

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

By Eddie Henry, XR Lifestyles, 2019

2019 Buyer’s Guide

Here is a guide to my top product recommendations regarding health, fitness, nutrition, food, supplements, gear, and more. There are so many different things that may or may not work for you. The only way to find out is to experiment and measure the effects. The products listed here are tried and true and have worked for the majority of my crew and me. The industry is ever expanding and new and improved products are constantly emerging. I will update this buyer’s guide on my website with any improved changes in products. For the time being, hopefully this list simplifies the buying process for you. If only I had something like this 20 years ago...

Most of these products can be purchased on Amazon but sometimes you can find better deals going directly to the site/source. Amazon has also been hacked on a number of occasions where supplements purchased were found to be imposters from other countries. Buyer beware! Supplements are a very non-regulated industry. I have included links directly to the best deals I have found. If the links don’t work for whatever reason, search the company name before the website and search there.

These products are based on quality and effectiveness, not cost. I find that getting what you pay for really applies in the health and fitness industry, especially regarding nutritional supplements. As always, remember everyone is different and responds differently to things. When trying new products, be mindful, and ask yourself, if this is working for me? You should feel a difference.

The list flows from importance based on your requests. The items are also categorized in terms of relevance. For instance, sleep supplements will lead into sleep gear. Enjoy!

Best Meat and Specialty Items:

I still prefer fresh and wild meats like deer and snapper, but when we are low, these are the websites where we buy. I like to alternate meats every few days. For instance, fish on Monday and Thursday, beef on Tuesday and Friday, and poultry on Wednesday and Saturday. Keep your diet changing for nutrient diversity. Deals can be had on buying in bulk so an additional freezer is invaluable for good meat.

US Wellness Meats: <https://grasslandbeef.com/>

Vital Choice Seafood: <https://www.vitalchoice.com/>

Best Resources for Food: Good sources are popping up everywhere. These sites will help direct you.

Pasture raised meats and eggs: <http://www.eatwild.com>

Fresh Dairy: <http://www.realmilk.com>

Supports Clean Food: <http://www.slowfoodusa.org>

Find Farmer's Markets: <http://www.localharvest.org>

Best Bone Broth:

I prefer pairing the type of bone broth with the meat I am consuming for maximum nutrient assimilation. For example, if I am eating a steak, I will have a cup of beef bone broth alongside it. The same goes for chicken and fish. I like a cup of broth a day or the equivalent in collagen protein.

Kettle and Fire: https://www.amazon.com/Beef-Bone-Broth-Kettle-Fire/dp/B01B510T8A/ref=sr_1_2_a_it?tag=xrproducts-20&th=1

Best Snacks:

I always travel with an assortment of these snacks or have them on hand when busy. 'Fast food is failure.' All of the Epic Bites are good, but the ones listed below are amazing!

Epic Bites: https://www.amazon.com/dp/B00XJS72IS/ref=mp_s_a_1_4_a_it?tag=xrproducts-20

Sunfood Berry Adventure: https://www.amazon.com/Sunfood-Berry-Adventure-6oz-Organic/dp/B004XC4J62/ref=sr_1_1_a_it?tag=xrproducts-20

Best Bars:

These bars are the best I have found to date. Alongside the snacks above, these bars can complete my nutrition when good food sources are not available. Bulletproof is my 'go to' low carb bar and Raw Revolution is bit more carby but nutrient dense at the same time.

Bulletproof Bar: https://www.amazon.com/dp/B06XYK1P9X/ref=mp_s_a_1_3_a_it?tag=xrproducts-20&th=1

Raw Revolution: https://www.amazon.com/Raw-Organic-Vegan-Gluten-Free-Fruit/dp/B000EDK814/ref=sr_1_sc_2_s_it?s=grocery&ie=UTF8&qid=1519163709&sr=1-2-spell&keywords=spirullina%2Bbars&th=1

Kion Energy Bar:

Best Meal Replacements:

If you don't need to chew food, these meal replacements are a more nutritious alternative to food on the go. I like to alternate these three options. When on the road, I will have a different shake daily. I

also use these four shakes to create super convenient cleanses.

Ambronite: https://www.amazon.com/Meal-Replacement-Nutritional-Shake-Ambronite/dp/B07818MPT1/ref=sr_1_4_a_it?tag=xrproducts-20&th=1

Organify: https://www.amazon.com/dp/B075KWBPZ1/ref=mp_s_a_1_3_a_it?tag=xrproducts-20&th=1

Onnit: https://www.amazon.com/Onnit-Recovery-Protein-Supplement-Creatine/dp/B072R2GJZL/ref=sr_1_1_sspa?tag=xrproducts-20&th=1

Ample: <https://www.amplemeal.com/>

Thorne Research Mediclear:

https://www.amazon.com/dp/B000FGXO2U/ref=mp_s_a_1_1_a_it?tag=xrproducts-20

Best Whey Protein Powder:

I use this protein powders when making my own shakes. Making your own shake is the best way to fit in all of the nutrients that work for you.

Thorne Research: https://www.amazon.com/Thorne-Research-Chocolate-Easy-Digest/dp/B07978MBRM/ref=sr_1_4_a_it?tag=xrproducts-20&th=1

Best Vegan Protein powders:

I use these vegan protein powders when going plant based, which I do every few weeks. I also mix these with whey protein powder for a greater nutrient diversity.

Thorne Research: https://www.amazon.com/Thorne-Research-VegaLite-Friendly-Performance/dp/B0065D1IJS/ref=sr_1_4_s_it?tag=xrproducts-20

SunWarrior: https://www.amazon.com/dp/B0728KH7BX/ref=mp_s_a_1_3_a_it?tag=xrproducts-20&th=1

Modus Nutrition: https://www.amazon.com/dp/B0728GS9N2/ref=mp_s_a_1_1_a_it?tag=xrproducts-20

Best Insect Protein Powder:

Insect protein powder is a good nutrient dense option that is very sustainable. It may be weird, but worth a try. Believe it or not, insect protein works better than a lot of other protein options for many people. The whole insect is used in processing, which offers a greater nutrient diversity than most other protein powders.

Crik: https://www.amazon.com/Sweet-Vanilla-Crik-Cricket-Protein/dp/B01GANPLUO/ref=sr_1_1_a_it?tag=xrproducts-20

Best Collagen Protein:

I typically include 10 grams of assorted collagen into my daily shakes. I either pour bone broth into the shake or use these powders when warm broth isn't an option.

Bulletproof: https://www.amazon.com/Bulletproof-Vanilla-Collagen-Protein/dp/B0759X2RLL/ref=sr_1_31_a_it?tag=xrproducts-20&th=1

Ancient Nutrition: https://www.amazon.com/Dr-Axe-Multi-Collagen-Protein-Powder/dp/B01LXADO9Z/ref=sr_1_3_a_it?tag=xrproducts-20

Primal Kitchen: https://www.amazon.com/Primal-Kitchen-Collagen-Chocolate-Supports/dp/B072C3J1N1/ref=sr_1_2_s_it?tag=xrproducts-20&th=1

Great Lakes: https://www.amazon.com/dp/B005KG7EDU/ref=mp_s_a_1_3_a_it?tag=xrproducts-20&th=1

Best Colostrum:

When I need extra attention in terms of gut or tissue repair or immunity, I load up on colostrum!

Sovereign Laboratories: https://www.amazon.com/Colostrum-LD-Proprietary-Liposomal-Technology-Bioavailability/dp/B00IFH1NF6/ref=sr_1_4_a_it?tag=xrproducts-20&th=1

Best Glutathione:

Glutathione is a great supplement for detox if necessary. I often use this product when under times of stress like excessive alcohol consumption and flying.

Bulletproof Glutathione: https://www.amazon.com/Bulletproof-Glutathione-Force-Cellular-Capsules/dp/B0723368JJ/ref=sr_1_4_s_it?tag=xrproducts-20

KorFactor: https://www.amazon.com/dp/B0765C3R6R/ref=mp_s_a_1_1_a_it?tag=xrproducts-20

Best Multivitamin:

These multi vitamins are good broad-spectrum supplements to make sure you are covered. I often recommend a client new to supplementation a multi, probiotic, and fish oil as a start. I also travel with these in case my nutrition isn't as nutrient dense as normal.

