

# **Creating a Healthy Life**

**in a**

## **Sick and Energy Sucking World**

### **12 Proven Power Strategies to Hack Your Brain, Your Body & Your Energy**

**by**

**Michael Meuth L.Ac., ACN**

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**Do you feel on the edge of your seat?**

**Do you believe that you just can't get it all done? And is that causing you anxiety?**

**Do you want to just numb out and escape, freeing yourself from all the social, work and personal obligations?**

The number one predictor of a long life is the quality of decisions made throughout a lifetime, and the number one cause of disease is stress.

When we allow ourselves to go through life continuously putting things off and overextending ourselves, we cannot live a fulfilling or a productive existence. In fact, reaching our optimal potential is just simply not going to happen if we live in a constant state of overwhelm and stress. However, what will happen when attempting to live the typical Westerner's way of life is surefire burnout, mental-emotional-physical decline, and/or premature death.

**Do you want a High Performance Brain, a High Performance Body and High Performance Energy?**

Taking our lives to the next level or even maintaining the current level is nearly impossible when we are not intentional in the way we take care of ourselves. We



must create the time to focus on ourselves. WE MUST! If we do not, we will fill to the brim with tasks, obligations, and work until we completely collapse under the sheer weight and pressure of the voluminous requirements upon us. I urge you to investigate whether or not you are living a sustainable life. Most people think, "Oh, I will focus on

health later," but if we do, we simply aren't living life as it was meant to be lived... or, as it is possible to be lived. And why wouldn't we want to reach to the limits of what we feel is possible?

Most of us didn't have to think about health at all during our younger years. There is

such a storehouse of nutrients, hormones (“Jing” in Chinese medicine) and youth in our bodies that we could easily get away with eating fast food for breakfast, drinking a quart of chocolate milk for snack and eating pizza and a bag of Doritos for lunch each day. The sad truth is that we have carried so many of those childhood habits into our adulthood. Combine that with the massive influence that the food industry has on food policies and our buying patterns and you get our current state, a disastrous health epidemic. And unfortunately the future looks even worse. In fact, preventable disease predictions show that they are on the rise.

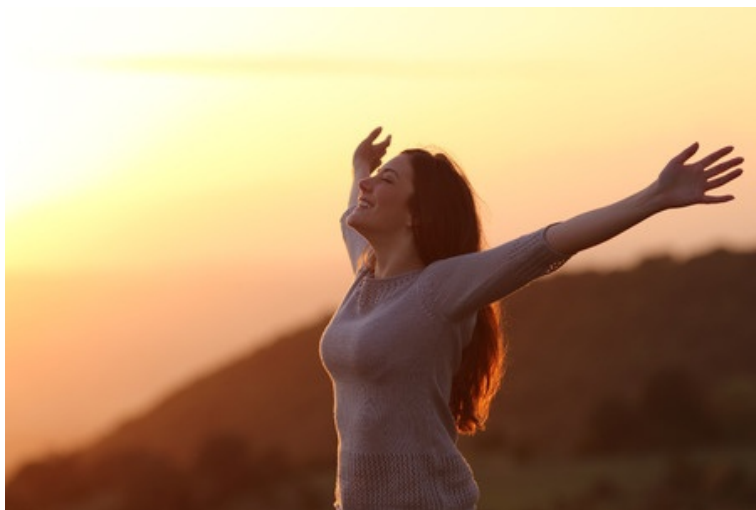
The current and future states of wide spread ill health are disturbing, and the health and financial implications on future generations are nothing short of massive. And because negative mental stress is such a destroyer of all that is good in our lives, we simply must address the cause of this longevity killer too.

**Why wouldn't we want brilliant mental clarity,  
abundant energy, amazing relationships,  
great sleep and a healthy, positive emotional state?**

## WHAT IS HOLDING US BACK?

Usually it's because of one, two or all three of the following reasons:

- **We cannot fathom the level of joy and fulfillment that awaits us** in these healthy physical-mental-emotional states, and by not knowing how good life can be we just aren't inspired to go there. The flip side to this one is that although we may know that we can reach greater levels of health and overall fulfillment, we just aren't in enough pain right now to do anything about it. Sometimes it takes hitting rock bottom or feeling extreme desperation before we decide that getting out of the pain is less painful than staying in it.
- **We are allowing fear to hold us back.** Usually this is a fear of failure or even a fear of success. These fears are almost always hidden from us, and also known



as “subconscious blocks”. We all have them and it plagues our mental freedom. The avoidance of pain or the mental projection that getting there will be painful (which is also a fear) is the driving force.

