

FUNCTIONAL NUTRITION & BIOHACKING

Ultimate Healthy Lifestyle Guide

Targeting Root Causes of Fatigue, Brain Fog, Digestive Issues & Insomnia
Through Nutrient-Dense Whole Foods — Inspired by Lucky Tomar

Pillars of Ancestral Wellness



Food is information for your cells. Elevate your physical vitality by replacing synthetic supplements with bioavailable whole food remedies.

Core Nutrition Philosophy

1. Bioavailability First

Nutrients from natural animal and plant sources are in their most synergistic, easily absorbed forms. Synthetic substitutes lack co-factors needed for cellular utilization.

2. Targeted Symptom Relief

Instead of masking symptoms like bloating or low energy, address cellular deficiencies directly through nutrient-dense foods rich in enzymes, minerals, and fatty acids.

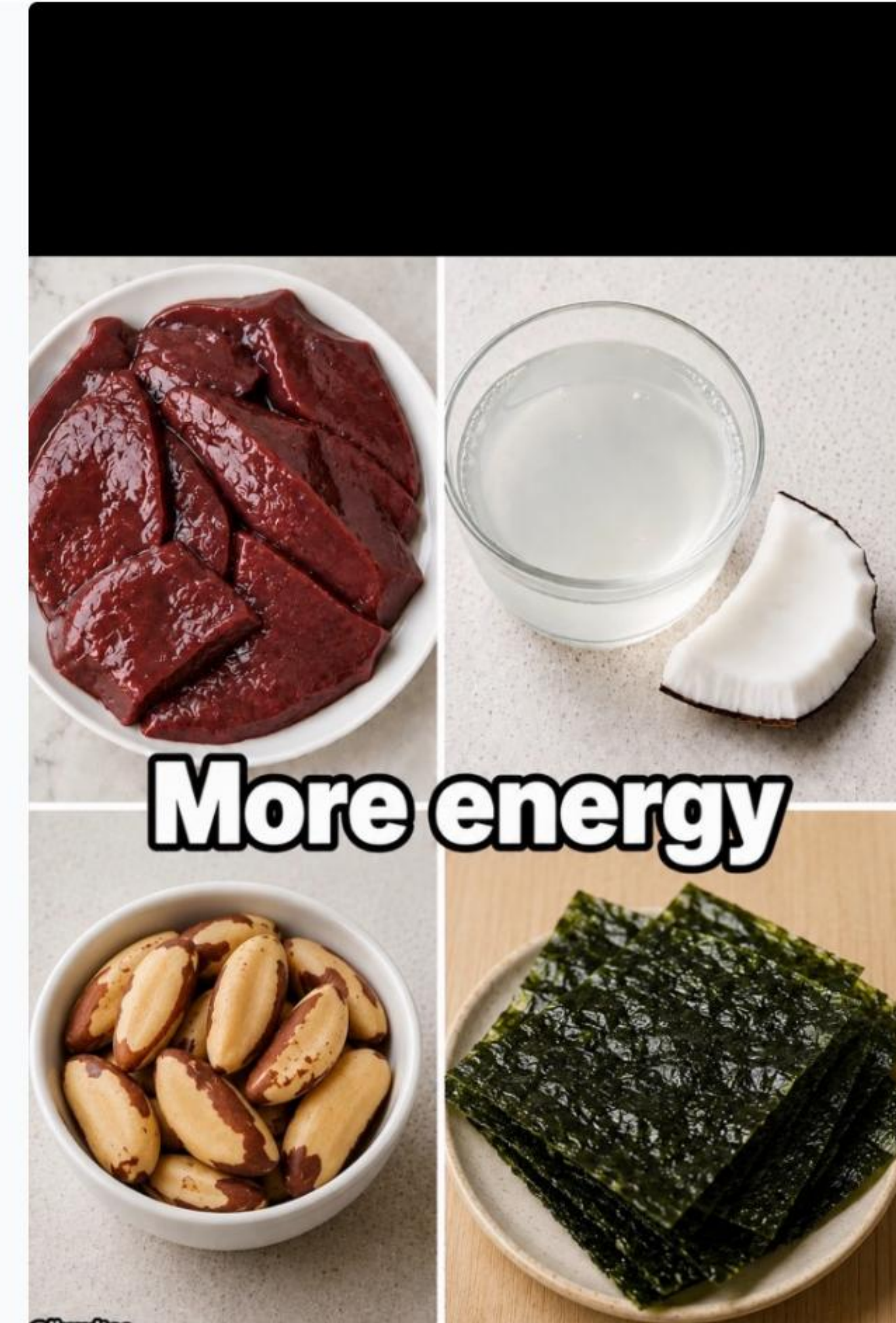
| Optimizing Better Sleep Quality

- ✓ **Raw Honey:** Replenishes liver glycogen overnight to prevent 3 AM cortisol spikes and early awakenings.
- ✓ **Tart Cherries:** Abundant natural source of melatonin and proanthocyanidins to deepen restorative REM sleep.
- ✓ **Gelatin / Gummies:** Packed with glycine, an amino acid that calms the central nervous system and lowers core temperature.
- ✓ **Kiwi Fruit:** High in serotonin precursors and antioxidants that accelerate sleep onset and duration.



| Sustained Daily Energy Boost

- ✓ **Grass-Fed Beef Liver:** Nature's premier multivitamin, loaded with bioavailable B-complex, heme iron, and CoQ10.
- ✓ **Raw Coconut Water:** Rich in natural electrolytes (potassium & sodium) for cellular hydration without sugar crashes.
- ✓ **Brazil Nuts:** Highest dietary source of organic selenium, essential for converting inactive T4 to active T3 thyroid hormone.
- ✓ **Nori Seaweed:** Concentrated source of iodine and trace marine minerals needed for metabolic energy production.