Thorne Multi Elite: https://www.amazon.com/Thorne-Research-Multi-Vitamin-M-High-Performance/dp/B01M5JLXQG/ref=sr_1_1_s_it?tag=xrproducts-20&th=1

Pure Encapsulations One: https://www.amazon.com/Pure-Encapsulations-N-Multivitamin-Hypoallergenic/dp/B00CBYG1L0/ref=sr_1_1_s_it?tag=xrproducts-20

Life Extension: https://www.amazon.com/Life-Extension-Two-Tablets-Count/dp/B01AVK29ZC/ref=sr_1_9_s_it?tag=xrproducts-20

Best Kids Multivitamin:

Most kids vitamins are simply upgraded candy. They would probably be better off without them. This one passes all of the tests and is formulated by one of the top leaders in functional medicine, Dr. Mercola.

Dr. Mercola Premium Products: https://www.amazon.com/Dr-Mercola-Multivitamin-Kids-Multivitamins/dp/B00B5HOJF4/ref=sr_1_4_s_it?tag=xrproducts-20&th=1

Best Antioxidant:

Coffee fruit is the most impressive new kid on the block. This antioxidant is much more potent than most better known foods like blueberries and acai. Its stem cell regenerating properties look promising as well.

CoffeeBerry Fruit: https://www.amazon.com/dp/B076Z9S473/ref=mp_s_a_1_4_a_it?tag=xrproducts-20
Bulletproof Nueromaster: https://www.amazon.com/Bulletproof-Neuromaster-Supports-Memory-Capsules/dp/B06XYVGLVM/ref=sr_1_7_s_it?tag=xrproducts-20

Best Fulvic Acid:

Fulvic Acid is a mineral powerhouse and aids in digestion and helps the body absorb nutrients. Our soil should be rich in these minerals, but in the event that you are lacking proper produce or maybe work

inside all day, you may benefit from Fulvic Acid. I often mix a shot or two in my shakes when my diet has been lacking greens.

Onnit: https://www.amazon.com/Fulvic-Minerals-Concentrate-Liquid-Original/dp/B06XKH7PRR/ref=sr_1_4_s_it?tag=xrproducts-20&th=1

Best Shilagit:

Omica: https://www.amazon.com/High-Himalayan-Raw-Shilajit-Powder-3-7/dp/B0050DAZCK/ref=sr_1_3_s_it?tag=xrproducts-20

Best Amino Acids:

This product is one of the only supplements I use daily. It's a vegan source of essential amino acids that help me recover and curb my appetite. These are the building blocks that every part of your body needs to be optimal. Highly recommended!

Kion Aminos: https://www.amazon.com/Kion-Essential-Supplement-Recovery-Servings/dp/B078WFQ6ZW/ref=sr_1_4_a_it?tag=xrproducts-20

Best Pre-workout:

I still prefer an old school double espresso, but when that is not available, these are my "go to" pre-workout formulas. They give me good sustained energy and focus without a crash.

Beet Elite: https://www.amazon.com/HumanN-Beetelite-Athletic-Endurance-Supplement/dp/B00V73NRJU/ref=sr_1_1_ssapa?tag=xrproducts-20&th=1

Mercola Fermented Beets:

https://www.amazon.com/dp/B01LZ5WN3H/ref=mp_s_a_1_3_a_it?tag=xrproducts-20

Epic sex builder!

Mushroom Coffee: https://www.amazon.com/Four-Sigmatic-Mushroom-Organic-mushrooms/dp/B0756D1D39/ref=sr_1_1_ssapa?tag=xrproducts-20&th=1

Organifi Red Juice: https://www.amazon.com/Organic-Superfood-Powder-Supplement-Metabolism/dp/B074CR9L2X/ref=sr_1_4_a_it?tag=xrproducts-20

Best Creatine:

I tend to take 5 grams of creatine pre or post exercise. I find it harder to maintain muscle mass as I age, and creatine helps with this issue. Creatine is one of my few daily supplements.

Thorne Research: https://www.amazon.com/Thorne-Research-Production-Endurance-Certified/dp/B07978VPPH/ref=sr_1_4_s_it?tag=xrproducts-20

Best Greens Powder:

If you aren't consuming multiple servings of veggies daily, then you aren't as good as you could be. This powder is a great option for veggies and also contains marine algae. I prefer adding real plants individually to a "super shake," but if you don't want to take the time, I recommend

Organifi: https://www.amazon.com/Organic-Superfood-Powder-Organifi-Supplement/dp/B00MANEKWY/ref=sr_1_1_ssapa?tag=xrproducts-20&th=1

Organifi also has red and gold powders that offer different superfoods I mix in occasionally too.

Red: <https://www.amazon.com/Organic-Superfood-Powder-Supplement->

[Metabolism/dp/B074CR9L2X/ref=sr_1_4_a_it?tag=xrproducts-20](https://www.amazon.com/Supplement/dp/B074CR9L2X/ref=sr_1_4_a_it?tag=xrproducts-20)

Gold: https://www.amazon.com/Organic-Superfood-Powder-Organifi-Supplement/dp/B077GGZSNJ/ref=sr_1_6_a_it?tag=xrproducts-20

Best Vitamin D:

I use vitamin D when under the weather or lacking sunlight. Typically 1000 IU can increase D levels about 5 ng/ml.

Purathrive: : https://www.amazon.com/PuraTHRIVE-Absorption-Liposomal-Delivery-Provides/dp/B071158H9H/ref=sr_1_4_s_it?tag=xrproducts-20

Best Vitamin C:

I take 1000mg of this every few hours when feeling under the weather.

Purathrive: https://www.amazon.com/Liposomal-Supplement-PuraTHRIVE-Delivery-Absorption/dp/B077KRD3GR/ref=sr_1_4_s_it?tag=xrproducts-20

Solaray: <https://www.amazon.com/Solaray-Two-Stage-Release-Supplement-1000mg/dp/B0011FWIYY?tag=xrproducts-20&th=1>

Vitamin B Complex:

I have some genetic defects that require me to supplement the methylated form of vitamin B. I typically only use when consuming alcohol which can deplete B vitamins. The genetic tests listed on page 11 can help you identify your genetic sequence to help coordinate your supplement options.

Purathrive: https://www.amazon.com/Vitamin-Complex-Purathrive-electrolytes-performance/dp/B07CZ5JBBB/ref=mp_s_a_1_2?tag=xrproducts-20

Vitamin B12:

I prefer this product over B12 injections when I feel depleted from life's stressors is general.

Purathrive: https://www.amazon.com/PuraTHRIVE-Liposomal-Methylcobalamin-Absorption-Potency/dp/B01M2C7T7R/ref=sr_1_4_s_it?tag=xrproducts-20

Best NAD:

NAD is a coenzyme necessary to produce ATP. This coenzyme is present in every cell in our bodies and helps produce cellular energy. We tend to lose NAD as we age. I like to supplement with NAD when my routine is off, typically when I drink or travel.

Life Extension: <https://www.amazon.com/Life-Extension-Regenerator-Vegetarian-Capsules/dp/B072R2LVLV?tag=xrproducts-20>

Best Electrolytes:

Though I tend to prefer a pinch of sea salt to mineralize the body, sometimes when you are sweating profusely, more electrolytes are necessary. I pop nuun tablets often while playing beach volleyball in the summer.

Nuun Hydrations: <https://www.amazon.com/Nuun-Hydration-Electrolyte-Essential-Electrolytes/dp/B019GU4ILQ?tag=xrproducts-20&th=1>

Best Immunity Booster:

I keep these items in my medicine cabinet for the occasional cold or infection. I find them to be as effective as most prescriptions for many ailments.

Zinc Lozenges: https://www.amazon.com/Life-Extension-Enhanced-Lozenges-Vegetarian/dp/B00PYX2SVM/ref=sr_1_2_s_it?tag=xrproducts-20

Oregano Oil: <https://greenfieldfitnesssystems.com/product/wild-mediterranean-oil-of-oregano/>

Chaga: https://www.amazon.com/Four-Sigmatic-Mushroom-Blend-dual-extracts/dp/B01D52PM0M/ref=sr_1_1_sspa?tag=xrproducts-20&th=1

Vitamin C: above...

Probiotics: below

Colostrom: above

Aged Garlic: https://www.amazon.com/Kyolic-Formula-Garlic-Extract-100-Capsules/dp/B00014EBO6/ref=sr_1_20_s_it?tag=xrproducts-20&th=1

Allicin: https://www.amazon.com/ALLIMAX-Capsules-180mg-30/dp/B000ACAVZ2/ref=sr_1_1_s_it?tag=xrproducts-20

Best Zinc(for testosterone): I like zinc acetate for immunity –listed above...

An oyster has about 7mg of zinc per. Oysters are a staple in my nutrition for this reason. But when I am unable to consume, I take roughly 30mg of zinc picolinate.