- **We don’t believe that we can get there or that we deserve it.** Deep rooted, hidden beliefs like, “I just don’t deserve great things” is one of the best ways to constantly fail to achieve what you want in life. Our conscious minds and our subconscious minds have to be congruent and aligned. This is often much easier to point out than to identify the particular beliefs, so there is a bit of work that typically needs to be done here just to identify what is not congruent.

Unless we actively and consistently uproot them, limiting internal belief systems will hold us back in life. Our brains actually keep us safe by primitive programming that keeps us in our comfort zone. If we do not investigate those “programs” and then challenge them, we will never be free of them. Spending time with the strategies in this book will help you to balance the brain and nervous system, increase clarity and focus while reducing the various manifestations of fear and lack of sustained motivation so that we can move forward and prosper with purpose and power!

This book will give you information on some of the very best tools available to help you deepen your connection with the balanced, free-flow state of consciousness that will move you into a greater state of personal power and fulfillment. It will also give

“We are what we repeatedly do.

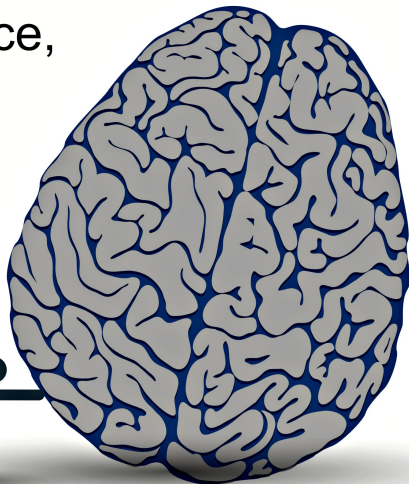
Excellence,

then,

is not an

act,

but a habit.” -Aristotle



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you basic information that keeps your physiology strong and capable of delivering the power that you need it to deliver. Our bodies and our brains were built in a time that no longer exists. The demands of modern culture require our continual adaptation, and adaptation today is far different than adaptation was thousands or even hundreds of years ago. If we do not actively find tools to help us adapt, we simply won’t live the amazing and fulfilling life that we can. Worse than

that, if we don’t adapt to the way the world now operates, the demands of modern

lifestyle and modern culture will end up breaking us down and recycling us prematurely and permanently... to put it bluntly!

But there are ways, simple technologies and tools that we can use to “hack” into our health. In fact, hacking into our potential is becoming a widespread and fast growing movement that has a lot to offer. These 12 Power Strategies that I am going to tell you about here are some of the best and most accessible bio-hacks available!

## WHAT IS BIO-HACKING?

Bio-hacking is a new term to describe a newly popularized movement and even a new culture that has grown around using technology (the application of tools and knowledge) to enhance and optimize life. Hackers innovate, they challenge and create change in the established systems and make them work better. Bio-hacking is simply directing that focus to the body and to the mind, enhancing the “hardware” and “software” that creates a desired change. As described by Dave Asprey, “Bio-hacking essentially is the art of changing the environment around you and within you so that you have more control of what happens in your body and in your life.”

The art and science of bio-hacking allows us to tap into our own hardware (body/brain), our own software (beliefs/mental function/mental programs), and our own external environment (home/office/relationships/etc.) in order to alter it for optimal expression of our highest and best self.

This book gives you some basic information on how to hack into twelve of these technologies. Some of these technologies are very ancient and some are very modern, but when employed regularly they will provide you with more personal power, more health freedom and more potency in your quest. These tools will help you to balance your chemistry, sharpen your mind, tone your nervous system and tap into the flow state or zone for ultimate potential.



## WHAT IS THE FLOW STATE?

A brief introduction to the flow state is said best by Steven Kotler, author of “Rise of

Superman”.

*“Everything you do, you do better in flow. From baking a chocolate cake to planning a vacation to solving a differential equation to writing a business plan to playing tennis to making love. Flow is the doorway to the ‘more’ most of us seek. In flow, every action, each decision, leads effortlessly, fluidly, seamlessly to the next. It’s high-speed problem solving; it’s being swept away by the river of ultimate performance.”*

Realize that if you do not take time for yourself to get into this flow state at least occasionally, you will be forced into a pseudo flow-state. In other words, if you do not take time for yourself daily, or at least every two to three days minimum, you will build up a level of stress that eventually breaks you down.