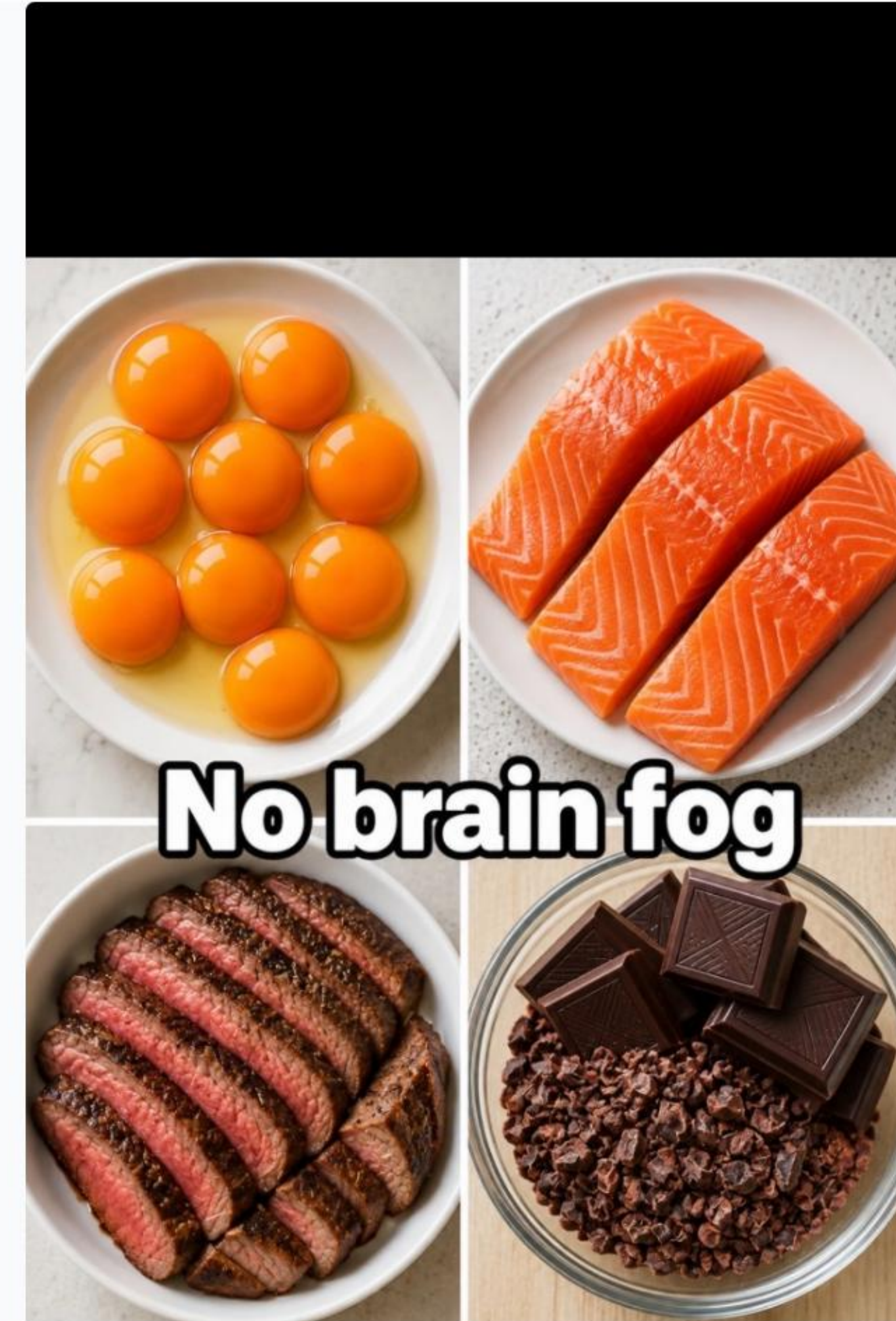
Healing the Gut Barrier

- ✓ **Bone Broth & Oxtail:** Abundant in collagen, proline, and glutamine to repair leaky gut junctions and reduce inflammation.
- ✓ **Grass-Fed Butter / Ghee:** Delivers butyric acid, a short-chain fatty acid that fuels colonocytes and restores mucosal lining.
- ✓ **Fermented Sauerkraut:** Supplies raw enzymes and beneficial lactic acid bacteria to enhance nutrient breakdown.
- ✓ **Kefir & Natural Yogurt:** Live, active probiotic cultures that diversify the microbiome and support immune defense.



Eliminating Brain Fog & Fatigue

- ✓ **Pastured Egg Yolks:** Packed with choline and lutein for neural signaling and acetylcholine neurotransmitter synthesis.
- ✓ **Wild Caught Salmon:** Rich in EPA & DHA omega-3 fatty acids that reduce neuroinflammation and protect cell membranes.
- ✓ **Grass-Fed Red Meat:** Delivers highly bioavailable heme iron, zinc, carnitine, and B12 for focus and cognitive stamina.
- ✓ **Raw Cacao & Dark Chocolate:** High in brain-boosting flavanols and magnesium that increase cerebral blood flow.



Beating Bloating & Indigestion

- ✓ **Warm Bone Broth:** Soothes irritated gastrointestinal tissue and digests easily without burdening the stomach.
- ✓ **Fresh Ginger Root:** Contains potent gingerols that stimulate gastric emptying and relieve trapped gas.
- ✓ **Fresh Papaya:** Loaded with papain, a natural proteolytic enzyme that hydrolyzes stubborn protein bonds.
- ✓ **Cooked Carrots:** Soft soluble fiber that binds endotoxins and excess estrogen in the gut without bloating.



Daily Lifestyle Habits Beyond Diet



Morning Sunlight

