biohacks for 2024



THIS AIN'T YOUR GRANDMA'S ROUTINE

PERFORMANCE HACKS TO INCREASE YOUR MENTAL CLARITY, AND EFFICIENCY WITH YOUR TIME AS WELL AS YOUR ENERGY

AMBER LANGLEY GILL



ABOUT AMBER

THE START

IN 2013 THE SHIFT HAPPENED

As an emergency/critical care veterinarian, a love for physiology - understanding what our cells are doing and what effects them - has always intrigued me. However, it wasn't until our twins were born a wee bit early at 7months that our world shifted.

The only thing as a new mother with twins in the NICU could focus on was their nutrition (via breastmilk). It was then I discovered the relationship between what we eat, our gut health and the impact it has on our brain.

This began my journey into *biohacks.*

MY INTENTIONS

HELP OTHERS UTILIZE THEIR TIME AND ENERGY EFFICIENTLY

Fast-forward a decade in the journey of biohacking, the main thing I've discovered is we have two currencies: **time and energy.**

It's been my intention to help other parents utilize their time more efficiently as well as generate MORE energy naturally through the use of biohacks.

Biohacks (n, plural): the habits, tools, supplements, resources used to take one's self to the most optimal level of health and function.



WHERE I STARTED

In 10 years of running an online business while homeschooling twins, our morning routine has evolved over time. The biggest difference was noticed a few years ago when I began having explosive energy throughout the day with impressive focus and mental clarity.

Basically, I went from an exhausted 2pm latte drinking foggy brained mom squeezing snippets of work throughout the day to a mentally focused, energized mom who coached for an 8-figure high performance business while raising and teaching our twins, the Gillies.

Here's the beautiful part about this, the transformation didn't take more HUSTLE... sweet, right?

However, it did take focusing on my habits... **just 1% at a time.**

This is what I'm here to help you with. This is not your grandmother's biohack-your-day guide. In fact, this isn't about trying to do ALL the things ALL at once. Heck, no one can do ALL the things ALL the time. It's simply about doing your best, every single day. No matter WHAT season you are in, love.

Some days you are going to be channeling ALL of the superhero vibes which is awesome - do your best that day! Other days, you are spraying dry shampoo on your toothbrush because you didn't get enough sleep- fantastic! Do your best that day, too, even if that means wearing stained-sweatpants and eating popcorn for breakfast.

My goal is to help fellow goal-setters, dream makers and risk takers have more "natural" energy throughout the day while providing hacks on how to use this boundless energy plus their time more efficiently.

Why? Because I know you don't LONG to stare at a computer screen all day. There are other things tugging at your heart... you want to be fully present with your kiddos, take your pup for a walk or heck, maybe even just chill out for an hour or two with a good book.

Yes, we want to create an impact in our business and serve our audience... but **your time and energy do not need to suffer because of it.**

Our biggest currency which is why I am passionate about helping YOU generate more and use what you have more efficiently. **No more burnout. No more brain fog. No more hustling to just get by.**
It's all about your habits, love. What do you have to lose?

ENERGY ZAPPERS

IDENTIFY WHERE YOU ARE LOSING ENERGY

The most significant missing piece of anyone's habit-setting process is attempting to establish a morning routine without first identifying the energy drains or losses in their current routine. It's akin to washing a car without first rinsing off the mud - *the potential for success is limited.*

It's highly probable that a considerable amount of your energy is being depleted before you even have your morning coffee. Many of us begin our day by checking social media, emails, or the news, which automatically places our brain in a defensive state.