The brain, very reliably seeks balance between its hemispheres and lobes, and in order to access a balanced brain state we are drawn to create it in whatever way necessary. When we are on edge, when we are anxious, or when we are beat down by daily stresses, the natural human response is to seek balance (which creates comfort) in the easiest and quickest ways possible. Often, when we don’t maintain brain balance, we get to a point where we seek a temporary (and often unhealthy) solution OR distraction such as drugs, alcohol, television, etc.

### **Thank God it’s Friday!**

“TGIF” or “Thank God it’s Friday” is a term that almost everyone knows. TGIF has been a common expression (and even a popular restaurant chain) because of the emotion inside of the phrase. For most of us Friday (or whenever your “Friday” is) is a time where we can finally relax for the week and let go. We can discharge the stresses and the obligations of the week and we can let go of the emails that we didn’t write, the phone calls we didn’t make, or the bills we didn’t pay because the business world essentially shuts down on Friday at 5. We can eat, drink and be merry, much like we can let loose and let go on vacation or during the holidays each year.



*“The greatest mistake a man can make is to sacrifice health for any other advantage.” - Arthur Schopenhauer*

So, what are you going to do this Friday? You’ve already started to get excited for it haven’t you? The solution isn’t Friday though. The solution is letting off some steam on a very regular basis so that you aren’t completely stressed out before Friday arrives. The solution is to create a robust, flexible and resilient vehicle that takes you where you want to go and allows you to show up the way that you want to and need to. Ideally, letting off steam doesn’t simply mean drinking a couple of beers or turning on the TV to detach. There are much more efficient and sustainable ways to “let off steam” and one of the best ways is to loose yourself in a creative expression or project.

### **Adderall and Ritalin**

Want to know why Adderall and Ritalin are so popular? It gets you focused and into a flow state. And this is why it helps people in other areas of life too. There are many people that are prescribed ADHD drugs to help with their depression. Why is this? There is a flow state that is forced when you take these drugs, and although it is a chemically induced (pseudo) flow state, it is a flow state nonetheless.

My suggestion is that you learn to access your own natural flow state on a regular basis so that you sustainably function at your highest level while enhancing the health of your body and mind. In fact, if we don’t do this on a regular and continual basis we won’t have the level of fulfillment that we desire. When unfulfilled, we constantly feel like we are missing something, like we haven’t figured something out, or like we haven’t achieved the level of (fill in the blank) that we are striving for. Additionally, if we rely on pharmaceutical drugs, alcohol, etc. to get us there, we will adapt using that as our go-to “release valve”, which eventually leads to the belief that we cannot get there on our own.

But you can! However most of us have to schedule our flow time. For some of us it will be easy, but for others, especially if you have kids or a job that requires over 40 or 50 hours a week, this will be something that you intentionally have to schedule. Even if you decide to only take 5 minutes, it is often very necessary to schedule it on your calendar and have an alert remind you of it.

Here is a little motivation for you... If you have kids, you will get upset less or yell less at them. If you have a demanding job you will feel less “under the gun.” If you feel overwhelmed, you will accomplish tasks more quickly, be more efficient, and even be capable of taking on more without feeling overtasked or depleted.

Simply put, you simply **must** tap into this balanced brain state (flow state) or you will end up burning out. So how do you tap into it? Will you take the time?



*“We first make our habits, and then our habits make us.”*

- John Dryden

## **GIVE YOURSELF PERMISSION – THREE WAYS TO FLOW STATE!**

### **The First Step:**

#### **Give yourself permission to relax.**

Once you get to the state of flow and experience it, you will remember that you’ve been here before and that you don’t need drugs or alcohol to arrive again. It is a natural state to access and the more you practice, the easier to access it becomes.



### **Three ways to relax and naturally induce the flow-state:**

1. Meditation – Sit for 10-15 minutes and observe your thoughts. Guided meditations can also be of great value.
2. Shamanic Drumming - Listening to shamanic drumming helps the drummer and or the listener get into light and even deep trance states. The repetitive rythms help to calm the activity of the mind and nervous system, allowing access to a more subconscious state.
3. Mandelbrot Set – gazing at this amazing fractal or other fractal images in motion can be a quick way to focus and still the mind.

## ***So are you ready to switch out of struggle and into purpose and meaning?***

You can do something every single day to build up your body, to strengthen your mind and to tone your nervous system. In fact, if you want to be that better version of yourself you must do something for your body, your mind and your spirit every day. Start with incorporating a few of these power moves on a regular basis and watch how things change!

### **TOP 12 POWER MOVES**

Here are the top 10 Power Moves to Hack into Your Potential:

#### **1. SET GOALS.**

If you make better decisions you will make more money; you will be happier; you will have better relationships; you will have better self-control and less stress.



