THE TWO KEYS TO HIGH ENERGY LEVELS

Summary Document
ENERGY IS EVERYTHING!

It is the currency of life. Want to know the difference between something that is alive and something that is not? The thing that is alive has cells that are creating energy.

And yet, even though energy is the central key to having a good life filled with vitality, happiness and passion, most of you feel like you do not have it!

People are tired. They are sick. They are stressed. They are exhausted. They are anxious and depressed. They are emotionally flat. They are bored and lacking passion. There is no sex drive. They come home, do not feel like being with their family, and they do not have the drive to spend quality time with them. They are usually just trying to drag themselves through another day with caffeine.

This is why so many people are hooked on caffeine—because they just do not feel that energy. They are constantly borrowing energy from tomorrow to pay for today, with caffeine and stimulants.

Because of all this, people are becoming bankrupt in something that is incredibly important —energy and passion for life.

Here are some scary statistics to think about:

- In WebMD's annual Year in Health survey, women across the U.S. named fatigue among their top five health concerns.
- In the American Psychological Association's 2012 Stress in America survey, 45 percent of women reported feeling chronically fatigued due to stress.
- A survey commissioned by Legal & General found that 34 percent of the 5,000 people asked said that chronic low-level, general fatigue was their biggest health concern.
- The Chartered Management Institute recently conducted a 'Quality of Working Life' report which showed that insomnia is widespread and more than half of us experience feelings of constant tiredness at work.

Simply put, chronic fatigue, daytime sleepiness, stress, anxiety, depression, exhaustion, and chronic lack of energy have become epidemics in our society!

That is a big problem because high energy levels are the crux of having a good life! Your happiness, your career, your health, and your relationships depend upon it!

That was the bad news...

Here is the good news...

You have massively abundant energy available to you.

A level of vitality and energy not just 10% or 20% higher than what you have now, but massively higher. You can access a level of energy that will fill you with drive, motivation, vitality, and passion every single day. And once you access that, you can truly transform the way you move through life.

WHEN IT COMES TO ENERGY, THERE ARE 2 WAYS OF BEING IN THE WORLD

Draggers: This is the majority of people—those suffering from chronic lack of energy.
They rely on caffeine to get through the day, wake up groggy and press the snooze button, are not able to get going without morning coffee, and need to snack throughout the day to keep energy levels up.

They are tired, overworked, depressed, anxious, stressed, exhausted, **burnt out** and struggling to get through the day.

**Peak performers:** This is a select few people who just seem to **burst** with energy and life - a level of superhuman energy - people like Richard Branson, Oprah Winfrey, and Tony Robbins. They are the ones that always seem **happy**, ready to take on a challenge, climb to the top of the mountain, and get it done with a smile.

They are the Energizer Bunnies who seem to accomplish more in the first few hours of the day than most of us complete in a week. We say things to them like, "Where do you get your energy?" and "I do not know how you do everything you do."

They are people who fully bring their passion into the world and live each day to the fullest. People who light up the people around them and make them happy and excited just by their presence.

When you are operating from this place, everything in your life gets better. Without it, you can never live fully. In this place, you are actually **living** life, instead of the other way around.

- You **feel powerful** and in control of your emotions and your destiny.
- You are filled with **passion** and **aliveness**.

And when someone is operating at this level, you can **see** it in their eyes. You look at them and you can see they are full of vitality and **life**.

This might seem so far from where you are right now, it might sound like you could never achieve it. But believe me, not only is this possible, but it is the birthright of everyone on this planet.

When you activate the right physiological systems using the right strategies, you can transform your life.

**You have a choice:** You can exist in either of these two states. You can be a dragger or a peak performer. The choice is up to you!

If you are struggling with chronic fatigue or fibromyalgia, or, you are someone who is already healthy but looking to get advanced strategies to take your energy to new levels, then you simply need to learn the methods presented in The Energy Blueprint system.

**GETTING RIGHT INTO IT**

There are 2 key principles at the **core** of energy enhancement. If you want to understand how to boost your energy levels, pay very close attention to what I’m about to share with you...

The Two Most Critical Factors In Increasing Energy:

1. **Cell Regeneration Habits:** This is comprised of the basic stuff—optimal nutrition, movement, stress management, sleep hygiene, and circadian rhythm habits.