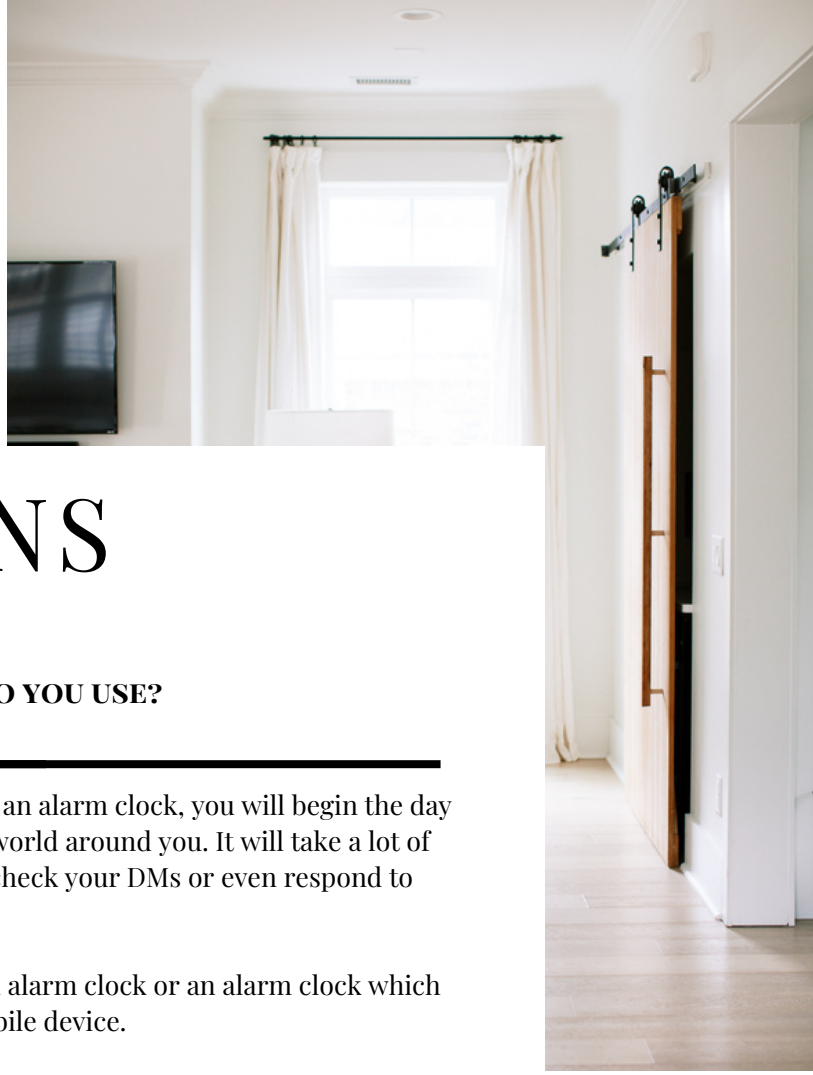
As the day progresses, our brain remains in a constant state of fight or flight, leaving us feeling anxious, tired, and even frustrated.

WOULDN'T IT BE A RELIEF TO RELEASE THAT FEELING OF MENTAL FOG AND EXPERIENCE A SENSE OF RELAXATION AND MENTAL ACUITY AGAIN?

To avoid feeling mentally foggy, frustrated, and reliant on coffee lattes by midday, it's essential to identify what drains your energy.

Let's commence by noting your responses to the following questions. Please transcribe them onto either a printed page or a separate sheet of paper. Taking the time to complete this task is vital to achieving the desired outcome. Remember, *the transformation lies in the effort*; therefore, **let's not skip this step.**



