



**Bio Hacking and Weight Loss
Mini e-book**

Bio Hacking and Weight Loss

Mini e-book

"You'll likely only need to do cardio exercise once or twice for one or two hours maximum per week or less to achieve your desired weight loss if you do everything in this mini e-book and the ZGPT Protocol ebook"

Almost everything you have been told about weight loss is wrong.

Weightloss through exercising just enough, to maintain a good level of fitness and body conditioning, without over-exercising and feeling as if you do not absolutely need to exercise just to maintain a reasonable body weight composition.

Focusing on the important areas of body health for you to be positive, happier and avoid injury.

This document is being updated over time to become more comprehensive, you can download later versions for free.

Key points covered here:

- Weight loss
- Immune Modulation
- Core Strength
- Reduction of illness risk
- Testosterone Levels
- Human Growth Hormone
- Sleep Importance
- Melatonin and Serotonin
- Earthing/Grounding EMFs
- Intermittent Fasting
- Conclusion

Losing weight or being at an ideal weight is important because it can improve your overall health and reduce your risk of chronic diseases such as diabetes, heart disease, and certain types of cancer. It can also boost your self-confidence and

improve your quality of life. In short being of a suitable body mass can help in decreasing the risk factors of 'all cause mortality'.

We need to be considering how to approach weightloss from the perspective of injury reduction, to maintaining the weight loss over your full lifespan, incorporate exercise into your lifestyle whilst making exercise as easy as possible, enjoyable and sustainable as possible, whilst reducing the potential of eventual injury; such as hip replacement, knee wear, impact injuries in general.

Take a look at some of the most famous athletes and you'll find that they have suffered long term injuries and complications as a result, and no longer have the quality of life in their later years that they perhaps could have had. Fame and "fortune" has (**unfortunately**) come at a physical price for some of those people who only focused on the fame, fortune, winning at all costs, and failed to consider the bigger picture until it was too late.

"Lean Muscle More Easily Regulates Body Fat"

So by increasing your muscle mass you will achieve sustained/ maintained fat loss more easily. That is to say that as you gain more lean muscle mass you will find it increasingly easier to achieve better conditioning in spring and summer even if you do put on some body weight over winter months.

There is actually nothing negative in putting on a little body fat over winter (if you live in a country which has colder longer winters) and this is hard wired into the human body. Body fat does help regulate hormones, so some body fat is beneficial (and essential) to humans especially in the harder winter months. It is easier to burn body fat as the temperatures increase, it is also easier to manage hunger hormones and hunger pangs using hydration instead of eating as temperatures increase (water fasting for example).

Obviously what you eat and how (preparation and combination) is very important in regulating weight, so you do need to be able to control your food intake and avoid foods that will negatively impact weight gain, inflammation; as well as food combining and poor food combinations which blunt effects of insulin, by making the blood sticky, also referred to as Insulin Resistance. In an ironic twist insulin is also anabolic and will aid in expediting the laying down of lean muscle mass. To that end quality carbohydrates are useful in maintenance and the anabolic process of laying down muscle fibres or a term referred to as "multi nucleation" (cells that fuse together and grow larger).

Examples of poor food combination:

Pizza and Fizzy Soda Drink (Processed High Carbohydrate, High long chain Fat, Acid)
Sandwich (Processed Carbohydrate likely with long chain Fats)

Potato Crisps (Processed Carbohydrate, High Fat Seed Oil content)
Heated starch staples such as potatoes, oats, pasta and white rice, especially with sugary and fatty condiments.

To aid losing weight:

Avoid Processed Breads and Grains
Avoid processed sugar
Avoid bad seed oils
Restrict portion size and or use smaller plates
Eat unlimited whole fruits and salads
Switch Dairy Milk to a good plant milk
Get good fats and dressings such as Hemp Oil (Omega 3,6,9), Olive Oil
Coconut oil for light frying
Eat nuts (large handful) every other day
Cut down on cooking in every single meal
Cut out cooking for a period of 3-4 weeks
Create a calorie deficit (or eat lots more "free foods" to feel satiated)
Take into account sauces, milks, butters and condiments into your calorie deficit
Consider not weighing yourself too regularly use only the mirror.