Setting goals and taking consistent action steps is actively choosing to feel more in control and more optimal. Write down what you want in your relationships, your work, your finances, your physical health, your cognitive health, your emotional health, and your spiritual health. Then, on a daily basis let those goals be your guiding lights. Dr. Amen, the “Brain Doctor” suggests that you base

your decisions on the question, “does my behavior get me what I want?” Failing to set goals and failing to take small, regular action steps towards the end result leaves us very distracted, unable to reach our goals and ultimately unfulfilled. It leaves us at the whim of fate.

#### **2. KILL YOUR ANT’S.**

Change your thought patterns. ANT’s stand for Automatic Negative Thoughts. Did you know Science tells us that we have a whole lot of thoughts everyday?... try

60,000 of them, every single day. The vast majority of these thoughts are automatic and most of those are negative. In fact, a whopping 95% of our thoughts are the same as yesterday's thoughts and **80% of them are negative!** That's **45,000 ANT's every day!!** Negative thoughts cause stress in the body and in the mind. Unless you are mindful and aware of stressful thinking patterns, they pretty much run constantly in the subconscious mind, wreaking havoc in our bodies and our brains. You DO NOT have to believe every thought that flitters through your mind and in fact you're going to be in real trouble if you do. Practice becoming aware of these negative thoughts and say a firm "No" to the voice that keeps you small and in irrational fear. Engage in a dialogue with these thoughts in which you are the predetermined victor. Keep in mind that the way our minds have evolved to work, negative thoughts stick like Velcro while positive thoughts slide off as if they are on Teflon. We have to be very selective about which thoughts we choose to entertain because what we focus on grows. Focus on potential negative outcomes and worry grows, but focus on the desired outcomes, and you work your way towards a solution.



### 3. TAKE A COLD SHOWER!

"Yeah right" you might say, but it will change your life! Well, maybe not a single cold shower - but a consistent routine of cold showers will definitely change your life. Now, the entire shower doesn't have to be cold, just 2 minutes of it. Bring



your watch or a clock into the bathroom and glance at it occasionally and two minutes will be up before you know it. Really, the goal is to stay under the cold water until it doesn't feel cold anymore. Ice baths work really well too. Essentially what you are doing is activating and strengthening the parasympathetic nervous system.

Now, keep in mind that when starting this practice you don't have to start at the coldest setting, and you don't have to do it the entire 2 minutes... although of

course you can! If you need to ease into it, that's completely fine. Start with 30 seconds on a cold setting but not the coldest and work your way up to 2 full minutes at the coldest it will go. Another tip to get used to this practice is to breathe deeply. You can even pump your arms or flex your muscles to create some internal heat. Remember, doing this will change your life!

#### **4. BREATHE DEEPLY.**

Deep, diaphragmatic (abdominal) breathing or pranayama is an ancient longevity practice. Pranayama means “control of the life-force” and has been practiced for many thousands of years. You may shrug off the immense value in breathing a certain way but you shouldn't, this is an incredible practice for overall health. It is so easy to do too, and it is scientifically proven to activate the PNS. Research has shown that deep and slow breathing changes the blood to a more alkaline pH even in stressful situations (see Power Strategy #7). It also lowers blood pressure and reduces the production of those stress hormones that are so damaging to the brain, the body and the waistline. Additionally, it turns on that PNS response, reducing stress and creating feelings of calmness and relaxation.



Deep and slow breathing is very available for us to use in any situation. You're breathing anyway right? Just make it deeper and slow it down a bit to gain an immense amount of value. You can do it in the car on the way to work or right in front of someone you are having a disagreement with.

#### **5. VISUALIZE.**

Visualization can be used for any situation that you may struggle with. It has a remarkable way at enhancing overall effectiveness in any current or future situation. You can also visualize generally on a day-to-day basis in order to set get clear on what you want to do in a given day. When we are worried and stressed out, the simple act of thinking about what we are trying to accomplish and how we may be able to do it can help a tremendous amount by enhancing mental focus and keeping us from going too far into the fight-or-flight mode. Everything is created twice, first in the mind and only second in the physical world. When you

spend just a few minutes getting clear on what it is that you want, and then visualize yourself getting it, you automatically increase your chances and your ability to actually get it. Visualization can be used in many different ways, but I



suggest that you start off visualizing what you are trying to accomplish right now. Just give it a good 60 seconds of answering that question and imagine yourself accomplishing it. What does it look like? What does it feel like? Experience it in as much detail as you can with as many of your senses and emotions involved as possible. The subconscious mind cannot differentiate between what is real and what is imagined so doing this exercise essentially plants the process and the

accomplishment in your head ahead of time. Additionally, when we envision ourselves going through the actions, it has a very real impact on the choices that we make, and in turn positively influences the outcome.