   Some of this you are already familiar with, but even here, there is a huge amount of science that can take these foundational habits to the next level.

2. **Cell Engine Building Habits:** This is comprised of advanced cutting-edge strategies that 99.9% of people—including even diet and fitness gurus—have no clue about.

   This is the real cutting-edge science of energy enhancement. This is about building up the mitochondria in your cells—which are the cellular power plants or energy generators—and making them bigger and stronger.
Building the cellular engine is about exposing your body to certain kinds of stimuli that make your body **adapt** to them by creating a stronger internal cellular engine—building bigger, more powerful mitochondria ... and even making **more** of these mitochondria, so you can literally upgrade the **size** of your cellular engine.

For example, going from 500 mitochondria in each cell to 1,000 or more. One example of this type of cellular engine builder that you’re already familiar with is **exercise**.

**There are many other things** that you can do to build your cellular engine that you do not know about! And even with exercise, there are tons of tips and tricks that make all the difference in whether or not you actually build up your mitochondria, your cellular engine, **or not**.

Overall, I have discovered over a **dozen** key factors (beyond just exercise) that can have a **huge** impact on building your cellular engine!

This is truly cutting-edge stuff that virtually **no one** knows.

**More Mitochondria = Bigger Cell Engine!**

With well designed strategies, you can go from 500 mitochondria in your cells to 750 or 1,000 or more!

When you increase the amount of mitochondria in your cells and the **SIZE** and **POWER** of those mitochondria, you can **DOUBLE** the energy producing capacity of your cells!

When you start systematically layering different kinds of Cellular Engine Builders into your life, you can literally go from weak, fragile unhealthy little mitochondria that produce very low amounts of energy to having **big powerful** mitochondria that **pump** out massive amounts of energy to keep you energized all day long.

This is a **major** difference between those who are fatigued and those who have great energy.
When you start using Cellular Engine Builders in your life, you literally start making a bigger, stronger cellular engine to produce more energy. (Those weird-looking things in the middle of the above image are mitochondria—the energy generators of the cell, or what I call, the Cellular Engine).

More energy at the cellular level means better health, greater longevity, protection from countless diseases, and of course, more physical energy that you feel.

And here is the thing... building high energy levels, peak performance, and world-class vitality is all about the **cycling back and forth between these two states**.
When you alternate between building the cellular engine and then creating efficient cell regeneration, you have the recipe for transforming your energy levels.

What you want to do is create **spikes** of cellular engine building time, and then go into regeneration mode. The bigger the oscillation, the **better**! You want **big time** cellular engine building stimuli, and then **big time** cell regeneration stimuli.

This shifting back and forth between these states is where the real magic of maximal energy levels is!

**Key point:** Most people are **not doing either** of these things very well.

They are not dialed in when it comes to cellular regeneration or building the cellular engine. Instead of having these spikes built into their life designed to build the cellular engine and then regeneration, they have **neither**.

They are just flat-lining. Think of being in hospital... what does a flat-line mean? It is not a very good thing, right?! Most people are flat-liners when it comes to **both** cellular regeneration and cellular engine builders—they are just not doing either very well.

**And flat lining on these two things is how to wreck your energy levels.** (Not to mention predisposing you to countless diseases and making you overweight in the process).

And here is the other key thing to realize: Most of the standard advice out there for increasing energy levels that you will find in books and articles and programs doesn’t really get at **either** of these two factors.

To really start to optimize these two factors, you need strategies that go beyond the typical advice. (The stuff you hear about energy levels is mostly just repetition of all the same stuff we’ve all heard a thousand times before ... “eat healthy, do exercise...lower your stress levels... drink lots of water... take this herb... take my special supplement... eat your veggies... take your vitamins and minerals... go low-carb... do not eat sugar or gluten...cut out caffeine... and sleep 8 hours every night.”)

To get real results in enhancing your energy levels, you need to move way **beyond** this stuff. You need to go into the realm of cutting-edge scientific strategies that dramatically enhance the ability of your cells to produce energy.

And that is exactly what I have created and want to share with you with this training!

First I want to tell you the story of how this program was created...
In my work over the last decade as a nutritionist, trainer, author, and peak performance coach, I primarily specialized in fat loss. But when I started to see so many people struggling with lack of energy, I tried to look for someone or some product to help those people.

