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We'll keep you informed with the latest wellness tips, challenge Daily Steps to Lose Weight and Prevent Disease PDF: my FREE eBook now! Intro How to Predict Life Expectancy T These expertly crafted guides, designed by Gary Brecka, are your resources for enhancing your health journey through breathwork, water fasting, and How to Fix Your Diet For Health & LONGEVITY; The Man Who Can Predict When You'll Die Gary Brecka Daily Steps to Lose Weight and Prevent Disease PDF An incredibly engaging communicator and unmatched in his expertise, Gary takes the most advanced research in the world, and translates it into human. Plus, you'll also get early access to challenges and offers from The Ultimate Human. Whether you're looking to master the art of breathwork, explore the benefits of water fasting, or step up your activity with our K Steps Challenge, our downloadable PDF guides are Download the guides. Key Principles What is the Gary Brecka diet? The diet is eating grams of protein within minutes of waking up and following this with minutes of low intensity exercise Methylation helps to regulate gene expression, detoxify the body, and support the immune system. He has over a decade of Bio-Hacking and functional medicine experience and is passionate about Bio-hacker and Human Biologist Gary Brecka is known for helping celebrities overcome illnesses, improve their health and extend their life span. "Eggs, avocado, blueberries is a typical go-to breakfast for me." Dive into a world of transformative wellness with The Ultimate Human's comprehensive wellness guides, designed by Gary Brecka to elevate your health and well-being. Aims for ketosis (body burns fat for fuel) Macronutrient ratio: % fat, % protein, % carbs. The macronutrient ratios for the Gary Brecka diet typically call for % of calories from fat, % of calories from protein, and % of calories from carbohydrates. Join to receive regular emails on human biology, biohacking, anti-aging and longevity from Gary Brecka. Benefits: weight loss, energy boost, mental clarity, appetite control, heart health. He's come a long way 1, · The method refers to consuming grams of protein within minutes of waking, followed by minutes of low-intensity exercise. So, blueberry, raspberry, blackberry, strawberry. With over two decades of experience in The Gary Brecka day challenge consists of the following principles: Low-carb, high-fat diet. Gary Brecka is a Human Biologist and Co-Founder of X Health Systems. These expertly crafted guides, designed by Gary Brecka, are your resources for enhancing your health journey through breathwork, water fasting, and movement. If you would like to receive updates via text message as well, please include your mobile number Fruits that end in 'berries' are lowest on the glycemic index. They're super high in flavonoids which are excellent for your arterial health". Biologist Gary Gary Brecka, the visionary founder of The Ultimate Human, is a renowned Human Biologist, biohacker, and longevity expert. Gary Brecka's approved food list includes items such as grass-fed ribeye The Ultimate Human Newsletter. Diet is hugely important – but Whether you're looking to master the art of breathwork, explore the benefits of water fasting, or step up your activity with our K Steps Challenge, our downloadable PDF guides Download the guides. To view and download our comprehensive wellness guides, please sign up for our email and text updates.