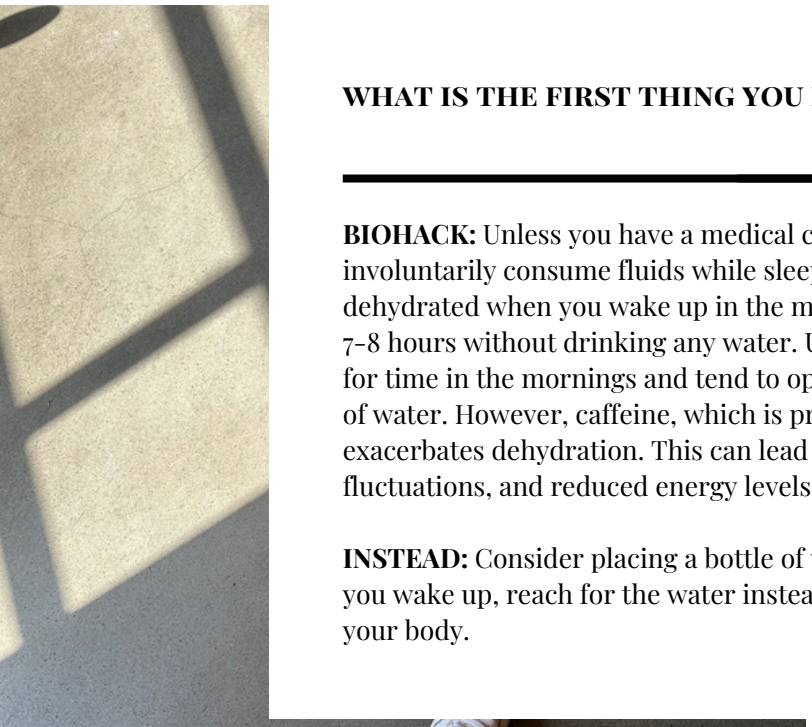


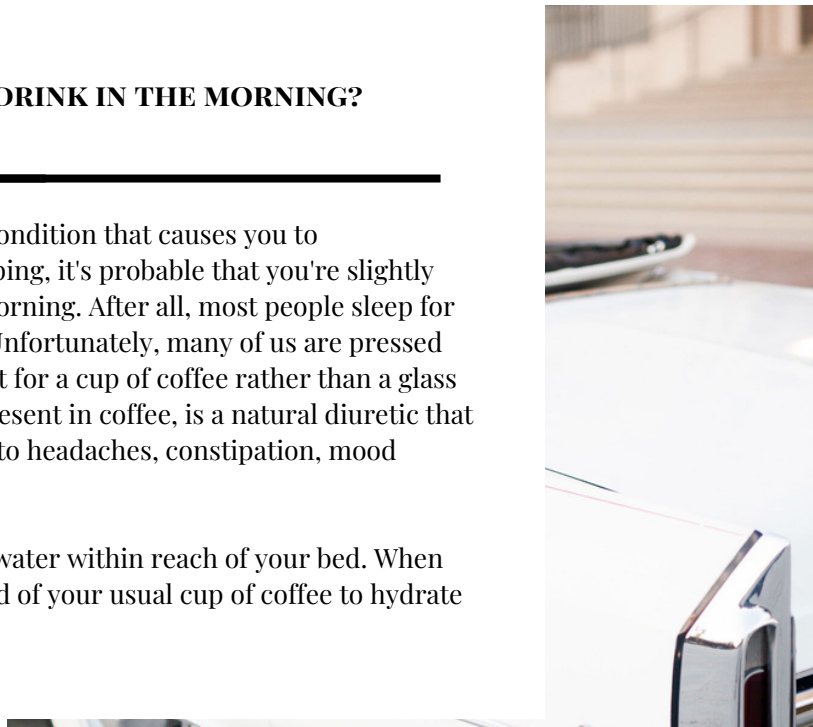
QUESTIONS

WHAT TYPE OF ALARM CLOCK DO YOU USE?

BIOHACK: By using a mobile device as an alarm clock, you will begin the day by resisting the urge to "plug in" to the world around you. It will take a lot of willpower to not tap into social media, check your DMs or even respond to emails.

INSTEAD: Consider using an old school alarm clock or an alarm clock which gradually wakes you up instead of a mobile device.





WHAT IS THE FIRST THING YOU DRINK IN THE MORNING?

BIOHACK: Unless you have a medical condition that causes you to involuntarily consume fluids while sleeping, it's probable that you're slightly dehydrated when you wake up in the morning. After all, most people sleep for 7-8 hours without drinking any water. Unfortunately, many of us are pressed for time in the mornings and tend to opt for a cup of coffee rather than a glass of water. However, caffeine, which is present in coffee, is a natural diuretic that exacerbates dehydration. This can lead to headaches, constipation, mood fluctuations, and reduced energy levels.

INSTEAD: Consider placing a bottle of water within reach of your bed. When you wake up, reach for the water instead of your usual cup of coffee to hydrate your body.







WHAT WAYS ARE YOU FEEDING YOUR MIND?

BIOHACK: It's so easy to nowadays to immediately plug into our phones for a podcast, audiobook or music or even dive into social media, respond to text/email or messages which we deem as “important”.

INSTEAD: Consider going "device-free" for the *first 2 hours of the morning* and feeding your brain with affirmations, gratitude journaling and reading (ie. personal development books

ENERGY BOOSTERS

GENERATE MORE ENERGY WITH THESE BIOHACKS

It's time to develop **a game plan to boost your energy levels** when you wake up in the morning. It's essential to acknowledge that you need to do what's best for you and take a moment to evaluate how these exercises feel for you. Remember, you don't have to do everything at once. Choose one biohack at a time, give it a try, and see how it works for you. If you find that it doesn't suit you after a week or two, move on to another one.

The goal of this exercise is not to overwhelm or stress you out. Instead, it aims to help you create more energy, enabling you to focus and tackle whatever the day brings.
Are you ready to get started? Let's do this!

WHEN IS THE LAST TIME YOU GOT IN THE DIRT?

BIOHACK: Grounding, also known as Earthing, involves placing your bare feet on the earth's surface to transfer its electrons into your body. This practice has shown to offer numerous health benefits, such as improved sleep, reduced inflammation, better mood, enhanced energy, and boosted immunity. Why not give it a try and ditch the socks?