Unfortunately, when I looked at what was out there, I was shocked to discover how utterly terrible most of the information was on the subject of energy levels.

I had nowhere and no one that I felt comfortable referring these people to. And quite frankly, I was shaking my head at how much pseudoscientific garbage was out there on the subject of energy levels.

So... I decided to do something about it!

I decided that I was going to create a comprehensive and truly scientific system for overcoming fatigue and dramatically increasing energy levels.

Here is what I did... I spent months reading various people’s articles, watching videos, buying products, and reading books on the subject of energy enhancement... believe it or not, I actually went out and purchased literally every product in existence that I could find on the subject of energy levels—books, seminar recordings, and digital audio and video products.

I spent thousands of dollars of my own money and I spent hundreds of hours obsessively studying all of these products...

Now, some of these products had nuggets of good information. But for the most part, it was either the same old common sense advice everyone has already heard a hundred times (eat nutritious food, do exercise, drink lots of water, de-stress, and get plenty of sleep)...

OR...

It was just made-up pseudoscientific nonsense that had no basis in science and didn’t actually work to enhance energy levels. Even worse, there were many programs giving advice that went directly against the science on the subject, and if anything, made the body weaker and more fatigued.

At the end of all that—after spending all that money and all that time—what I ultimately discovered is that, no one out there was really addressing the fatigue epidemic with a real, scientific solution.

And that is why... I took it upon myself to develop a truly scientific and evidence-based system for optimizing energy levels.

By the way, I cannot take all the credit because I did not do it alone... I enlisted the help of dozens of world-renowned experts in fields from nutrition to circadian biology (the body's biological clock) to physicians on the front lines of treating fatigue to NY Times Bestselling authors and world-renowned neuroscientists. All of whom made amazing contributions to the system.

When I originally set out to do this, I never imagined that it would take well over two years of full-time research into the science of energy levels, collaboration with several other scientific experts, and seemingly endless hours of experimentation with hundreds of my clients to do it...

But after all was said and done, I realized that what I had put together with the help of all these experts was truly ground-breaking and could change people’s lives.

It was the first and only comprehensive science-backed system for energy enhancement ever created.
2 FOUNDATIONAL STRATEGIES TO START BUILDING HIGH ENERGY

Right now, I want to start teaching you two of the fundamental energy enhancement strategies of that system, so you can start laying the foundation for a lifetime of vitality, amazing health and a life filled with energy.

I want to preface this with a little warning: I want you to know that some of the things I am going to ask you to do are not easy.

• I am not just going to tell you that all you have to do is pop some magic pill every morning and everything will instantly be solved.
• I am not into selling gimmicks, covering up symptoms with pills, or trying to sell people on quick-fixes and magic solutions. Hopefully you are smart enough to know that stuff does not work and actually makes people worse off in the long run.

What I am into is teaching you how to do things the RIGHT way to build a rock-solid core of vitality and energy that will be with you for the rest of your life.

Ultimately, this is the difference between going through life as a dragger or a peak performer. Being a peak performer is about a commitment to doing things the right way day in and day out.

Hopefully you are on board with that and you are ready to commit to this process of transforming your health and energy.

Remember the 2 key strategies I told you are at the core of energy enhancement:

1. Cellular Regeneration
2. Building Your Cellular Engine

Let me start with one of the biggest energy zappers out there that is wrecking the energy of millions of people. Imbalanced brain stimulation and brain recovery.

When you are constantly overstimulating and overworking your brain, it increases the need for cellular regeneration. Unfortunately, a lot of people are asking their brain to work in overdrive all the time without giving it the regeneration it needs.

Right now, I want to give you two strategies: First, I am going to show you a very common thing that most people are doing that is overstimulating and overtaxing their brain and nervous system.

Then I am going to give you another strategy that you are going to love to help you start re-charging your brain and nervous system for more energy.

STRATEGY #1 – RESET YOUR NEUROTRANSMITTER SYSTEM

First of all, what is caffeine?

Caffeine is a chemical stimulant that increases activity in certain parts of the brain and central nervous system.

It is consumed by billions of people all over the world on a regular basis, primarily in the form of coffee, tea and cocoa, but also in “energy drinks” and various stimulant and “fat burner” supplement pills where the main ingredient is often synthetic caffeine.

