

MENU

Optimisation protocol

Advanced habits and technology to incorporate into your health regime once you have foundational habit scores as high as possible.

Icons relate to point score boosters for: eat 🍏, sleep 🛌, move 🚶 and stress 🧠. These scores are general in nature, you can discuss the relevance of each protocol for you with your practitioner.

- 🍏 🍏 🍏 🛌 🛌 🚶 🚶 🧠 🧠 [Avoid personally reactive foods](#)
- 🛌 🛌 🛌 🧠 🧠 🧠 [Float](#)
- 🍏 🛌 🚶 🧠 🧠 [Biofeedback](#)
- 🚶 🚶 🧠 🧠 🧠 [Digital detox](#)
- 🛌 🛌 🚶 🧠 🧠 [Red light therapy - Photobiomodulation](#)
- 🛌 🛌 🚶 🧠 🧠 [Traditional sauna](#)
- 🛌 🚶 🚶 🚶 [Altitude training](#)
- 🍏 🍏 🛌 🧠 [Continuous glucose monitor](#)
- 🛌 🚶 🧠 🧠 [Cold water therapy.](#)
- 🛌 🛌 🧠 🧠 [Dopamine detox](#)
- 🛌 🚶 🧠 🧠 [Infrared sauna](#)
- 🍏 🍏 🛌 🧠 [Intermittent fasting](#)
- 🛌 🚶 🧠 🧠 [Mineral bathing](#)
- 🛌 🚶 🚶 🧠 [PEMF](#)
- 🍏 🛌 🚶 🧠 [Wearable Fitbit](#)
- 🍏 🛌 🚶 🧠 [Wearable Garmin](#)
- 🍏 🛌 🚶 🧠 [Wearable Whoop](#)
- 🛌 🧠 🧠 [Binaural Beats](#)
- 🛌 🛌 🧠 [Blue light blocking glasses](#)
- 🛌 🚶 🧠 [Cryotherapy.](#)
- 🛌 🚶 🧠 [Wearable Oura ring](#)
- 🛌 🚶 🧠 [Air filtration](#)
- 🚶 🧠 [Hyperbaric oxygen therapy.](#)
- 🚶 🚶 [PRP therapy](#)
- 🧠 🧠 [Tapping](#)
- 🛌 🧠 [Transcranial and intranasal photobiomodulation](#)
- 🍏 🍏 [Water filtration](#)
- 🛌 🧠 [Weighted blanket](#)
- 🛌 [Bed cooling systems \(Eight\).](#)

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Foundational habits

When it comes to moving the dial on disease prevention and longevity, it is important to first assess your foundational habits.

[Take the Habits Survey](#)

Icons relate to the points score on the Habits Survey for: eat 🍏, sleep 🛌, move 🚶, stress 🧠, and negative points 🚫. Each hyperlink is a fact sheet that corresponds to questions on the Habits Survey. We recommend you work with your coach to optimise your habits.

🍏 🍏 🍏 🛌 🚶 🧠	Proper hydration - water is life
🍏 🍏 🍏 🛌 🚶 🧠	Quality protein consumption - the building blocks for your body
🛌 🛌 🛌 🧠 🧠 🧠	Sleep hygiene - preparing for for sleep matters
🛌 🛌 🚶 🚶 🧠 🧠	Flow and flexibility exercise - stability and flexibility for mind and body
🛌 🚶 🧠 🧠 🧠	Healthful morning routine - your morning sets you up for the day
🛌 🚶 🚶 🚶 🧠 🧠	Baseline movement (walking) - humans are designed to move incidentally
🛌 🛌 🛌 🧠 🧠	Ideal sleep environment - where you sleep matters
🛌 🛌 🧠 🧠 🧠	Mental hygiene practice - mindset health is important
🛌 🛌 🧠 🧠 🧠	Slowing the mind - focus and clarity for mental performance
🛌 🛌 🧠 🧠	Healthful sun exposure - sunlight regulates the body systems
🍏 🍏 🍏 🚶	Healthy fat consumption - they're not bad, you just need the right ones
🛌 🚶 🚶 🚶	Burst exercise (HIIT) - power and speed
🛌 🚶 🚶 🚶	Strength and conditioning - muscle mass for life
🛌 🛌 🚶 🚶	Extended cardio (zone 2) - endurance, energy and oxygen
🧠 🧠 🧠	Slowing down - calibrate and regulate your nervous system
🍏 🍏 🍏	A rainbow on your plate - means phytonutrients and fibre
🍏 🍏 🍏	Whole, unprocessed food - as nature intended

[Overeating](#) - the right levels of hunger are healthful



[Caffeine](#) - there's no such thing as free energy



[Inflammatory foods](#) - fuel the fire



[Sedentary habits](#) - sitting is the new smoking



[Alcohol](#) - fun, but best enjoyed healthfully



[Over exercise](#) - more is not always better



[Smoking](#) - the evidence is clear

