



30 Ways to Reboot Your Body: A Complete User Manual for Getting the Most Out of the Human Body

Ben Greenfield

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A broken gut. Brain fog. Mysterious aches and pains. Low motivation and low libido. Body fat that just won't go away.

Whether your goal is to lose 20 pounds, run a 5K, get ripped, live as long as possible, complete an Ironman, do an adventure race or just breeze through life with absolute confidence in your body, being the best you can be is difficult when you're held back by frustrating issues such as brain fog, body fat, an irritated gut or sore joints. As a result, most of us live our lives at just a fraction of our peak capacity, completely powerless to tap into our full potential or to our their goals as quickly as possible.

But what if it didn't have to be that way? What if you could squeeze every last drop of excitement and living out life, and also be healthy on the outside and healthy on the inside?

If you could sum up this feeling of achieving your ultimate performance potential, you could describe it in one word as "superhuman". Just think about it. Complete optimization of performance, fat loss, recovery, digestion, brain, sleep and hormone balance. That's what you will have if you implement every step in this book.

You'll discover secrets like:

- The single, most potent exercise move that you can use the rest of your life.
- Three amazingly tasty meals that deliver to your body every nutrient known to humankind.
- The four tests you must get if you want to know everything about your body.
- A little-known sleep hack that makes you fall back asleep in minutes.
- Three easy steps to taking a nap anytime, anywhere in the world.
- And much more.

In other words, "*30 Ways to Reboot Your Body*" isn't just about simply rebooting your body. It's about rebooting your body, then elevating your body and mind to a completely new level of physical and mental performance, then putting the icing on the cake with every scientifically proven tip, trick and biohack known to humankind. You can consider this your complete user manual to getting the most out of the human body.

The human body is capable of feeling good, all the time, and achieving amazing feats of physical and mental performance...if you operate it with the proper user's manual. It's time to learn how.

Ready for the journey?

Let's do this.

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Hilary Rangel:

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