## 6. GET CREATIVE!

A common rebuttal that I get when I encourage my clients to do something creative is, “I’m not a creative person,” or, “I have lost the ability to be creative.” And to that I call BS! We are not robots, and we all have two brains (a left and a right hemisphere). You are creative, you just may not be very in touch with that side of yourself. Just as we all have feminine and masculine energy we all have a linear/logical AND a creative/spatial/abstract side of the brain that we can explore.

If you are not in touch with this side of yourself then it is no wonder you feel imbalanced, and you were drawn to reading this far in this book!



We live in a left-brain dominated world where linear thinking, structure, rules, boundaries, and even rigid rule following are

the norm. As a culture, we have fully identified with the left-brain / patriarchal world but we are not complete. We may have reached the heights of capitalism

and 163 floor structures but have we balanced that out with the other side of life?...because we know that there are two sides! The Taoists taught us so with that simple Yin Yang symbol.

The ancient cultures of the world knew that there were two sides of life, and they tended to choose more of a balanced-brain existence. Yin and Yang are not standalone concepts but interdependent concepts. Each side needs the other, or it ceases to make sense.

It all comes down to the fact that we MUST express ourselves in a creative fashion, and if we do not we are not allowing the full expression of our lives to



unfold. And if we cap ourselves, either consciously or subconsciously we cannot be who we want to be because we are intentionally stunting our growth and our evolution of consciousness. Our ultimate blueprint demands that we have both yin and yang,

feminine and masculine, creative and logical qualities just as we must have periods of sleep and periods of wakefulness.

So, here is what you have to do.

Art, music, creative writing, dancing, painting, etc. are all superior ways to balance your right and left hemispheres and create a balanced and fulfilled life. No creative thoughts? Get a set of colored pencils and print up some mandalas to color. If you live a busy life you HAVE to schedule this into your life each week, if not daily. There really is no way around the fact that some solitude is essential for a healthy and productive life. We cannot give every ounce of our energy, leaving nothing for ourselves at the end of all that giving and still expect to be healthy or even sane, much less fulfilled! Getting creative is a powerful way of initiating brain balance, and it is one of the easiest ways to create instant flow - even if you think you are not creative.

Sometimes the only way to have the time and space to get creative is to wake up early so that you have an hour to yourself. This time is precious and is strictly used for painting, sketching, doodling, coloring, writing, taking pictures, making music, etc. Let it flow and investigate your mystery! Remember that the key to getting

into this flow state is to **not** allow the inner critic to stop the enjoyment of the process.

A good rule of thumb and guiding principal is the less you think you can afford to do it the more that you actually need to do it! Everybody can carve out 5 or 10 minutes, so just do that!

## 7. NOURISH YOUR BODY.

So much can be said in this section as it is a huge subject and usually overcomplicated. However, to keep it fairly simple I've divided this section up into three sub-categories.

**Diet** – Simply put, it is important to eat as quality as you possibly can. Add high quality protein from organic, grass-fed sources or a combination of nuts, seeds and legumes. Consume good fats such as butter, ghee, coconut oil, avocados, fish oils / hemp seed oils / marine phytoplankton / etc. Fats should be full fat and as close to their natural state as possible. Greens should be consumed as much as possible. Take a weekly trip to the farmer's market to get the freshest, most health-promoting vegetables around. Eating raw food every day is a very important and valuable way to get plenty of enzymes into your diet. Fermented foods such as kombucha, kimchi, homemade yogurt or kefir, or even homemade ginger beer are exceptional ways to add high doses of probiotics to your meals. Also, add as many natural colors to your meals and snacks as possible.

**Botanicals:** Herbalism is essentially a co-operation between humans and plants. Herbs are an incredible way to increase your own vitality and immune system while toning and strengthening the nervous system. Some of the best herbs to use for stress reduction and to strengthen the PNS are oatstraw, lemon balm, nettles, German chamomile, passionflower, valerian, hops, kava and skullcap.



It's simple to take herbs in a variety of forms. Add oregano or thyme to your eggs or salad. Drink herbal teas hot or cold. Take encapsulated herbs or herbal extracts (tinctures) to help with digestion, circulation, immune and nervous system health. Getting in as many phytonutrients as you can helps the body to





as superoxide dismutase), b vitamins and minerals.