Among coffee drinkers, the average consumption in the United States is 3.2 cups of coffee per day.

I do not have time to get into all the science around this subject, so I want to give you the 1-minute rundown of everything you need to know.

First, I will cover how caffeine actually works...
To understand caffeine, you first need to understand the neurotransmitter adenosine.

Adenosine is what is called an “inhibitory neurotransmitter,” which means it tends to make you feel tired and sleepy. At night, it builds up and is one of the major signals telling your brain it is time to go to sleep. Now, you have some level of adenosine in your brain at all times of the day.

To understand what I mean, picture a spectrum, where on one end you have someone deep in sleep and on the other end you have someone on crack who is wide awake and bouncing off the walls and probably acting a little crazy.

Most of the time you are somewhere in between those two states--in the middle of that spectrum.

You have a bunch of neurochemicals in your brain that are in charge of regulating this balance and keeping you awake or asleep and controlling your level of energy or fatigue. Adenosine is an important one of those. And remember, more adenosine means more sleepiness and fatigue.

Ok, now that you understand adenosine, let us talk about caffeine.

Caffeine works by inhibiting the action of adenosine! It basically binds to the adenosine receptors in the brain and then blocks the adenosine from getting in.
What does that do? Well, the brain then basically acts like there is a lot less adenosine in the system. Less adenosine means you feel awake and energized. And that is **exactly** what caffeine does to you.

![Adenosine and Caffeine Diagram](image)

Now, let us go over the good news...

Coffee gives you a great immediate boost in energy and mood. That is why most people use it. There are also numerous beneficial phytonutrients in coffee and long-term coffee consumption has been linked with lower rates of numerous diseases.

That is why I am not just going to give you the blanket recommendation to never drink coffee again. Overall, the scientific evidence makes a pretty strong case for coffee consumption as being **good** for health.

But...

It is not just as simple as taking that information and running with it and assuming that drinking coffee every day is great for you in every way.

Now let us talk about the bad news.

The bad news is that the way most people consume coffee is harming their mental and physical performance, their mood, and their energy levels.

This is the complex part where I am going to get into the scientific research, so stick with me here...

Remember back to how caffeine works in your brain--it creates a stimulating effect by blocking adenosine.

So here is the deal...

In the **short-term**, this effect is actually a beautiful thing.

Overall, it makes you more energized, enhances your mood, and is proven to enhance your mental and physical performance.
If you are a person who does not normally drink coffee and you drink a cup of coffee, assuming you are not one of those people who gets anxious and jittery from it, it will give you a great boost. You will be energized and perform better in basically every way.

AND, if you are one of the people who does drink coffee every day, you will also notice a great boost to your energy, mood, and performance from coffee.

Sounds great, right? ...

Here’s the catch!

First, once the caffeine wears off several hours later, adenosine comes back with a vengeance and your mood, energy, and performance all take a hit.
Aha, you say... but then you can just drink another cup of coffee, right? Not so fast! Because here is the much bigger problem...

If you drink coffee everyday (or most days), **you actually create negative neurotransmitter adaptations in your brain!** Because caffeine is plugging up your adenosine receptors, the brain basically acts like there's an adenosine shortage. So what does it do? ...

It makes more adenosine receptors!

You now go from the situation pictured above, to the one pictured below.

What does that do?

**It makes the brain ultra-responsive and sensitive to adenosine.**

It makes it so that even with the same level of adenosine that was there before, the brain is now acting like there's a lot more adenosine. Basically, even if there's a bunch of caffeine plugging up the
Adenosine receptors, the brain now has so many adenosine receptors that the caffeine cannot plug all of them up, and the adenosine still gets in.

In other words, the brain increases adenosine signaling in response to chronic caffeine consumption. That creates two effects:

1. You develop a **tolerance to caffeine**, and start needed more caffeine (more cups of coffee) to get you going and get you through the day.

   ![Diagram of Adenosine and Caffeine receptors in the brain.](image)

2. **More importantly**, it actually lowers your baseline level of energy, mood, and level of cognitive and physical performance. In other words, it changes your new **normal** state when you do not have caffeine in your system by lowering everything—mood, performance, and energy.

   Remember back to what I told you before. That both in people who do not normally drink coffee and those who do normally drink coffee, coffee will enhance their mood, performance and energy.