"Modulate your immune function"

The main idea behind Immune Modulation is to create resilience to the environment and any potential training or exercise pressures we place on the body. We can do this by feeding our microbiome (Gut Health, Bacteria and Flora) and also by making our bodies more efficient at "quenching" free radicals, because when we exercise we create free radicals which, if our cells are not dealing with free radicals efficiently enough, we will have issues with cellular damage (oxidation) and this will manifest in injuries, lack of motivation to exercise, acidity, inflammation and weight gain.

"We do not boost immune function"

We do not want to Boost immune function, nor do we want to Suppress immune function. Instead we want to 'pick up' immune function if low, and 'lower slightly' an overactive immune function, if too high. This is the foundation of "Modulating Immune Function" using for example adaptogenic herbs and medicinal extraction/elixirs which facilitate our bodies to more effectively quench free radicals.



[This Elixir Will Improve The Performance and Resilience of Your Body To Exercise and avoid seasonal illness normally lasting for a week or more](#)

The foundation of quenching free radicals is a part of what is known as The Krebs cycle or Citric Acid Cycle. Free radicals such as ROS (RARE OXYGEN SPECIES) or Singlet Oxygen will accelerate cell damage and in turn aging, injury and inflammation.

The part of free radical quenching that we are interested in is **Normal Oxidative Phosphorylation NOP**.

By ensuring sufficient status of Glutathione and Super Oxide Dismutase SOD we can more likely ensure that NOP quenching is effective and efficient.



[This Elixir Will Supply Sufficient Super Oxide Dismutase SOD](#)

One good way to improve **Glutathione** status is to regularly consume **Organic Cracked Cell Wall Chlorella** a green algae in powder form which is also a chelator and binds with heavy metals and toxins removing them from the body. The Chlorella contains Chlorella Growth Factors which up-regulates the production of Glutathione in the human body.

“Core Strength Is Important”

Core strength can be increased by doing regular exercises that target the abdominal, back, and hip muscles, such as planks, crunches, and bridges as well as Street Workout Calisthenics and Plyometric Floor exercises which can be done almost anywhere at any time. A balanced diet and maintaining a healthy weight can also contribute to improving core strength.

Core strength is a group of muscles that stabilizes and controls the pelvis and spine influencing the legs and upper body and is very important in reducing the likelihood of injury and improves all round health and wellbeing. Having a good core strength will also reduce recovery time from injuries, prevent falls and improve balance.

It was only as recently as 2023 that all data compiled since known time was assessed by scientists around the earth and it was deemed that the single factor for increased longevity was thigh strength!

[See my Body Strengthening e-book](#)

“Sleep boosts Testosterone”

Sleep is important because it helps our bodies and brains rest and recover, improves memory and learning, **boosts, Testosterone, Serotonin**, mood and productivity, and supports overall physical and mental health. This is why getting sufficient deep REM sleep is important.

The benefit of increasing Testosterone is that Testosterone reduces the stress hormone Cortisol. Aside from eating foods high in tryptophan, exercise, light therapy (getting in the sunshine, especially whilst grounded simultaneously), and a high fibre diet are all good ways to naturally boost your serotonin levels and overall mood. Probiotic supplements may also help. Reducing Stress and avoiding stressful life situations is also important.

Although Cortisol is an important hormone, as Cortisol helps to maintain blood pressure, immune function and the body's anti-inflammatory processes, it is a good idea to stabilize it. The observable effects of sustained elevated Cortisol are rapid weight gain, a flushed and round face, high blood pressure, osteoporosis, skin changes (bruises etc), muscle weakness, mood swings, which can manifest as anxiety, depression or irritability.

“The precursor to melatonin is serotonin”

The precursor to melatonin is serotonin, serotonin is a neurotransmitter that itself is derived from the amino acid tryptophan. Within the pineal gland, serotonin is acetylated and then methylated to yield melatonin. Synthesis and secretion of melatonin is dramatically affected by light exposure to the eyes e.g. exposure to preferably natural sunlight. Blocking sunlight would most definitely be extremely negative for human health, whoever would propose something so ridiculous?