Thorne Research: https://www.amazon.com/dp/B0797NSHQX/ref=mp_s_a_1_3_a_it?tag=xrproducts-20&th=1

Best Testosterone Booster:

Mahlers's: <https://www.amazon.com/Mahlers-Aggressive-Strength-Testosterone-capsules/dp/B01E38HMHI?tag=xrproducts-20>

Best Rapid Detox:

I like to keep this charcoal around for food poisoning, environmental pollutants, etc. Pop a couple if in the presence of chemicals or if feeling funky after a certain food, and the charcoal can bind and absorb the toxin.

Bulletproof Charcoal: https://www.amazon.com/Bulletproof-Charcoal-Supports-Digestion-Capsules/dp/B06XYLNB4S/ref=sr_1_4_s_it?tag=xrproducts-20

Best Liver Supplement:

I am my best when I eat eggs, sardines, and liver daily. I'm not a big fan of the taste of liver, so here you go. This supplement often acts as my daily multi vitamin.

Vital Proteins: https://www.amazon.com/Vital-Proteins-Pasture-Raised-Grass-Fed-Capsules/dp/B00V7COK0G/ref=sr_1_4_s_it?tag=xrproducts-20

Best Probiotics:

It is hard for me to optimize my probiotic diversity through whole foods alone so I often alternate with these two probiotics. I use a higher dose when under the weather. These also help create an epic poop....an obsession of mine.

Purathrive: https://www.amazon.com/dp/B07F9XF122/ref=mp_s_a_1_3_a_it?tag=xrproducts-20
Biooptimizers P3-OM: <https://biooptimizers.com/shop/p3-om-probiotics/>
Caprobiotics: https://www.amazon.com/Capra-Caprobiotics-Probiotics-Supplement-Beneficial/dp/B000YQ890S/ref=sr_1_1_s_it?tag=xrproducts-20&th=1

Best Digestive Enzymes:

These digestive enzymes and the water filter on this list have been the biggest game changers for me in the last few years. Remember...you are not what you eat, you are what you digest. This product allows me to better absorb the food I am consuming, which allows me to eat less and feel better. Most studies show that by your 40's 30-50% of your digestive enzymes are gone. You might need to help that. Another epic poop builder!

Thorne Research: https://www.amazon.com/Thorne-Research-Bio-Gest-Digestive-Digestion/dp/B000VYQJ8W/ref=sr_1_3_a_it?tag=xrproducts-20
Biooptimizers Masszymes: <https://biooptimizers.com/product-category/supplements/>

Best Allergy Supplement:

This plant helps me as much as most OTC allergy meds. Try it next time you get some allergies. Quercetin: https://www.amazon.com/Thorne-Research-Quercetin-Antioxidant-Supplement/dp/B00KRZZBCK/ref=sr_1_1_s_it?tag=xrproducts-20&th=1

Best Blood Sugar Control:

This plant has shown to be very effective for controlling blood sugar. I take a few of these when splurging on high glycemic foods, specifically fruits.

Berberine: https://www.amazon.com/Thorne-Research-Berberine-500-Botanical-Metabolism/dp/B0797C4TWP/ref=sr_1_11_s_it?tag=xrproducts-20&th=1

Best Joint Support:

Unfortunately, we are all deteriorating...that is called aging. Certain ingredients can slow the degenerative process. This Nature Flex formula has all of them, and I can tell a big difference when I take it. This is another supplement I try to take daily. I also like Purathrive Curcumin Gold. I add this in my shakes when injured or overly inflamed.

Kion Flex: https://www.amazon.com/Kion-Supports-Flexibility-Glucosamine-Chondroitin/dp/B07BK7G2PD/ref=sr_1_1_s_it?s=hpc&ie=UTF8&qid=1528920655&sr=1-1&keywords=kion+flex

Purathrive Curcumin Gold: https://www.amazon.com/Curcumin-Liposomal-Supplement-PuraTHRIVE-Absorption/dp/B074PCCBS8/ref=sr_1_1_sspa?tag=xrproducts-20

Best Calcium:

In the event that you aren't eating a lot of fish with bones like sardines, you may need a calcium supplement. Bone meal is the richest form of calcium available to us.

Kal Bone Meal Powder:

https://www.amazon.com/dp/B000HNNHQPC/ref=mp_s_a_1_3_a_it?tag=xrproducts-20

Best Aloe Vera Juice:

This juice is one of my universal liquids that I use often. Although it is known as a laxative, I use it for its potential stem cell regenerative properties. Topically it's great for just about everything too. I often put it in my shakes as well as in my hands to slather all over my body. Another epic poop builder!

Natures Truth: https://www.amazon.com/dp/B06X9DVC6Q/ref=mp_s_a_1_1_a_it?tag=xrproducts-20

Best Turmeric Supplement:

The delivery system is key to turmeric and Purathrive uses a micelle formula that is magic. You are not what you eat, you are what you digest. I prefer a tablespoon of the real thing in my daily shake.

Purathrive: https://www.amazon.com/Curcumin-Liposomal-Supplement-PuraTHRIVE-Absorption/dp/B074PCCBS8/ref=sr_1_1_sspa?tag=xrproducts-20

Best Ground Turmeric:

I use the equivalent of 1 tablespoon daily in shakes or on food. Make sure to consume with pepper to maximize bioavailability.

Health Works: https://www.amazon.com/Healthworks-Turmeric-Powder-Curcumin-Organic/dp/B01ETLOY6U/ref=sr_1_8_s_it?tag=xrproducts-20

Best Garlic:

I use garlic often in cooking. This is more for when feeling under the weather. I will take a high dosage of each of the following supplements to attack an illness.

Allimax: https://www.amazon.com/ALLIMAX-Capsules-180mg-30/dp/B000ACAVZ2/ref=sr_1_1_s_it?tag=xrproducts-20

Kyolic: https://www.amazon.com/Kyolic-Formula-Garlic-Extract-100-Capsules/dp/B00014EBO6/ref=sr_1_20_s_it?tag=xrproducts-20

Best Cinnamon:

Controlling blood sugar is beneficial for overall health. Consuming Ceylon cinnamon and Apple Cider Vinegar are two great ways to do this. I flavor most of my foods with these.

NatureVibe: https://www.amazon.com/dp/B071HSW2MY/ref=mp_s_a_1_3_a_it?tag=xrproducts-20&th=1

Best Coconut oil:

This coconut oil rules! I typically cook with this, avocado oil, or ghee. I also use this for oil pulling.

Nutiva: <https://store.nutiva.com/coconut-oil/>

Best Coconut Manna:

This is my 'go to' dessert alongside cacao nibs. I also cook with and blend into my coffee. Great source of fuel.

Garden Of Life: <https://www.amazon.com/Garden-Life-Organic-Virgin-Coconut/dp/B06X1FX7DM?tag=xrproducts-20&th=1>

Best MCT Oil:

If money allows, I prefer to use MCT oil over coconut oil for everything, from supplemental to cooking.

Onnit's emulsified MCT oil is my favorite addition to coffee and tea. No blending required. It stirs right in.

Onnit Emulsified MCT Oil: https://www.amazon.com/Onnit-Emulsified-MCT-Oil-Instantly/dp/B01KGIHF26/ref=sr_1_5_s_it?tag=xrproducts-20&th=1

Bulletproof Brain Octane: https://www.amazon.com/Bulletproof-Octane-Reliable-Source-Energy/dp/B00P8E0QQG/ref=sr_1_1_sspa?tag=xrproducts-20&th=1

Nutiva MCT Oil: https://www.amazon.com/Nutiva-Caprylic-Certified-Coconuts-32-Fluid/dp/B06Y4GY1VD/ref=sr_1_1_sspa?tag=xrproducts-20&th=1

Best Ghee:

This stuff has unbelievable flavor and is definitely my favorite cooking oil.

Bulletproof: https://www.amazon.com/dp/B01KGLH0OG/ref=mp_s_a_1_3_a_it?tag=xrproducts-20

Best Avocado Oil, Avocado Dressing, and Avocado Mayo:

I use avocado oil both as a food and topical oil for skin and hair health. I have a bottle of this oil in my kitchen and bathroom. It is my favorite all around oil. Primal Kitchen is ever expanding and just opened their first restaurant. I think it will be the best restaurant option when more open.

Primal Kitchen: <https://www.primalkitchen.com/shop/>

Best Olive Oil:

Most olive oils in this country are adulterated products filled with rancid vegetable oils. Quality matters! Fresh Pressed Olive Oils are quality sourced and fresh. You can taste the difference. I actually prefer to support the community if you have a local source. If so, try to buy the option with the highest polyphenol count.