   Here is the really important part I didn’t tell you …

   The only people who are actually getting a real lift from coffee are those who **do not** regularly consume it.

   For those people who do not normally drink coffee, if they have a cup of coffee, they will get a boost to their mood, energy, and mental and physical performance.

   BUT if you drink it all the time, you do not get any benefit from these things.

   If you look at the long-term effects on mood, energy, and performance in people who NEVER drink coffee VS. those who drink coffee every day, you actually see no difference at all.

   In other words, drinking coffee has basically **no benefit** on mood, energy or performance when you drink it all the time.

   People who drink coffee all the time do feel like it improves their mood, energy, and performance.

   So how can we reconcile these two facts?

   Simple: There is now a large body of scientific research showing that in people who drink coffee regularly, the “benefits” of coffee consumption for mood, energy, and performance are almost entirely due to something researchers call **withdrawal reversal**.
What that means is that you are not actually getting a true benefit even though you feel like it is giving you a boost.

By controlling for caffeine use in study participants, researchers at Johns Hopkins discovered that caffeine-related performance improvement is nonexistent without caffeine withdrawal.

In other words, coming off caffeine reduces your mental and physical performance and worsens your mood and energy level. So when you drink caffeine and feel like it is taking you to new heights...it is not. In reality, all it is doing is taking you back up to normal temporarily.

What is actually happening is that the habitual caffeine consumption has lowered your baseline level of performance, mood and energy level--you have now lowered your function all the time that you are not on caffeine.

This is the short-term effects of taking caffeine when you do not normally consume it.

This is what most coffee drinkers and caffeine consumers do not realize about the “boost” they are getting!
When you feel yourself getting a boost from caffeine, what is actually happening is that you are just going from your LOW baseline level of energy and performance BACK UP TO WHAT USED TO BE YOUR NORMAL LEVELS before you started using caffeine!

You are now spending most of your life in a poorer mood with lower energy and worse performance, and you are dependent on caffeine to give you a boost back up to normal.

So how can you make sense of all this? Should you never drink coffee or use caffeine again?

As I told you before, I am not going to tell you to never drink coffee again. As I mentioned, the science actually shows that coffee consumption has health benefits.

So how can you get the benefits without lowering your baseline mood, performance and energy?

How can you get a true boost from your coffee?

**What is the solution?**

**CYCLE ON AND OFF CAFFEINE**

Use it for 1-2 days, and then take 2-3 days off of it. Or use it for 2 weeks and then go off for 2 weeks.

Now, if you have been using it every day for months or years, you cannot just go into the pattern I just described.

You first need to clean out your system and reset the entire neurotransmitter system in your brain. Like I mentioned before, when you drink it every day, your brain makes adaptations in the neurotransmitter systems.
To undo those adaptations and increase your baseline level of energy and performance, you have to do something that is going to feel really hard for a lot of you: You have to give your brain a complete break from caffeine for several weeks. I recommend at least 3 weeks completely off, but 5-6 weeks is even better.

Now here is the thing...

... If you are addicted to caffeine, doing what I am telling you to do here is not going to instantly fix your energy issues. You’re not going to instantly feel great by following my advice of taking a break from caffeine.

In fact, you are going to feel worse initially. Yup, I said it. That is what happens when you take a person off a drug they are addicted to. When you go off caffeine, you will feel tired and rundown much of the time, you will probably need more sleep, you might have headaches, your mood will be depressed, and you will not be performing well physically or mentally.

I am not selling you on the idea that if you follow my advice, it will instantly improve your energy. It will not do that instantly.

But this is what is necessary to truly build you up to something stronger, more resilient, and more energetic. This is doing the ground work and laying the foundation.

Like I said, no more quick fixes and band-aids. This is about building up your body’s resiliency, strength, vitality and energy the right way.

If you want to do things the right way, then trust me on this and follow my advice.
STRATEGY #2 – RE-CHARGE RITUALS FOR YOUR BRAIN AND BODY

If you have not already watched the video and you are trying to skip to this summary document to get the gist of what I am advising you to do, then STOP. Do not do that. Go and actually watch the video. Especially this part.

In this section of the video, I take you down to the beach and show you a very simple, but very powerful strategy to start re-charging your brain.

It is going to be way more powerful for you to actually see what I am talking about in that video, Basically, in the first strategy I talked to you about the negative effects of chronically overstimulating your brain.