INSTEAD: Consider spending a few minutes every morning outside with your bare feet in the soil. If that's not practical, playing outside without shoes is another option. For those residing in colder regions, an indoor "grounding mat" can provide a similar experience.

WHAT WAYS CAN YOU MOVE YOUR LYMPH TODAY?

BIOHACK: The human body comprises two primary flow systems - the circulatory system, consisting of arteries, veins, and the heart as the pump, and the lymphatic system. Unlike the circulatory system, the lymphatic system relies on joint movement and muscle contractions to keep flowing.

INSTEAD: To promote lymph flow, consider wearing loose-fitting clothing, using a foam roller, engaging in rebounder or vibration plate exercises, getting a massage, or incorporating dry brushing into your routine.

WHAT IS YOUR FAVORITE TYPE OF MOVEMENT?

BIOHACK: One of the most effective methods to improve cognitive performance is by enhancing oxygen supply to the brain. A simple way to achieve this is by incorporating a brief exercise routine into your morning schedule. It's not necessary to engage in an intensive hour-long workout like a cross-fit session, but 10-20 minutes of light exercise, such as yoga, walking, cycling, or a combination of squats and burpees can be beneficial.

INSTEAD: Consider wdding 10 minutes of movement to your morning routine to get a boost of brain power. Remember, movement should be something that brings YOU joy because if you don't like doing it, you may not KEEP doing it!

WHO COULD BENEFIT FROM A BIT OF GRATITUDE TODAY?

BIOHACK: Practicing gratitude is a powerful way to elevate your mood, especially at the start of your day. One of my preferred methods to begin my workday is spending five minutes sending love-notes to my friends.

INSTEAD: Consider initiating your day with a sense of appreciation can significantly enhance your mood. Spend the first 5 minutes of your work day sending a DM, text or email to the first three people who pop into your mind. Nothing big, just a quick note with words of gratitude.

SUMMARIZE



It's crucial to bear in mind that **the objective isn't to incorporate all these biohacks at once.** Instead, it's more prudent to select one and experiment with it like a new garment, assessing its suitability. Allow your body to adjust to the new biohack for a week or two, and then reflect on its implications.

Did you observe any differences in your energy levels? Were you able to be more productive at work? How was your mood in the afternoon? Take note of these observations.

My morning routine has evolved over time, and I've even incorporated a few additional biohacks that aren't listed here. However, the key is to *avoid overwhelming oneself and instead implement one biohack at a time.* After successfully implementing one biohack, then gradually introduce another, and so on.

STACKING MULTIPLE BIOHACKS IS AN EFFECTIVE WAY TO INTRODUCE A NEW ONE WHILE MAINTAINING CONSISTENCY.

Have you heard of the concept of "stacking" habits? It involves identifying one habit that you do every morning, such as brushing your teeth, and combining it with another habit you would like to establish, such as movement.

For instance, you can place your shoes in the bathroom when you brush your teeth at night, so you can notice them and put them on right after you finish brushing your teeth in the morning. This technique ensures an efficient and consistent routine.



A LITTLE NOTE

By answering the questions, you've put in the effort and discovered biohacks that can help you generate more energy throughout the day and identify factors that may be depleting your energy in the morning.

It's important to remember that **what works for one person may not be the most effective solution for you**. It's crucial to experiment with biohacks and pay attention to your body's response.

One of my preferred approaches is to brainstorm biohacks for clients, assisting them with identifying their energy drainers and suggesting implementable solutions.

Armed with this knowledge, you're well on your way to feeling energized, focused, and motivated to tackle your goals.

Grit + Gumption.

Amber Langley-Gill

IG: @dr.amberlangleygill
SITE: www.amberlangleygill.com
MAIL: amber@amberlangleygill.com



Let's raise a toast to the bold and imaginative ones, to those who believe that their dreams are within reach.

We are the wild ones who see passion and purpose as synonymous. Our pens are our swords, our brushes are our wands, our cameras capture our stories, and our phones share our experiences.

We dare to push beyond our fears, doubts, and naysayers to find that small ray of hope and cling to it with all our might, willing it to propel us to future success.

Even on days when the odds are against us, and the sun refuses to shine, we forge ahead with determination. Our audacious dreams extend beyond the limitations set before us, as we strive to help others along the way.

We know we can reach further with a group of like-minded dreamers walking by our side rather than alone. We not only channel our gifts into ourselves but also share them with others, knowing that our talents are meant to be shared, not hoarded.

Each day, we rise and declare to the universe, **"Thank you, I'm here to create and share my message and service with the world."**