

**Abstract:** Introduction: Modafinil is a relatively new alertness-enhancing compound of interest to the military aviation community. Although modafinil has been well-tested in clinical settings, additional studies are required to establish its safety and efficacy for use in pilots.

**Objective:** The purpose of this study was to determine whether modafinil (100 mg after 17, 22, and 27 h without sleep) would attenuate the effects of fatigue on fighter-pilot mood and performance during 37 h of continuous wakefulness.

**Methods:** A quasi-experimental, single-blind, counterbalanced design tested the effects of modafinil in 10 Air Force F-117 pilots.

**Results:** Modafinil attenuated flight performance decrements on six of eight simulator maneuvers. Overall, modafinil maintained flight accuracy within approximately 15-30% of baseline levels, whereas performance under the no-treatment/placebo condition declined by as much as 60-100%. Modafinil decreased self-ratings of depression and anger, while improving ratings of vigor, alertness, and confidence. Benefits were most noticeable after 24 to 32 h of continuous wakefulness. One potential drawback of modafinil was that, at least at the 100-mg dose level, the drug's effects were not subjectively salient. Since this may lead personnel to escalate the dose without flight surgeon approval, personnel should be cautioned regarding this particular drug characteristic.

**Conclusion:** Although modafinil did not sustain performance at predeprivation levels, the present study suggests that modafinil should be considered for the military's armament of short-term fatigue countermeasures. Future research will evaluate whether 200-mg doses are more beneficial than the 100-mg doses used here.

## Performance Optimization Nootropic Deep Dive: Nicotine

Nicotine is PON that enhances focus, concentration, memory, learning, and may be neuroprotective. It works by stimulating the release of neurotransmitters including acetylcholine, dopamine, glutamate, epinephrine and serotonin.

Nicotine is currently being studied as a treatment for Alzheimer's disease, Parkinson's disease, and in depression.

Although it's potentially addictive, there is a much greater risk when smoked or vaped because of the rapid onset of action. In addition, the additives in smoking and vaping products are well known to enhance the potential for addiction. Slow release and low-dose formulas like that of Troscriptions' Blue Cannatine, have a much lower risk profile.

And side benefit? You get to Blue Yourself and show the world that Blue is the New Smart.

### Performance Benefits:

Verbal fluidity, alertness, memory

# Bluetropics = HON + PON

## Ultimate Nootropic Amazingness

Optimizes both the health and fitness of the brain

Name comes from Methylene Blue, the exemplar of its class, but Bluetropics are not all colored blue!

Very few single agent Bluetropics

Most Bluetropics are found in combinations of multiple compounds (stacks)

## Bluetropic Profile: Methylene Blue

- Increases ATP production (in at least 8 different ways)
- Increases levels of mood enhancing neurotransmitters
- Increases Brain Derived Neurotrophic Factor (BDNF)
- Improves memory
- Neuroprotective
- Antibacterial, Antifungal, and Antiviral properties
- Often contaminated with heavy metals. Only take pharmaceutical grade and purity tested methylene blue! (i.e. please don't win a Darwin Award by drinking fish tank cleaner!)

Example Single Compound Bluetropic: [Just Blue](#)

Example of Bluetropic Stack: [Blue Cannatine](#)

# The Ultimate Prescription for Health



The prescription for optimal health is very simple. Sleep well, eat well, hydrate well, breathe well, move well, sun well, ground well, relate well, and love well.

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## Dr. Ted Achacoso

European Double Board Certified in Nutritional Medicine and Anti-Aging Medicine, Health Optimization Medicine

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