Interestingly Melatonin is involved in managing immune function, blood pressure, cortisol levels, antioxidant, cell protection, neuro-protection, and the reproductive system, among other possible functions.

So we are looking to do the following:

- Get good sleep
- Get natural sunlight
- Don't wear sunglasses all of the time, get UV light in your eyes.
- Eat Tryptophan foods as long as you are not on anti-depressant medication.
- Exercise just enough
- **Don't over exercise**, stabilize cortisol.
- Avoid blue light at night (stops melatonin production, use eye comfort apps)
- Turn bright lights down at night, such as LED
- Wear orange tint glasses or blue light block glasses at night

“EMFs are a controversial topic”

Why can earthing or grounding help you? EMF Electro Magnetic Frequency pollution is real. Studies have shown that recovery time from sports injuries can be massively decreased by deploying the use of grounding/ earthing the body.

EMFs (electromagnetic fields) are a controversial topic, as some studies have suggested a potential link between high levels of EMF exposure and certain health effects such as inflammation (Cortisol) and cancer, while others have not found significant evidence of harm. However it is generally regarded as important to **limit exposure to high levels of EMFs, particularly from sources such as cell phones and WiFi routers, as a precautionary measure**. However, it is also important to note that not all EMFs are thought to be harmful and that more research is needed to fully understand the longer term potential risks.

There is anecdotal evidence of EMF Sensitivity amongst EMF sensitive members of the public. This evidence has revealed certain issues seemingly caused by EMFs such as fluttering in the ear (muscular vibration/ **fasciculation**), considered a type of

tinnitus called MEM, upper spinal column (muscle **fasciculation**), other involuntary muscle spasms fasciculation, but which was then negated or stopped by using direct grounding techniques directly or close to the problem area (see the e-book).

“the human body can hold static and charge from EMFs”

Because the human body can hold static and charge from EMFs such as household wiring, carpets, soft furniture, clothing and radiation from WiFi routers etc which can thicken human blood, anything from 5 volts or more (recorded at 6 volts), this can cause issues within the body and so decreasing the efficiency of blood flow around the body. It is therefore important to practice regular and sustained grounding of the human body to optimize the bodys function.

[See my Electrical Body Grounding e-book](#)

“Human Growth Hormone HGH (Youth Molecule)”

Intermittent Fasting and Human Growth Hormone HGH (The Youth Molecule) plays an important role in the health and aging of our body, organs and skin, and more and more research shows just how vital natural HGH is to helping us both feel and look younger.

Human Growth Hormone is also important because it plays a crucial role in promoting growth and development, maintaining healthy body composition, and regulating metabolism.

Naturally occurring Human Growth Hormone (endogenous - created by the body) levels are regulated by the human body and so it is difficult to get too much.

“Fasting and Intermittent Fasting is Important”

Fasting and Intermittent Fasting is important to regulate certain beneficial hormones and supress certain hunger hormones.

The beneficial **Human Growth Hormone** can be elevated **by up to 2000%** by intermittent fasting as opposed to around 450% through vigorous exercise! So by sitting around and fasting for 16 – 19 hours day to day you could be benefitting your body massively as opposed to vigorous exercise every day. That’s not to say that you shouldn’t exercise fairly vigorously at least once or twice per week for an hour or two, as long as the vigorous exercise is done without too much negative inflammation inducing impact.

An example of intermittent fasting would be to stop eating at 8 or 9pm and then to resume eating again 4pm and eat until 7pm the following day (the minimum fast

recommendation is 12 hours). It is advisable to try and have a minimum 'no eating window' of around 16 - 17 hours, as a more optimal fasting time. It is possible to drink water in this fasted period.

Intermittent fasting is a good introduction to longer fasting periods of up to 40 hours and up to 7 days or more. But it is unlikely that doing more than 40 hours will be necessary. Anything more than 40 hours you may want to seek medical advice and support.