Fresh Pressed: <https://www.freshpressedoliveoil.com/>

Best Fish Oil:

I like to have 5-10 grams of fish oil daily. I try to eat sardines and fresh seafood daily, but when this isn't an option, I alternate these supplements. Epic poop builder!

Krill Oil: https://www.amazon.com/Jarrow-Formulas-Supports-Cardiovascular-Softgels/dp/B0013OULGA/ref=sr_1_1_a_it?tag=xrproducts-20&th=1

Salmon Oil: https://www.amazon.com/dp/B000OV5M7G/ref=mp_s_a_1_3_a_it?tag=xrproducts-20

Best Coffee:

Don't start your day with old, moldy coffee. Make this beverage as quality as possible to maximize your energy. I have found four options to be great, and I alternate these four brands. I also work in a few weeks of Bulletproof decaf every few months to give my adrenals a much needed break from caffeine. I highly recommend this detox! These coffees, except for the decaf, are epic poop builders!

Kion Coffee:

Bulletproof Coffee: https://www.amazon.com/Bulletproof-Original-Coffee-Upgraded-Upgrades/dp/B00R7FG5BO/ref=sr_1_4_s_it?tag=xrproducts-20&th=1

Kimera Koffee: https://www.amazon.com/Kimera-Koffee-Nootropic-Infused-Altitude/dp/B0120S5RZC/ref=sr_1_4_a_it?tag=xrproducts-20

Mushroom Coffee: https://www.amazon.com/Four-Sigmatic-mushrooms-Productivity-Packaging/dp/B00ZWA7LQ4/ref=mp_s_a_1_1?tag=xrproducts-20&th=1 *I always travel with these packets because hotel coffee sucks!

Best Travel Coffee Mug:

You can shake the hell out of this thing and drop it repeatedly without a spill. It will keep your coffee hot for hours too. Magic!

Bulletproof: <https://www.bulletproof.com/review/product/list/id/447/?limit=20>

Best Wine:

Wine is the yin to the yang of coffee. End your day with a quality wine so you don't compromise your sleep. When I drink, which isn't often, I try to only drink organic and dry farm wines from the companies listed. I also occasionally drink Natura, which you can find locally.

Fitvine Wine: <https://www.fitvinewine.com/>

Dry Farm Wines: <https://www.dryfarmwines.com/>

Scout and Cellar: www.scoutandcellar.com/shelli

Best Topical Magnesium:

Most people are magnesium deficient and don't even know it, which compromises their health. I like to rub this lotion on sore muscles before bed to supplement my magnesium levels. Epic sleep builder!

Ancient Minerals: https://www.amazon.com/Ancient-Minerals-Magnesium-Lotion-oz/dp/B06XXP8YRL/ref=sr_1_3_a_it?tag=xrproducts-20

Ease: https://www.amazon.com/Activation-Products-Magnesium-Deficiency-Restless/dp/B01C45GGZG/ref=pd_sim_121_2?tag=xrproducts-20&th=1

Best Magnesium:

I like to rotate my magnesiums. Citrate tends to act most like a laxative for me. Glycinate helps me most with sleep. Threonate has the ability to cross the blood brain barrier which is fascinating to me.

Threonate is more expensive, but I do feel best on this type of magnesium. Epic sleep builder! It also sets the stage for an epic poop the next morning!

Magnesium Citrate: https://www.amazon.com/Thorne-Research-Magnesium-Production-Metabolism/dp/B0012ZNGJO/ref=sr_1_1_s_it?tag=xrproducts-20&th=1

Magnesium Threonate: https://www.amazon.com/Life-Extension-L-threonate-Supplements-Vegetarian/dp/B006P536E6/ref=sr_1_4_s_it?tag=xrproducts-20

Magnesium Glycinate:

https://www.amazon.com/dp/B0058HWV9S/ref=mp_s_a_1_3_a_it?tag=xrproducts-20&th=1

Time Released Magnesium:

https://www.amazon.com/dp/B0002T209E/ref=mp_s_a_1_3_a_it?tag=xrproducts-20&th=1

Best Bath Salts:

Immersing yourself in a warm bath of magnesium flakes is by far my preferred way to relax my muscles. Just make sure you aren't dumping a bunch of chemicals into your bath you are lying in.

Ancient Minerals: https://www.amazon.com/Ancient-Minerals-Magnesium-Bath-Flakes/dp/B00BBD508C/ref=sr_1_4_s_it?tag=xrproducts-20&th=1

Best Sleep Remedy:

Prescription sleep aids probably aren't doing you any favors. Most of my friends have found success with these alternatives. I personally will sip on Reishi tea alongside some Sleep Mode.

Doc Parsons Sleep Remedy: <http://www.docparsley.com/>

Bulletproof Sleep Mode: https://www.amazon.com/Bulletproof-Softgels-Asleep-Faster-Nights/dp/B06XT2PQYT/ref=sr_1_2_sspa?tag=xrproducts-20

Reishi Mushroom: https://www.amazon.com/Four-Sigmatic-Mushroom-Organic-Packaging/dp/B00MMHV878/ref=sr_1_1_sspa?tag=xrproducts-20

Best Melatonin:

I use 5mg-10mg for travelling over time zones as well as when under the weather. I do not recommend this for a nightly sleep remedy. This is more of a strategy for maximum recovery. It will knock you on your ass!

Source Naturals: https://www.amazon.com/Source-Naturals-Melatonin-Support-Orange/dp/B000GFSV14/ref=sr_1_3_a_it?tag=xrproducts-20&th=1

Natrol time release formula: https://www.amazon.com/Natrol-Melatonin-Time-Release-Tablets/dp/B001HCM7AQ/ref=sr_1_5_a_it?ie=UTF8&qid=1529523691&sr=8-5&keywords=natrol+time+release+melatonin+5mg

Best CBD:

I typically use this when on the road and sleep in difficult, but it is also great for relaxation. This is currently the only quality brand I know of that you can pick up on amazon. Don't let the name fool you.

Thorne Research Hemp Oil:

https://www.amazon.com/dp/B07C9GRCRF/ref=mp_s_a_1_1_a_it?tag=xrproducts-20

Best Sleep Mask:

When total darkness isn't an option, strap this puppy on. Very comfy!

Sleep master: https://www.amazon.com/Sleep-Master-smblu01-Mask/dp/B0015NZ6FK/ref=sr_1_2_a_it?tag=xrproducts-20

Best White Noise:

I can put these sleep phones on along with the sleep mask listed above in the middle of a busy airport and totally zonk out.

Sleep phones: https://www.amazon.com/AcousticSheep-SleepPhones-Classic-Headphones-Medium/dp/B0046H8ZHS/ref=sr_1_4?tag=xrproducts-20

Best Sleep Gear:

Sleeping at the coldest temperatures tolerable has been shown to drastically increase sleep quality. In the event that your partner doesn't agree or if your power bill is too high, get a Chilipad. It allows you to set the temperature of a pad that lies on your mattress.

Chilipad: https://www.amazon.com/Cal-King-ChiliPad-Cube-Temperature/dp/B00JMLFMRE/ref=sr_1_2_sspa?tag=xrproducts-20

Best Mattress:

Ultimately for the best sleep, you want a natural, not synthetic, memory foam mattress made with organic latex and cotton that will last several years. Well, this mattress is the only one I know of. I don't have one yet, but it will be my next mattress!

Essential: <https://www.myessentia.com/>

Best Blue Light Blocking Glasses:

Nothing heals like quality sleep. Blue light in the evening disrupts your sleep...period. These glasses can block that stimulation and help wind you down. Wear them a few hours before bed.

Swannies: https://www.amazon.com/Blue-Light-Blocking-Glasses-Artificial/dp/B010B5GUH0/ref=sr_1_3?tag=xrproducts-20&th=1

Best Air Filter:

Clean air and clean water really matter. IQ Air has the best air filter I know of. I would have one in every room of my house if my wife would allow, as they are kind of big. Another good one that is a bit smaller and more cost effective is the Air Doctor. They also provide good white noise. Having one beside your bed will increase the quality of your sleep.

Honey Well: https://www.amazon.com/Honeywell-50250-S-True-HEPA-Purifier/dp/B00007E7RY/ref=sr_1_5?tag=xrproducts-20

Best Water Filter/Ionizer:

I truly feel our water and air should be controlled before dabbling with food and supplements. This is the best filter I know of. Hydrate with the best water possible and every time you drink it can be detoxifying.