Sea vegetables are also generally good at cleansing and detoxifying the body, so be sure that your alkalizing greens mix has at least one sea vegetable or feel free to email me ([michael@headwayhealth.com](mailto:michael@headwayhealth.com)) for recommendations.

Additionally, stick with a SANE diet. SANE diets are Satisfying, Unaggressive (in terms of how quickly the sugar is dumped into your body), Nutritious, and Inefficient (in how easily the calories are stored as fat). Stay away from foods such as corn, soy, canola and dairy that are not organic or labeled “GMO Free” since a large majority of these foods are actually genetically modified. “GMO” or more correctly “GE” foods are nothing more than an experiment and there is enough evidence showing up now to tell us they are not safe.

## 8. EXERCISE.

Exercise is of course something we all know is good for us, but here’s the thing... in order to keep your exercise routine sustainable and something that you look forward to, choose activities that you enjoy. If you have to force yourself to run



the treadmill or you don’t genuinely enjoy what you are doing, you will likely not keep it up. When exercising is only fueled by obligation and you always have to force yourself to do it, you tend to stress yourself out - exactly what we don’t want to do if we are interested in optimizing our nervous system. On the other hand, if you actually enjoy moving your body in a certain

form of exercise you release endorphins, which elevate mood, lift brain fog, and enhance focus. Dance, climb a tree, ride a bike, take a self-defense class, visit a primal-movement trainer, jog, rebound, or pump iron - but whatever it is that you do, try to have some fun with it! There is a lot of evidence coming out now that high intensity types of exercise are extremely beneficial, and one of the greatest thing about them is that they don’t have to take up very much of your time at all. In fact, research indicates that short burst, high intensity training is even more beneficial than traditional styles of exercise.

## 9. JOURNAL!

Simply writing down your thoughts and feelings has been proven to reduce stress. In fact, writing engages the left-brain while simultaneously freeing the right-brain up to be creative and intuitive. Have you ever asked someone for their advice and immediately come up with your own answers? Writing gets you clear on what you need to do and helps to release strong feelings. You will find that no matter what type of writing you are doing, it is all very therapeutic, and the biggest reward is attained when you make it a regular part of



your life. Much like anything, the act of enjoyable writing is something that often comes with practice. The more you do it, the more quickly your brain gets into the groove and therefore the more it benefits. Writing becomes easier when you get into the habit or routine of writing. Be easy on yourself when just starting a journal and you will find that it gets easier and easier. What do I mean “be easy on yourself?” Essentially that means kill the inner critic! Write without punctuation, without editing, without hesitation, and without listening to that inner voice that says you aren’t writing about the right things or that you are whining or that you aren’t any good and this isn’t doing anything for you. That critic is not needed... refer to strategy # 2, Kill Your ANT’s! Journaling is proven to be very therapeutic and beneficial, and keeping a gratitude journal is also a very powerful practice, leaving those that do it 25% more happy than those that do not. A great phone app for journaling is at <http://dayoneapp.com>.

***Whether you're keeping a journal or writing as a meditation,  
it's the same thing. What's important is  
you're having a relationship with your mind.  
- Natalie Goldberg***

## 10. BODY WORK.

Get acupuncture, massage or some form of body-work. Acupuncture therapeutically "hacks" into the nervous system and initiates or speeds up the process of repair by triggering the body's own neurophysiological-healing response. Reference the image below to see how the nervous system is affected by acupuncture. The red line represents the fight or flight (SNS / Sympathetic Nervous System) or "go" response and the left represents the rest and digest (PNS / Parasympathetic Nervous System) or "stop" system. You see that up until the 4 minute mark the SNS (red line) was dominant or measured at a much higher amplitude. This means that this client was stuck in a fight or flight state. In



actuality this client was in a high anxiety state that had lasted for over three weeks at this point. Now, notice the green arrow. Notice that the SNS completely comes into balance with the PNS at that 4 minute mark. So why the big change at the 4 minute mark? Well, that was acupuncture! You see very clearly here that acupuncture relaxes the SNS. You also see that for the remainder of the session (to the right of, or after, the arrow the PNS (yellow line) surges and then has several smaller spikes. I'm happy to say that he felt a lot better after this session, though after seeing how he his brain and nervous system reacted to the needles I was pretty sure that he would.

Acupuncture helps your body heal like no other modality and as shown in the screen shot, is a powerful stress reliever. At our office we regularly do combined acupuncture and neurofeedback sessions. It is one of the best ways to get feeling better quickly!