The other side of that coin is that most of you neglect something that is even more important – creating specific blocks of time where you can let go of the stresses of the day and consciously relax and re-CHARGE your body and especially your brain.

I call these re-charge rituals.

LIFESTYLE STRATEGIES TO DESTRESS

Meditation
Mindfulness
Positive Social Relationships
Breathe Deeply and Slowly
Laughter
Prayer
Resistance Breathing and Breathing Exercises
Cold
Singing or Chanting
Dancing

Music and Sound Therapy
Yoga
Exercise
Massages
Sleep or Lay on Your Right Side
Tai Chi
Acupuncture
Spending time in nature
Naps
Power postures
Sunbathing (Alpha-MSH)
Hobby

www.theenergyblueprint.com

There are dozens of strategies that I will show you on how to layer re-charge rituals in your life, but to get started, I just want you to focus on this one:

Do something that you love. The simple act of doing something you love for a chunk of time each day is, on the one hand, incredibly simple and obvious. But on the other hand, 99% of people do not make time each day to do things they are truly passionate about. And over time, neglecting to do that SUCKS the life and energy out of you!

So your goal here is to create a block of time each day – ideally 20 minutes or more – that is for your re-charge ritual. For this specific re-charge ritual, I want you to focus on doing something you love and something you’re passionate about. It does not matter what it is – it might be dancing with your
husband or wife, or doing yoga, or reading a great novel, or studying something that gets you excited and fascinates you, or playing with your dog at the beach like me.

It does not matter what it is – you just want to find whatever it is that gets you all jazzed up with excitement, joy, and passion! Ideally, something that gets you into an excited, playful mood.

Side note: The act of play stimulates an important neuropeptide in your brain called orexin, which is one of the main regulators of your mood and your energy level. So play is actually one of the most powerful ways to boost your energy immediately. Compare it to a cup of coffee, and you may even find that play is more powerful!

That is your task here. It may sound simple and like common sense. But it is not, so do not underestimate the power of doing this! The vast majority of people neglect to create chunks of time each day to do what they love and put themselves in the environments that make them feel alive. Their day is just blah.

If you neglect your passions and what you love, it will slowly suck the life and energy out of you.

I want you to re-connect with your passion and your aliveness each day. When you focus on doing what you love, you start to rewire the neural circuitry of your brain into a more passionate, more energetic, and more alive way of being in the world. It is truly a beautiful and amazing thing!

So, get started on it today and commit to doing it each day for the next two weeks of this virtual training!
IT IS NOT AN INSTANT FIX OR MAGIC PILL, BUT HOPEFULLY YOU ARE SMART ENOUGH TO WANT TO DO THINGS THE RIGHT WAY...

That is how I want you to get started on this journey of overcoming fatigue and building your energy levels.

Just these two simple steps.

But again, just because they are simple, do not underestimate them!

99% of people are NOT doing these things consistently, and that is a big reason why they do not have great energy levels.

I also want to tell you one more important thing you can do right now... Like I said above, if you are currently addicted to caffeine, doing what I am telling you to do here is not going to be easy for you, and you are not going to instantly feel great by following my advice and taking a break from caffeine. In fact, you’re going to feel worse initially--you might get headaches, and your mood and energy will be lower temporarily.

That is why I am also giving you a strategy that will give you an instant boost to your energy along with this. Hopefully the re-charge ritual of spending time doing something you love each day will help to partially or completely offset the drop in energy you’ll feel from going off caffeine temporarily.

It is okay if you feel a little drop right now though. That is the reality of what needs to be done if you want to break your dependence on caffeine and start building your energy and vitality the right way. Caffeine is a crutch for most people. It is time to get off the crutches and start building real vitality, power and energy in your body.

As I told you before, I am not into band-aid solutions and covering up symptoms with pills. This is not about doing things to double your energy by tomorrow.

You are taking just one step back just TEMPORARILY in order to take 10 HUGE steps forward and build a foundation of energy and vitality that is going to last you for the rest of your life.

There are no shortcuts to the great things in life, and if you want to have those things, you have to invest your time and energy in the right ways. The quick fixes and magic pills just make you worse off in the long run.

This process is not an instant fix, but if you stick with me and start following my methods...