Get 10–15 minutes of direct morning sunlight to anchor your circadian rhythm, boost morning cortisol, and optimize melatonin synthesis at night.



Mineral Hydration

Avoid plain distilled water. Add a pinch of unrefined sea salt or liquid minerals to support intracellular water absorption and adrenal balance.



Sleep Hygiene

Keep your bedroom dark and cool (65–68°F). Eliminate artificial blue light 1–2 hours before sleep to ensure deep recovery cycles.

Nutrient Quick-Reference Guide

TARGET GOAL	KEY NUTRIENTS	TOP RECOMMENDED FOODS	PRIMARY MECHANISM
Better Sleep	Glycine, Melatonin, Serotonin	Raw Honey, Tart Cherries, Gelatin, Kiwi	Sustains liver glycogen & calms CNS
Sustained Energy	B12, Heme Iron, Selenium, Iodine	Beef Liver, Coconut Water, Brazil Nuts, Nori	Supports thyroid conversion & ATP synthesis
Healed Gut	Collagen, Glutamine, Butyric Acid	Bone Broth, Grass-Fed Butter, Sauerkraut, Kefir	Seals intestinal lining & diversifies flora
Clear Focus	Choline, DHA Omega-3, Carnitine	Egg Yolks, Wild Salmon, Red Meat, Cacao	Reduces neuroinflammation & aids neurotransmitters
No Bloating	Papain, Gingerol, Soluble Fiber	Ginger, Papaya, Cooked Carrots, Broth	Accelerates gastric emptying & binds endotoxins

Bioavailability Score Comparison

Grass-Fed Organ Meats & Beef

95%

Wild Seafood & Pastured Eggs

88%

Raw Fermented Foods & Fruits

80%

Synthetic Vitamin
Supplements

38%

Ultra-Processed Foods

12%

Whole, nutrient-dense foods deliver drastically higher nutrient absorption rates compared to synthetic pills and processed options.

Start Your Transformation

Small, consistent changes in food quality yield massive compounding health benefits over time.

Healthy Lifestyle Guide — Inspired by Lucky Tomar (@livevitae)