## 11. GET YOUR BRAIN TRAINED.

There is an interesting thing that tends to occur when your brain begins to move towards a more balanced state and that is you develop more capacity. Life becomes fuller, brighter and more vibrant, and you just want to live more of it. Brain training, especially with NeurOptimal® neurofeedback is an invaluable help to those that use it. Simply put, it helps to balance the brain and nervous system by training it to let go of old, stuck, non-helpful and problematic patterns. There are many studies on the value of traditional neurofeedback, and while I have personally used and trained many people on a more traditional system, I now exclusively use and recommend NeurOptimal® neurofeedback in my offices.

NeurOptimal® is in a class of its own and is the only non-linear neurofeedback system on the market. In fact Dave Asprey, currently the most well known bio-hacker out there exclusively recommends NeurOptimal® because of the great value found in the “non-linear” approach to neurofeedback.

### **So how does NeurOptimal® work?**

NeurOptimal® helps the brain to optimize itself by giving real time information back to the brain on how it is controlling the nervous system moment to moment.

The brain, as all parts of our body, desires efficiency and when it sees that it is not being efficient, it will auto-calibrate for that more efficient and optimized state. The beauty of this particular type of system is that your brain chooses for itself what is efficient and what is no longer needed, so there are no negative side effects. Because

NeurOptimal® gives

your brain real time, relevant information on its own function – any changes that your brain makes during the training are well grounded in what YOUR brain actually chooses and actually needs. In other words, we are not pushing your brain into an artificial state that may not last, rather we are giving the brain information that allows it to choose how to function at a more optimal



level, therefor allowing it the space to create very solid and sustainable changes.

I work a lot with people that have PTSD and typically, their brain is highly activated in the SNS “go” system. When we can show the brain what it is doing, and allow the brain a chance to calm itself down, it inevitably does.

When the brain receives this bigger picture of how it is functioning and how it is controlling the Central Nervous System, and realizing that there is no actual immediate threat (and therefor no reason to be stuck in that highly activated fight or flight response), it can change.

Essentially, it helps our brains to see where changes can be made in order to optimize function, be more efficient, and more congruent with its environment. Having a balanced, resilient, and flexible nervous system is a very efficient and beneficial thing to have. A balanced nervous system is poised and ready for threats but at the same time is just as ready to let go and relax completely if no threat exists. A balanced nervous system is not stuck in one mode or another, yet it is resilient and able to come back to homeostasis quickly and easily.

Just like going to the gym and working out, larger returns on your investment will be experienced when you train regularly. With NeurOptimal®, we recommend that you come in for a 35 minute session one time per week. Most people will notice something after the first or second session but committing to 10 or 20 sessions will help you make those larger, sustainable shifts that you’re looking for. You can read more at [www.HeadwayHealth.com/neurofitness](http://www.HeadwayHealth.com/neurofitness).

**A quick analogy.**

Recall the last time that you were driving down the highway and you started to veer off the road just a little when you heard the rumble strip warning you that your car was getting close to the edge. That rumble strip gave you a very clear signal about your driving performance, and the way that NeurOptimal® works is exactly the same. The system “tells” you (in a completely



holistic and non-invasive way) what your nervous system is doing and when it is switching into (and out of) the SNS response. When this happens, the brain can auto-adjust it's direction just as you auto-adjust the trajectory of your car. Through a series of ten to twenty sessions, your brain has trained itself back into balance, and in the case of those that want to take their performance to the next level, it trains and tones the nervous system to function at increasingly higher levels of performance.

## 12. COMMIT AND TAKE ACTION.

If you commit 100% to just one of these powerful tools you will be moving in the direction of health and away from sickness and disease. A 99% commitment won't get you there like 100% will. If you commit to taking a cold shower 5 times each week, then do it! But if you don't think that you actually will take 5 each week then don't commit to that high of a number, but instead commit only to what you absolutely will do. A 100% commitment is NON-NEGOTIABLE! You can always set your commitment slightly low and then increase the commitment later, but not letting yourself off the hook is very important. Following through on your commitments actually sets precedence to how you show up in the world in all your commitments, both to yourself and to others.

**The best way out is always through.  
- Robert Frost**



If you only commit 99% there is an opportunity for your drive, your dedication to slip - leaving you with an option to come up with an excuse when you don't feel like following through. That excuse can end up being the downfall that leads to not accomplishing a goal. Once the commitment is broken it will be even

easier next time to fill our heads with excuses and justifications until we compromise again and again. Failing to stick to a commitment that we make to ourselves compromises our integrity and usually leads to more ANT's. It is always going to get rough at some point, and that's why setting reasonable goals for ourselves in the first place is so important.