Air Water Life: <https://www.amazon.com/Air-Water-Life-Alkaline-Filtration/dp/B012E4MURK?tag=xrproducts-20>

Best Water:

I always start my day with San Pellegrino water. I sometimes add lemon juice, sea salt, and/or apple cider vinegar depending on my goals. Good water and digestive enzymes have been the biggest game changers for me in the last few years.

San Pellegrino: <https://www.sanpellegrino.com/us/en>

Best Water Filter Pitcher:

This water filter pitcher was my biggest game changer when I made the switch. Good nutrition should start with quality water. Let's just say your fridge water filter isn't cutting it. They also offer showerheads and water bottles that are cool. Yes, our skin absorbs toxins found in the water.

Seychelles: https://www.amazon.com/Seychelle-Pitcher-Regular-Filters-Included/dp/B01CGT22VM/ref=mp_s_a_1_8?tag=xrproducts-20

Best Water Bottle:

Unless you like to spend \$6.99 on a Pellegrino at the airport, this water bottle is great to travel with for clean water!

Sport Berkey: https://www.amazon.com/Berkey-Filtered-Bottle-Portable-Single/dp/B079T324L1/ref=sr_1_4?tag=xrproducts-20

Best Food Storage:

Let be honest. To be healthy, you have to pack food, - all the freaking time. 'Fast food is failure.' So store it in something that doesn't leach chemicals into your food.

Pyrex: https://www.amazon.com/Pyrex-Piece-Simply-Store-Storage/dp/B0157G34AY/ref=sr_1_cc_1?tag=xrproducts-20

Best Macha Green Tea:

I add macha green tea to shakes and make macha lattes with coconut milk, Manuka honey, and Ceylon cinnamon on weekends.

Jade Leaf Organics: https://www.amazon.com/Jade-Leaf-Matcha-Green-Powder/dp/B00PFDH0K0/ref=sr_1_4_a_it?tag=xrproducts-20&th=1

Best Sardines:

Sardines are the ultimate superfood. Learn to like them. Think marine algae, collagen, and fish oil all in one source. I eat these daily. Boom!

Wild Planet Sardines in Olive Oil: https://www.amazon.com/Wild-Planet-Sardines-Virgin-Lightly/dp/B003H7YHUW/ref=sr_1_2_s_it?tag=xrproducts-20&th=1

Best Oysters:

Oysters are a distant second to sardines. Think lead in the pencil! I mix these in a few times a week. Epic sex booster!

Crown Princess oysters in olive oil: https://www.amazon.com/Crown-Prince-Natural-Oysters-3-Ounce/dp/B00GJ0WW24/ref=sr_1_2_s_it?tag=xrproducts-20&th=1

Best Seaweed:

I try to have this seaweed as a snack or shredded over a salad a few times a week to boost my iodine levels for thyroid health. I use this kelp seasoning often to flavor foods.

One Organic-Organic Nori: <https://www.amazon.com/dp/B00I01ZXYE?tag=xrproducts-20&th=1>
Maine Coast Kelp Granules: https://www.amazon.com/Maine-Coast-Vegetables-Granules-Alternative/dp/B0007SMLUM/ref=sr_1_fm_r0_1_s_it?tag=xrproducts-20&th=1

Best Apple Cider Vinegar:

This apple cider vinegar is my "go to" salad dressing and all around condiment. I also use it with water, lemon, and salt to occasionally cleanse...epic poop builder!

Braggs: https://www.amazon.com/Bragg-Organic-Unfiltered-Apple-Vinegar/dp/B001ID6MIC/ref=sr_1_5_s_it?tag=xrproducts-20&th=1

Best Specialty Food Company (berries, coconut flakes, nuts, cacao seeds, etc.):

I basically get most of my shake and salad ingredients and toppers from these two companies.

Sunfood: <http://www.sunfood.com/>

Nutiva: <https://store.nutiva.com/>

Best Chocolate:

Although I normally eat cacao nibs from Sunfood for my chocolate fix, Fruition has some great and healthy chocolate options.

Fruition: <https://www.tastefruition.com/>

Best Honey:

I use honey in shakes, macha lattes, and to take my creatine with. Unfortunately, local isn't what it used to be, and I prefer buying products when possible from countries that use less chemicals than ours. This honey is from New Zealand.

Wedderspoon: https://www.amazon.com/Wedderspoon-Premium-Manuka-Honey-KFactor/dp/B014AP5JUG/ref=sr_1_3_a_it?tag=xrproducts-20&th=1

Best Butter: Great butter to cook with! It is sourced from Ireland with stricter laws on chemicals than most of our domestic options. Epic sex builder!

Kerrygold: <http://kerrygoldusa.com/products/>

Best Cheese:

If you are going to have cheese (should be an occasional splurge), make it count. This cheese is sourced from Ireland with stricter laws on chemicals than most cheeses you will find domestically.

Kerrygold: <http://kerrygoldusa.com/products/>

Best Pizza:

Cauliflower pizza crusts have become uber popular, but most of them are full of crap, except Cauliflower Foods. Their products are very healthy and tasty!

Cauliflower Foods: https://www.amazon.com/Califlour-Gluten-Cauliflower-Original-Italian/dp/B075312HXS/ref=sr_1_1_sspa?tag=xrproducts-20&th=1

Best Pizza Dough:

Thrive Market has amazing products and their pizza dough is one of my favorites and weekly staples.

Go to www.thrivemarket.com and click on "Thrive Market" brand.

Best Pizza Sauce:

Same as above. Its badass!

Best Bread/Wraps:

I don't really know of a good bread unless you have a good starter and are making an organic sourdough. But that is why we have coconut wraps. I wrap everything from fruit to eggs in these puppies. Thrive Market wins on these too...

Best Noodles:

If practicing a low carb diet, these are a 'go to.' They are literally calorie free and taste like pasta.

https://www.amazon.com/dp/B00BTMDALO/ref=mp_s_a_1_3_a_it?tag=xrproducts-20&th=1

Best Coconut Milk:

This coconut milk is the base in most of my shakes and stews. It makes for a good macha latte too!

Native Forest: https://www.amazon.com/Native-Forest-Organic-Classic-13-5-oz/dp/B001HTJ2BQ/ref=sr_1_1_s_it?tag=xrproducts-20&th=1

Best Salt:

Good salt just tastes better and has a higher mineral content opposed to most store bought options. I use the equivalent of 2 teaspoons daily in shakes and on food. If you can't tell, I like to alternate most of my foods.

Onnit: https://www.amazon.com/Onnit-Pink-Himalayan-Salt-Servings/dp/B012XBZ9C2/ref=sr_1_2_s_it?tag=xrproducts-20

Best Baking Soda-

The poor man's way to increase alkalinity, immunity, performance, epic poop, etc. I use a tsp. in water hourly when feeling under the weather.

Bobs Red Mill: https://www.amazon.com/Bobs-Red-Mill-Pure-Baking/dp/B014GMV7RC/ref=sr_1_1_s_it?tag=xrproducts-20

Best Cinnamon:

Ceylon is a healthier type of cinnamon. I use the equivalent of 2 teaspoons daily in shakes and on food.

Frontier: https://www.amazon.com/Frontier-Ceylon-Cinnamon-Organic-Certified/dp/B00416T8Q6/ref=sr_1_3_a_it?tag=xrproducts-20&th=1

Best Superfood:

Research is showing marine algae can regenerate stem cells. It does about everything. Or, you could just eat sardines.

Energy Bits:

https://www.amazon.com/dp/B06Y6NDCGV/ref=psdc_6973678011_t3_B01LW6WREQ?tag=xrproducts-20

Sunfood Marine Algae: https://www.amazon.com/Oceans-Phytoplankton-Ultimate-Superfood-Contaminate/dp/B074KMPRX8/ref=sr_1_4_s_it?tag=xrproducts-20

Mercola Chlorella: https://www.amazon.com/Mercola-Fermented-Chlorella-450-Tablets/dp/B00S131Z3O/ref=sr_1_3_a_it?tag=xrproducts-20&th=1

Best Nootropic:

"This stuff lights me up like a Christmas tree," Tim Ferris. I use Chaga when needing cognitive performance.

Four Sigmatic Foods: https://www.amazon.com/Four-Sigmatic-mushrooms-Productivity-Packaging/dp/B00ZWA7LQ4/ref=mp_s_a_1_1?tag=xrproducts-20&th=1

Best Rice:

This rice, along with fresh tubers, is my favorite starchy carb/energy source.