Intermittent fasting helps to balance or suppress the hunger hormone called Ghrelin. The hunger hormone Ghrelin is responsible for hunger pangs and once you are adapted to intermittent fasting, you will find it much easier to go for extended periods without eating and you will not have hunger pangs, often times forgetting that you haven't eaten, or in not being bothered by not having eaten frequently.

The satiation hormone is called Leptin, which signals to the brain that you are satiated. There are "stretch receptors" in the stomach which signal to the brain that the stomach itself is at capacity.

[See my body Fasting e-book](#)

"The Best Low Impact Cardio Exercise"

To limit the negative effects of impact on the body it is important to choose cardio exercise that will mean that you can work out hard without any joint impact and pain. This means that you can work out consistently and avoid injury.

You'll likely only need to do cardio exercise once or twice for two hours maximum per week to achieve your desired weight loss if you do everything in this e-book.

- Avoid concrete running unless it is uphill only and only walk downhill.
- Try inline skating as it simulates running but little to no impact on joints.
- Try inline skating at a rink, increases fun factor and community.
- Try riding a bike, sprint high intensity then ride normally repeat several times.
- Run up stairs also known as step sprinting, repeat several times.
- Do an exercise for minimum one hour that makes you sweat and breathe more heavily at some point.
- Consider exercising whilst in a fasted or low carbohydrate/ fasted state.
- Consider exercise before a main heavy meal (fasted) or after a light meal or snack

The only form of exercise that closely simulates running, **engages the spinal column** and other muscles in a similar way to running and can completely or vastly negate joint wear and impact is inline skating or rollerskating. As you progress with inline skating or rollerskating you will become more confident in gaining the speed required for maximum cardio output.

It is advisable to wear full head and body protection if you are starting out with in line skating or rollerskating, especially if outside on concrete, asphalt or tarmac.

Bike riding and swimming are also good cardio exercises, **but omit the muscle engagement** and balance improvement that inline skating offers.

Running can be effective but should only be done on softer ground and with the correct advice on joint care, footwear, frequency etc.

“Correct Hydration is Important”

Correct Hydration is Important we want to be ingesting water that is going to fully hydrate our cells and remove inorganic materials from the body. Also due to the hardness and chemical composition of most municipal tap water in many countries, this water can lead to an increase of inflammation markers in the body and absorption of chemical by-products Disinfectant By Products (DBPs) and carcinogens (THMs) Trihalomethanes into our blood and body tissues. Thus increasing the likelihood of inflammatory problems such as DBP induced arthritis.

Aim for approximately 2 Litres of filtered/ distilled and or restructured water per day which includes water from food preparation.

[See my water filtration e-book](#)

“Iodine Deficiency in many Western Civilizations”

Why is iodine so important and why is Iodine sufficient in the Major Bluezone civilizations such as Japan? Seafood.

That is to say that where Iodine levels are sufficient we see much less prevalence of the biggest killer diseases, especially certain cancer types. But there is strong evidence to support the reason why supplementing iodine in a diet or better, by using topically an elemental Iodine source is very important.

The human body is insanely complex and intelligent, science itself is unable to comprehend the level of intelligence of the human body (although it likes to think it can).

The main active synthesized bioavailable element from supplementing iodine as well as ionized iodine is 6-Iodolactone. The human body uses a sodium switch to pull iodine into cells and the mediates the release of the ion iodine as it is required

throughout the body.

“In Conclusion”

Overall we need to consider all of the aforementioned elements.

Simply considering only one or two of the above elements will lead to likely long term failure. By considering the above elements it will mean that you achieve your weight management goals year after year into older age, whilst carrying forward the strength required for longevity and healthspan.

Any long term health protocol should include consideration of immune function and any protocol may be adapted to suit each individual.

Any long term health and weight management protocol should include **bio-hacking**.

Bio-hacking is the practice of making changes to your lifestyle, diet, and environment in order to optimize your physical and mental health. It can involve techniques like meditation, nutrition, exercise, and supplementation to improve overall wellbeing. It can also involve more advanced practices such as organ and body output monitoring as well as using nootropics to enhance cognitive function.

Couple these techniques with the ZGPT Protocol

[Find the ZGPT eBook here](#)