I PROMISE you that in 2 months, 3 months, 6 months, you will be a whole new person--you’ll dramatically decrease your risk of dozens of diseases, add years or decades to your life, and be filled with vitality and energy.

The First Step to Getting Results

The first essential step to getting results in this area of your life is this: You have to commit.

As my good friend John Assaraf says:
If you want great energy for life, you have to COMMIT to getting this area of your life handled.

Most people – the draggers – put themselves into a hole because they are not committed to great health and energy--they think only about getting themselves through that day and they try to rely on quick-fixes and band-aids to try to fix their energy and performance. The problem with that is that in the end, it just makes their energy, performance and their health worse.

I do not want that to happen to you. And if you have been doing that up until now, I am going to show you the way out.

Energy is at the foundation of everything important in your lives — your health destiny, your career destiny, your relationship destiny — everything! So, when it comes to your vitality and energy, this is one area where you do not want to take short-cuts and you want to do things the right way.

I am going to show you how to do things the right way--the real way to build true strength, vitality, health, and energy.

So right now, I want to ask something of you...

**I want you to COMMIT.**

**Today is all about COMMITMENT.** After this series of training videos is over, whether or not you choose to continue working with me to increase your energy and improve your health and your body, I want you to make the commitment right now.

Not a commitment to me. I want you to commit TO YOURSELF! And to your family, your friends, and anyone you are in a relationship with.
I want you to decide **right now**, this moment, that this is the beginning of your commitment to building real vitality, strength, and energy that is going to be with you for the rest of your life.

I want you to decide that instead of dragging yourself through the day, looking for short-cuts to health and energy, and relying on quick fix band-aid solutions to get yourself through the day, you’re going to do what’s necessary to be healthy, strong, and full of energy for life.

**Are you ready to commit?**

If not, no hard feelings. But this training really is not for you and you probably should not spend any more of your time watching it. I’m looking to work with people who are **committed** to getting great results in their life and getting this area of their life handled once and for all—not people who are only **interested**.

If you are ready to commit, then I want you to know that I am very excited to work with you over the next couple weeks! You are exactly the kind of person that I live and breathe for. My passion in life is helping people like you. That is what gets me jazzed up with excitement and aliveness each day. :)

For those of you who are committed, I want you to know something: If you decide to follow what I teach you in this training, it can genuinely change your life.

And I am honored to be your guide through that process!
IN THIS SESSION, WE WENT OVER:

• **The 2 fundamental strategies to building high energy levels:** 1. Cellular Regeneration and Building The Cellular Engine. And that the key to overcoming fatigue and building high energy levels is moving away from being a flat-liner towards building the rhythm of Cell Regeneration and Cellular Engine Building into your life in a systematic and progressive way.

• **The truth about caffeine** and how to reset the neurotransmitter system in your brain to raise your baseline energy, mood, and performance.

• **How to start implementing RE-CHARGE RITUALS** into your life to start re-wiring your brain for more energy.

www.theenergyblueprint.com
Get started on those two strategies now. This is how you are going to start building the foundation—brick by brick—of **real energy and vitality**.

Now, I just want to let you know... we are just warming up here. There is a ton of amazing stuff headed your way in this training series...

Right now, I want you to get started with the two strategies I talked about in this video. Do not just think about them, but actually **do them** each day.

So what are the next steps to really increase your vitality and energy?

Join me in the second video, and I will show you 3 powerful strategies that hundreds of my clients have used to massively enhance their health and energy within weeks. These are cutting-edge strategies you can start to use **immediately** to increase your cellular regeneration and start building your energy right away.

The awesome bonus to these strategies is that some of them have the side benefit of dramatically reducing your risk for cancer, diabetes, and numerous other diseases, not to mention that they have the potential to add a whole lot of years to your life.

Ok, are you ready to start building your energy?

Are you interested or committed?

Committed, right?

Good!

Get started on the two strategies I went over in this video and document. And then make sure to tune in to the next video—coming out in just a few days—where I am going to show you 3 cutting-edge strategies to boost your cellular regeneration to immediately start building your energy levels.

I’ll see you then!

And if you have any questions for me, feel free to post them in the comments below the video. I will do my best to answer everyone if possible. And even if you do not have a question, just leave a post for me there letting me know you are going for it and you are ready to commit to getting this area of your life handled!

See you in the next video in just a few days!

-Ari