Lundberg: https://www.amazon.com/Lundberg-Family-Farms-Organic-Grain/dp/B0057651XS/ref=sr_1_4_s_it?tag=xrproducts-20&th=1

Best Oatmeal:

Sometimes you just want some good old fashioned oatmeal in the winter. Preferably slow cooked with seeds and berries. If you are in fact occasionally having grains, make them the best you can find.

Bobs Red Mill: https://www.amazon.com/Bobs-Red-Mill-Organic-Rolled/dp/B004VLVO8G/ref=sr_1_5_s_it?tag=xrproducts-20&th=1

Best Nuts:

I like to have a handful of pumpkin seeds, Baruka nuts, and a brazil nut or two with my breakfast. Baru nuts are higher fiber, protein, and antioxidant than any other nuts...

Barukas: https://www.amazon.com/dp/B01I4DHILS/ref=mp_s_a_1_1_a_it?tag=xrproducts-20

Best Pumpkin Seeds:

Pumpkin seeds are pretty high in zinc and magnesium which are necessary for testosterone production.

I like to include these throughout the day with meals. Epic sex builder!

Sunfoods: https://www.amazon.com/Sunfood-Heirloom-Pumpkin-Seeds-Organic/dp/B005WX8BJW/ref=sr_1_3_a_it?tag=xrproducts-20

Best Brazil Nuts:

Brazil nuts are high in selenium and zinc. Again, testosterone boosters. A few a day does wonders!

Epic sex builder!

Sunfoods: https://www.amazon.com/Sunfood-Brazil-Nuts-8oz-Organic/dp/B01NBN7LJX/ref=sr_1_1_a_it?tag=xrproducts-20

Best Macadamian Nuts:

flights...

Sunfoods: <https://www.amazon.com/Sunfood-Macadamia-Nuts-Ounces-Organic/dp/B00JJI7EBM?tag=xrproducts-20>

Best Fennel Seeds:

Starwest Botanicals: <https://www.amazon.com/Starwest-Botanicals-Organic-Fennel-Seeds/dp/B0016AZH4M?tag=xrproducts-20>

Best Cookies:

I would much prefer making my own cookies from quality ingredients, much like a shake, but if you are in a bind, here you go. They are pretty damn good!

Fat Snax: https://www.amazon.com/Fat-Snax-Cookies-Variety-Pack/dp/B074WCZ6RL/ref=sr_1_17_s_it?tag=xrproducts-20&th=1

Best Sauerkraut:

I like to have a tablespoon or so a day for microbial diversity. Epic poop builder!

Eden Foods: <https://www.amazon.com/Eden-Foods-Organic-Sauerkraut-Original/dp/B073G8VBWS?tag=xrproducts-20&th=1>

Best Kimchi:

I like to have a tablespoon or so a day for microbial diversity. Epic poop builder!

Eden Foods: <https://www.amazon.com/Eden-Foods-Organic-Kimchi-Sauerkraut/dp/B073G7TNV3?tag=xrproducts-20&th=1>

Best Kefir:

I often use a shot or two of kefir in my morning smoothie for microbial diversity. Epic poop builder!

Desert Farms: https://desertfarms.com/products/camel-milk-kefir?gclid=EAlaIqObChMI_ajvy8a01gIVgR6GCh1IZgPNEAQYASABEgKst_D_BwE

Best Kombucha:

The “Cayenne Cleanse” is my favorite. I like to have one of these before consuming alcohol. I feel it hydrates me, and the carbonation and probiotics tend to help the alcohol enter the bloodstream, making for a better buzz. Epic poop builder!

Health Ade: <https://health-ade.com/#Ui9qSRMhjcVzzViF.97>

Best Soft Drinks:

I prefer just grabbing a San Pelligrino when in need of carbination. But sometimes you just want something different or maybe you are hungover and want to burp. Zevia is what I reach for in these cases.

Zevia: https://www.amazon.com/dp/B00ZK6KUUY/ref=mp_s_a_1_3_a_it?tag=xrproducts-20&th=1

Best Specialty Food Source:

This website is really your one stop shop for everything healthy. The only thing they are lacking is fresh produce, which I am sure they will have soon. You need a membership. The only prices I have seen rival Thrive Market is Amazon’s “subscribe and save” items.

Thrive Market: <https://thrivemarket.com/landing/thrivehome/?page=hp&ccode=BTS20>

Best Toothpaste:

This stuff is great. The bottom line is, you can eat it, and you really don’t want to use anything on your body regularly that you can’t consume. It is also fluoride free! Your mouth has a microbiome just like your gut. Flouride is a chemical that not only zaps your thyroid but also kills your mouths ecosystem. I haven’t had an ulcer since I started using this toothpaste.

The Dirt: https://www.amazon.com/Dirt-Natural-Fluoride-Toothpaste-Cinnamon/dp/B01HXVVI6K/ref=sr_1_cc_2_a_it?tag=xrproducts-20&th=1

Best Deodorant:

Same as above...not that you should eat it, but you could if the apocalypse happens.

North Coast Organics: <https://www.amazon.com/NORTH-COAST-ORGANICS-Revolver->

[Deodorant/dp/B00R9K2P7K/ref=sr_1_4_a_it?tag=xrproducts-20&th=1](https://www.amazon.com/dp/B00R9K2P7K/ref=sr_1_4_a_it?tag=xrproducts-20&th=1)

Pit Paste: <https://www.amazon.com/dp/B072JKJX22?tag=xrproducts-20&th=1>

Best Lip Balm:

Same...

The Dirt: https://www.amazon.com/Dirt-Natural-Organic-Balm-Moisturizer/dp/B0198XJ55U/ref=sr_1_2_s_it?tag=xrproducts-20

Best Wet Wipes:

You can't travel without wet wipes. Period. Rather than rubbing a bunch of chemicals on you're a, stick with aloe, and essential oils. I always have a pack of these on me.

Dude Wipes: https://www.amazon.com/dp/B00IXDS4EU/ref=mp_s_a_1_4_a_it?tag=xrproducts-20&th=1.

Best Shaving Supply:

This is the best value ever. Save some bucks here so you can buy some of the not so cheap supplements. It is not totally edible, I don't think, but close. I have better shaves since using these products, and I have tried lots in the shaving department without much results. Also get great lotions, soaps, shampoos, etc.

Dollar Shave Club: <https://www.dollarshaveclub.com/>

Best Soap:

This bar is by far the best I have found to balance strength with conditioning. What I mean is I actually need to clean, not just pamper. Tea Tree oil is my favorite ingredient for this and this bar utilizes it.

Defense Soap: https://www.amazon.com/Defense-Soap-Ounce-Pack-Pharmaceutical/dp/B00WYI4LEW/ref=sr_1_3_a_it?tag=xrproducts-20&th=1

Best Skin Products:

Honestly, I am just starting down the rabbit hole of skincare products. I plan to put some time into the R&D of skin health optimization in 2018. For the time being, I will include this company due to its presence in many of the leading anti-aging circles. The leaders in this industry are using these products. Bottom line is that the majority of the ingredients in a skin care line should be essential oils. And yes, Annmarie passes my edibility test. Again, if you can't eat it safely, don't slather it all over your body regularly. Most of the skin care products I look into have way too many chemicals for me to be comfortable with, except for this one.

Annmarie Skincare: <https://www.amazon.com/Annmarie-Skin-Care-Aloe-Herb-Cleanser/dp/B005XNALC6?tag=xrproducts-20&th=1>

Best Face Mask:

Ultimately you only want to rub the best organic stuff on your face. Well, Alitura is it. Look at these ingredients: 10% L-Ascorbic Acid (Vitamin C), Freshwater Pearl Powder, 6-hour Grass-fed Colostrum, American Ginseng, Rhassoul Clay, Pyrophyllite Clay, Calcium Bentonite Clay (Green Desert Clay), Kaolin Clay, Organic Kelp Powder. Need I say more.

Alitura: https://www.amazon.com/dp/B00NEP1VXI/ref=mp_s_a_1_3_a_it?tag=xrproducts-20

Best Essential Oils:

Essential oils have been used for thousands of years to enhance health and vitality. They have worked wonders for me on everything from performance to wellness to purifying my home, and as always, quality and sourcing matters. I am a big fan of Frankincense. I will link to that here but Plant Therapy has just about everything on Amazon.

Plant Therapy: https://www.amazon.com/dp/B005V4ZOT2/ref=mp_s_a_1_12_a_it?tag=xrproducts-20

Best External Sunscreen:

Good sunscreen mainly consists of zinc and/or titanium oxide. This brand is fairly easy to rub in and last a few hours. A good rash guard does the trick too. For most people, 20 minutes of full sun exposure at high noon is perfect for vitamin d absorption. Then cover up!

