

# THE LEAN AND MEAN TIMES

ADDING YEARS TO YOUR LIFE BY GROWING YOUNGER, HEALTHIER, AND MORE FIT BY THE DAY



An Exclusive, Members – Only “XR TO GO” Publication

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## Special Edition on BDNF and Longevity

First off, I am not a doctor and this article is not to be taken, interpreted, or construed as medical advice. Please consult with a licensed medical professional before taking any new supplements. These are just my personal thoughts, not a prescription, diagnosis, or any form of healthcare whatsoever. Now that the disclaimer is out of the way, I am excited to share some new research on the health of our brain and how we can possibly not only stay sharp into an older age, but also continually increase the capacity and performance of our brain. This process of growing new brain cells is called neurogenesis and was once thought to end in your early 20's. However, neurogenesis is happening right now and will for the rest of your life, and we have the ability to actually enhance this process.

Here is a little science for you, and I will try to make it short and sweet. Neurotrophins are chemicals that stimulate and control neurogenesis, and BDNF (brain derived neurotropic factor) is one of the most active. BDNF has been shown to play a role in neuroplasticity, which allows nerve cells in the brain to stimulate cognitive functions, like higher learning and memory in addition to compensation for injury. Since I have been taking specific BDNF stimulating products, I have noticed clarity in my thoughts as well as a higher level of retention and motivation. My memory is sharper, and I can absorb and retain material better than ever. The increased motivation has led to lifestyle changes allowing my performance in every facet of life to increase. I have the theory that when someone gets in a funk, it is not necessarily due to his or her lack of motivation and boredom, but rather their brain and its coordination with the body not firing quite right making everything blah. What if you could change the environment a bit upstairs and get everything wired a little differently? Maybe you could be excited about fitness and life in general a tad more. By stimulating BDNF, this improvement might be possible.

I know this suggestion isn't too sexy, but the number one way to stimulate BDNF is cardiovascular exercise...good, old-fashion aerobic exercise:  
<https://www.ncbi.nlm.nih.gov/pubmed/26967227>. Caloric restriction has also shown to enhance BDNF so maybe mix in some FASTING cardio to optimize your brain:  
<https://www.ncbi.nlm.nih.gov/pubmed/28713531>. In addition, we know certain ingredients like caffeine, turmeric, and DHA increase BDNF, but now there is a new kid on the block, whole coffee fruit extract. Some studies have even shown BDNF levels to actually double when taking coffee fruit in

comparison to a group taking a placebo: <https://www.ncbi.nlm.nih.gov/pubmed/23312069>. One of my favorite doctors and authors, Dr. Perlmutter, has written extensively on the brain. I highly recommend his books *Grain Brain* and *Brain Maker*. If you want to run down this rabbit whole a bit, Dr. Perlmutter is a good start.

Now when you combine all of these ingredients together, turmeric, DHA, and coffee fruit, the magic starts to happen. Not only is the brain enhanced, but also is every other cell in the body. Being strong antioxidants and anti-inflammatory agents, they create increased circulation of free radical scavenging nutrients, which helps our cells detoxify and optimize...one of the biggest steps in longevity and growing younger. There is even growing research on stem cell regeneration by the consumption of these ingredients. For me, I have noticed not only cognitive changes while supplementing with this stack, but also a leaner and younger looking and feeling physique with improved elasticity in my skin and joints. I ultimately look and feel younger.

Would you stack these variables together for a better life? Wouldn't you like to be excited to get out of bed in the morning and seize the day? Wouldn't everything else fall into place if your mind were right? Give this routine a try for 30 days and see how it works for you. Wake up, drink some quality water, and do some fasting cardio. Post exercise, further hydrate, and ride the fast out a little longer. Then eat breakfast an hour or so after exercise in the form of a big ass smoothie. I am not going to go into detail here. You can link to my "buyers guide" to see my "super shake" and "super coffee" recommendations: <https://xrlifestyles.com/blogs/news/lmt-issue-30>. Now add coffee fruit, liposomal(micelle) turmeric, and DHA to your concoction. I have found it difficult to fit everything in without a daily shake.

I believe through lifestyle changes, we can feel and look better moving forward, but we have to get our minds right. This mental deficiency is where I am seeing the biggest issues today. Proper lifestyle changes, like the ones discussed above, are a good start. I look forward to seeing the best versions of you this year and many years to come.

Full disclosure, I am selling these products at my two locations. Purathrive carries the best-sourced turmeric and DHA delivery system on the market. The coffee fruit comes from Ingredients from Nature and is also the best source I have found. The Purathrive will sell for \$50 and the coffee fruit for \$40, or you can purchase the set for \$80 at a cost of less than \$3 a day. These two products will be the first I have carried with confidence, and I will continue to expand and bring on products when I feel that they can be of value. I am truly excited by the opportunity to share this breakthrough stack with my clients. Let's go!

Want to learn more tips and tricks to optimize your health and fitness? Check out XR's virtual training at [www.xrlifestyles.com](http://www.xrlifestyles.com). Online training customized for your unique needs and goals.