Badger: https://www.amazon.com/Badger-Sunscreen-Cream-Tangerine-Vanilla/dp/B00BYC1RBE/ref=sr_1_2_s_it?tag=xrproducts-20&th=1

Best External Sunscreen Kids:

Same as above.

Think: https://www.amazon.com/Thinkbaby-Safe-Sunscreen-SPF-50/dp/B00JJZN1HG/ref=sr_1_4_s_it?tag=xrproducts-20&th=1

Best Resource For Food And Products Safety:

The EWG will help cut through the marketing BS associated with most health claims. Make sure what you think is healthy is. This website has been my best resource for hidden chemicals, especially in cosmetics. For example, I found the best sunscreens here.

EWG: <http://www.ewg.org/>

Best Internal Sunscreen:

I like to take roughly 10mg of astaxanthin pre and post heavy sun exposure to limit the harmful effects.

Jarrow Astaxanthin: https://www.amazon.com/Jarrow-Formulas-Astaxanthin-Supports-Softgels/dp/B004VCOOYG/ref=sr_1_1_a_it?tag=xrproducts-20&th=1

Best Blender:

It's hard to get everything in daily without a shake. Having a great blender makes this process a whole lot better.

Vitamix: https://www.amazon.com/Vitamix-Blender-Professional-Grade-Self-Cleaning-Container/dp/B008H4SLV6/ref=sr_1_cc_1?tag=xrproducts-20

Best Lemon Press:

Lemons basically make everything better. I use them in every shake and almost every recipe, as well as a disinfectant on everything. This press is badass and will simplify your life. Seriously!

Bellemain: https://www.amazon.com/Bellemain-Premium-Stainless-Squeezer-Silicone/dp/B00L5G2074/ref=sr_1_5?tag=xrproducts-20

Best Infrared Sauna:

Sweating is hands down one of the best detox methods known to man. In the south, a sauna isn't quite

so necessary. But an in home infrared sauna is priceless other areas. Sunlighten makes a great version. Sunlighten: <https://www.sunlighten.com>

Best Nutrition Books:

These are my favorite nutrition books. I recommend reading them in the order listed.

The Wild Diet: https://www.amazon.com/Wild-Diet-Beyond-Cravings-Pounds/dp/1101982861/ref=sr_1_1?tag=xrproducts-20

The Perfect Health Diet: https://www.amazon.com/Perfect-Health-Diet-Regain-Weight/dp/1451699158/ref=sr_1_1?tag=xrproducts-20

Deep Nutrition: https://www.amazon.com/Deep-Nutrition-Your-Genes-Traditional/dp/1250113822/ref=sr_1_1?tag=xrproducts-20

The Simple Guide to the Paleo Autoimmune Protocol: https://www.amazon.com/Simple-Guide-Paleo-Autoimmune-Protocol/dp/1519600283/ref=tmm_pap_swatch_0?tag=xrproducts-20

The Blue Zones Solutions: https://www.amazon.com/Blue-Zones-Solution-Eating-Healthiest/dp/1426216556/ref=sr_1_2?tag=xrproducts-20

Own the Day Own Your Life:

https://www.amazon.com/dp/0062684078/ref=tmm_hrd_title_sr?tag=xrproducts-20

Best Exercise Books:

I highly recommend this book to everyone that exercises. It focuses on corrective moves to get your strength optimal.

Becoming a Supple Leopard: https://www.amazon.com/Becoming-Supple-Leopard-2nd-Performance/dp/1628600837/ref=sr_1_1?tag=xrproducts-20

This book explains how we are supposed to train when you can set your ego aside.

Primal Endurance: https://www.amazon.com/Primal-Endurance-chronic-carbohydrate-dependency/dp/1939563089/ref=sr_1_3?tag=xrproducts-20

Best Magazine:

Go ahead and order this great magazine for yourself and everyone you know as a gift!

Paleo Magazine: <https://paleomagonline.com/>

Best Sandal:

These sandals fit unbelievably well and use copper plugs for grounding purposes. I have run miles in these without any discomfort.

Earth Runners: <https://www.earthrunners.com/>

Best Functional Training Shoe:

This is my favorite functional training shoe. They look a bit funny, but yield great results in terms of foot strength.

Vibram Five Fingers: https://www.amazon.com/Vibram-KSO-Cross-Training-9-5-10-0/dp/B00DYXM4DQ/ref=sr_1_1?tag=xrproducts-20

Best Training Shoes:

If you were not going to wear Vibram, then I would recommend training in these shoes. I have worn

each of these in obstacle course races, and they held up well and never rubbed a blister.

Reebok Crossfit Nano: https://www.amazon.com/Reebok-Crossfit-Flexweave-Cross-Trainer/dp/B073XLJVJQ/ref=sr_1_cc_2?tag=xrproducts-20

Best Distance Running Shoe:

If you are covering over 50 miles a week, you may want to minimize your impact. I wear these when distance running because they help with impact and feel great.

Hoka Clifton: https://www.amazon.com/HOKA-ONE-Clifton-Shoes-Running/dp/B01M211V6/ref=sr_1_1?tag=xrproducts-20

Best Athletic Socks:

These socks have the best fit ever! They have taken me through plenty of races without blisters and are very durable. Great stocking stuffer!

Bombas: <https://bombas.com/>

Best Athletic/Travel Underwear:

Best material ever! Find a style that works for you and enjoy!

ExOfficio: https://www.amazon.com/ExOfficio-Give-N-Go-Boxer-Charcoal-Medium/dp/B001M0MMVM/ref=sr_1_1?tag=xrproducts-20

Best Compression Gear:

Even if you don't have a compromised area, these can slow the deterioration process through compartmentalization. I highly recommend wearing this gear ASAP.

Incrediwear: https://www.amazon.com/PK-Incrediwear-Knee-Sleeve-Injuries/dp/B01MUJL421/ref=sr_1_2?tag=xrproducts-20&th=1

Best Back Support:

Wearing these bands will help straighten your posture leading to better alignment, circulation, airflow, etc. If you are in the profession where you have to look down all day, desk workers, hair stylists, trainers, etc. or if you just want to correct poor or exhausted posture, strap one of these on. This brand is one of the few that is sleek and comfortable.

Posture Medic: https://www.amazon.com/PostureMedic-Original-Posture-Corrector-Brace/dp/B00VR01038/ref=sr_1_3?tag=xrproducts-20&th=1

Best Inversion Table:

I like to be inverted a few minutes a day for overall longevity. I prefer handstands and hanging with leg hooks, but the teeter table is the next best thing.

Teeter: https://www.amazon.com/Teeter-FDA-Cleared-Inversion-3rd-Party-Engineering/dp/B0084FD94C/ref=sr_1_3?tag=xrproducts-20

Best Recovery Stem Device:

To optimize recovery, you must get the metabolic wastes out of your body ASAP. This electrical stimulation device is the best I have found for recovery. I find the Marcpro priceless!

Marc Pro: https://www.amazon.com/Marc-Pro-Inc-Plus/dp/B016Y86P3W/ref=sr_1_1?tag=xrproducts-20

Best Ice Pack:

I like to wrap ice packs around the stem device listed above for serious recovery. These ice packs can help with compression too. I think I have about 50 of these in my freezers...

Thera-Med: https://www.amazon.com/Thera-Med-Universal-Dual-Sided-Multi-Temperature-Therapy/dp/B0016L4T00/ref=sr_1_10_a_it?tag=xrproducts-20

Best Vibration Platform:

Nothing increases immunity like proper lymph flow, and a vibration platform helps to optimize this flow. Epic poop builder!

Power Plate: https://www.amazon.com/Power-Plate-My3-Vibration-Trainer/dp/B01LQT7466/ref=sr_1_1_sspa?tag=xrproducts-20

Best Rebounder:

If you don't have a vibration platform, a rebounder is the next best thing. I typically jump 5-10 minutes daily. I don't recall being sick since I incorporated jumping...knock on wood. Epic poop Builder!

JumpSport: https://www.amazon.com/JumpSport-Trampoline-Rebounder-Cushioned-Durability/dp/B0042H4QYS/ref=sr_1_3?tag=xrproducts-20

Best Fascial Release Tool:

Fascial health is important and necessary for a functional body. I roll at least 10 minutes daily. A lacrosse ball is a close second here for digging in tight spots. No need to spend much on these. I have had the two products below for years and they look and feel new.

Foam Roller: https://www.amazon.com/dp/B00XM2MXK8/ref=mp_s_a_1_3?tag=xrproducts-20

Lacrosse Ball: https://www.amazon.com/dp/B006JANLQK/ref=mp_s_a_1_4?tag=xrproducts-20

Best Workout Gear:

I have all of these toys with me in my car most of the time in the event that I need a quick workout. No excuses!

TRX Suspension Trainer: https://www.amazon.com/TRX-Training-Suspension-Complete-Workouts/dp/B002YRB35I/ref=sr_1_3?tag=xrproducts-20

CoreX Rip Trainer: https://www.amazon.com/CoreX-RipFit-Trainer-Functional-Fitness/dp/B00NUGMLNA/ref=sr_1_4?tag=xrproducts-20

Battle Ropes: https://www.amazon.com/AmazonBasics-1-5in-Battle-Exercise-Training/dp/B072Z2ZTLJ/ref=sr_1_4?tag=xrproducts-20

Kettle Bells: https://www.amazon.com/AmazonBasics-Cast-Iron-Kettlebell-25/dp/B0731DWW5K/ref=sr_1_8?tag=xrproducts-20

Weight Vest: https://www.amazon.com/Hyperwear-10-Pound-Adjustable-Weighted-Workouts/dp/B002O5QQD4/ref=sr_1_1_sspa?tag=xrproducts-20

Sandbells: https://www.amazon.com/Hyperwear-SandBell-Sandbag-Training-Pre-filled/dp/B00MML4CZY/ref=sr_1_1?tag=xrproducts-20

Best Grip Trainer:

These grippers have healed my tennis and golfer's elbow. I keep these grippers in my car and work them while driving. The Sandbell listed above is great for grip training too.

Captains of Crush: https://www.amazon.com/Captains-Crush-Hand-Gripper-Guide/dp/B00079YNQQ/ref=sr_1_2?tag=xrproducts-20

Best Workout Album:

Music is probably the best stimulation you can get for training. This album is a for sure deal. Boom!
iTunes: *Killing in the Name* by Rage Against the Machine

Best Cooldown Album:

We age best when happy and in homeostasis. This album keeps me positive and mellow.

iTunes: *Legend* by Bob Marley

Best Cell Phone Case EMF Protection:

Constant exposure to radiation isn't doing us any favors and cell phones are a big contributor. Either back off from your freaking phone or at least limit the radiation from specific cases. Safe Sleeve makes the best one I know of.

Safe Sleeve: https://www.amazon.com/SafeSleeve-iPhone-Radiation-Blocker-Wallet/dp/B00VMZD8WE/ref=sr_1_1?tag=xrproducts-20

Best Glucose/Ketone Monitor:

Using this monitor is how I finally figured out what foods work for me, how foods affect my blood sugar as well as how effectively I was entering ketosis. A book called, *Wired to Eat*, can help guide you with this monitor.

Precision Xtra: https://www.amazon.com/Precision-Glucose-Monitoring-Freestyle-Lancets/dp/B01N9NRDVI/ref=sr_1_4_a_it?tag=xrproducts-20

Best Podcasts:

The Ben Greenfield Fitness Podcast, Bulletproof Radio, The Rich Roll Podcast, The Daily Lipid, The Fat Burning Man Show, Robb Wolf – The Paleo Solution Podcast, The Tim Ferris Show, and Revolution Health Radio are my favorite podcasts. Download from whatever app store you prefer and give these shows a try. I have learned more from these podcasts than any other single resource.

Best Online Labs:

Sometimes you need to take your health into your own hands. These labs allow you to order tests directly and skip the middleman. I do encourage you have a trained professional help explain your results.

Cyrex Labs: <https://www.cyrexlabs.com/>

Wellness FX: <https://www.wellnessfx.com/>

Life Extension: <http://www.lifeextension.com/Vitamins-Supplements/Blood-Tests/Blood-Tests>

Direct Labs: <http://www.directlabs.com/>

Viome: <https://www.viome.com/>

Best Lab Resource:

This website will help you decipher your labs or what you might need.

<https://labtestsonline.org/>

Best Genetic Tests:

Genetic testing could be the future of all health and nutrition. Spend the money and order one of these today. Quit guessing on what works for you!

23 and Me: <https://www.23andme.com/>

DNA Fit: <https://www.dnafit.com/us/>

Strategene: <http://go.strategene.org/genetic-analysis>

Best DNA Resources:

These websites will help you understand your genetic test results. Simply upload your results to the sites, very easy and inexpensive.

23 and You: <http://www.23andyou.com/home>

Promethease: <https://promethease.com/>

Genetic Genie: <http://geneticgenie.org/>

Nutrahacker: <https://www.nutrahacker.com/>

Live Wello: <https://livewello.com/>

Best Telomere Test:

This test can tell you the difference between your chronological age and biological age. You can actually see how all the stress you are putting on yourself is aging you.

Teloyears: <https://www.teloyears.com/home/>

Best Health and Fitness Websites:

Dr. Google can be a bit of a rabbit hole. These websites are a good start on functional medical questions and more. Type your questions into their search engines as a start.

Chris Kresser: <https://chriskresser.com/>

PubMed: <https://www.ncbi.nlm.nih.gov/pubmed/>

Examine: <https://examine.com/>

Dr. Mercola: <http://www.mercola.com/>

Ingredients in “Smart Coffee”: Before breakfast and after lunch for enhanced mental performance.

One cup of coffee blended with the following:

1/2 tsp. of Coffee Fruit Extract

1/2 tsp. of Chaga 10 Mushroom Blend

1 tbsp. of Brain Octane

1 tbsp. of Butter

Ingredients In “Super Shake”: Breakfast

1 cup crushed ice

1/2 fresh squeezed lemon

purified water to satisfy consistency

1 tbsp. whey protein
1 tbsp. of vegan protein
1 tbsp. of Collagen
1 tbsp. of Organify Green Juice
1 tbsp. of MCT oil
1 tbsp. of Nutive Super Seed Blend
1 tsp. of Manuka honey
1/2 tsp. of pink Himalayan sea salt
1/2 tsp. of Ceylon cinnamon
1 tsp. of Curcumin Gold
1/2 tsp. of cacao
a dash of pepper
1 capsule Masszymes emptied into shake
1 capsule P3OM emptied into shake
***Fresh greens are always a good addition

Blend for up to a minute. I like to top my shake with a tsp. of pumpkin seeds and a few crushed Brazil nuts. This addition allows me to chew a bit to further aid in digestion. I will often substitute 1 cup of Kettle and Fire bone broth for the collagen, a half-cup of Native Forest Coconut Milk for the MCT oil, and Organic Kefir for Manuka honey for a change. I will throw in a bunch of stuff from aloe and fulvic acid to herbs out of the garden when available. The above are just the core ingredients.

Ingredients In “ Super Salad”: Lunch

1 handful of fresh mixed greens with preferably arugula(vasodialator)
assorted seasonal produce
a few sardines(in olive oil for dressing)
a few oysters(in olive oil for dressing)
3 farm fresh fried eggs in coconut oil
a few sheets of shredded seaweed
a tsp. Of fennel seeds(vasodialator)
1 tbsp. of sauerkraut or kimchi
a few assorted nuts from Sunfood (almonds, macadamia – different than what I had for breakfast)
a few goji and golden berries from Sunfood
1 tbsp. of apple cider vinegar
1/2 fresh squeezed lemon

Ingredients In “ Super Morning Cleanse/Elixir”: Upon waking

1 bottle of San Pellegrino
1/2 tsp. of sea salt
1/2 fresh squeezed lemon
1 tsp. apple cider vinegar

Ingredients In “Super Rice”: I often have a bit of this rice at dinner with a type of stew, stir fry, or simply meat and veggie.

1 cup white rice
1 can coconut milk
1 box bone broth
1 tsp. of turmeric
1 tsp. of sea salt
a few grinds of black pepper

Ingredients In “Super Dessert”: After dinner

1 tsp. of cacao nibs
1 tsp. honey
1/2 tsp. of MCT oil

I actually just dump these 3 ingredients into my mouth sometimes after dinner. It’s badass! The MCT oil acts as a flavor enhancer that makes the chocolate and honey pop!

Travel Essentials:

I always take the following when I travel: Thorne Multi Vitamin, Mushroom Coffee packets, Energy Bits, Macadamia Nuts, Dude Wipes (because your ass is a key player), and Oil of Oregano.

This list will be available at www.xrlifestyles.com, and I will update it continually to provide you with the latest and greatest stuff available.

Want to learn more tips and tricks to optimize your health and fitness? Check out XR’s virtual training at www.xrlifestyles.com. Online training customized for your unique needs and goals.