Momentum is the key here. Whatever it takes to start the process that leads to the achievement of your goal, do it now! Sustained momentum is the golden key though, and the brain hacks to sustained momentum are

- Continual inspiration
- Continual emotional engagement with the end result
- Continual tracking of your progress

If you can focus on these three things, you will find that sticking to your commitment may not be nearly as hard as it may have been in the past. Reaching and accomplishing your big goals in life does take some work, but relying only on will power makes it so much more difficult to get there.

In closing, just keep in mind that you don't have to do everything at once in order to achieve a healthier and happier life. All you have to do is pick a couple of things that help you to feel better and be better, and stick to them long enough to see some results. There is no magic bullet approach, but exploring your options and tapping into the (ancient and cutting edge) technologies available to us does work. Begin with the end in mind and keep striving towards that healthier life, that mental freedom, that ultimate expression of who you are and who you want to be... your best self!

We can transcend the mess that we are in and we can become examples of fit, healthy, energized, balanced, inspired, motivated, compassionate, free thinkers. We can rise above our self-imposed limitations and break through into realms of fulfillment that we never thought were possible. It just takes the right tools to get us where we are going, and unfortunately those tools were not taught to most of us in school. But some of the best of those tools you now know!

**If light is in your heart, you will find your way home.**

**- Rumi**



As owner of Headway Health Michael Meuth L.Ac., ACN combines his knowledge of acupuncture, herbal medicine and nutritional healing with high-tech neuro-fitness tools to support people on a path toward complete physical, emotional and mental well-being and optimal performance.

Michael, received a masters degree from the Academy of Oriental Medicine in Austin (AOMA) in 2006, and was certified as an Applied Clinical Nutritionist in 2009. Michael's practice is in Austin, Texas where he routinely

addresses digestive disorders, women's health issues, mental and emotional health issues, as well as other conditions. He is also available for remote sessions via Skype. As a dedicated, lifelong learner Michael is fascinated with and continually studies food science, psychology, personal development, mindset training, functional medicine, Chinese medicine and herbology, and actively seeks out learning opportunities from today's top healers, teachers, researchers, and neuroscientists. He loves to teach the public and other health professionals proven and powerful strategies that empower us to live a fulfilled life and to optimize our self-expression.

Headway Health works closely with cutting edge laboratories to analyze hormones, neurotransmitters, and DNA and to customize effective health strategies. Headway also offers a body-mind nutrition coaching program and a "brain hacking" - psychological skills training program in one-on-one sessions and in group sessions.

Please don't hesitate to contact us if you want to know more about holistic health, NeurOptimal® neurofeedback, our coaching programs, or any health challenge you may be struggling with.

**Call 512-523-5711 –or– email [info@headwayhealth.com](mailto:info@headwayhealth.com)**

At-Home NeurOptimal® System: In addition to the professional neurofeedback system, NeurOptimal® also has personal units for sell. If you are interested in learning more about how to purchase your own system, go to:  
[www.HeadwayHealth.com/personal-system](http://www.HeadwayHealth.com/personal-system)



## TESTIMONIALS

–NICOLE S.

I now have incredible energy, a more calm approach to life, little to no sweet tooth, and I have also started to lose weight. It is amazing all the changes I have seen since I started my acupuncture treatments with Michael. I am looking forward to continuing this journey with him as we continue to find the balance I need to maintain my best health.

–CANDACE P.

When I first came to see Michael, I was not having regular cycles. In a few months I was pregnant with my first child and was over the moon excited. Now, two years later I have a healthy, happy, beautiful, and very active two-year-old little girl, that I lovingly refer to as my “acu-baby”. I am so delighted and grateful to Michael and acupuncture for helping me on my journey to become pregnant and have a healthy child. I continue to refer Michael to all of my family and friends.

–MICHAEL J.

I recently got off my anti-depressant medication when I started brain training. The biggest and most immediate change I saw with the brain wave optimization program was after three days of the training my withdrawal symptoms disappeared!

–EMILIE S.

I’m going at a slower, healthier, less stressful pace. I’m more present and able to make better decisions as well as take time to smell the flowers. Thanks, Michael!

–L. M.

I went to Michael because of migraines. I haven’t had a migraine since. Michael is a caring individual that takes time to listen and help with the symptoms that you are experiencing. I highly recommend Headway Health!

–LAUREL E.

I really can’t help myself; I want to let all my friends know about this opportunity because, as far as I can tell, the time is ripe for so many of us to leave the past behind and create new pathways of ease and joy in our lives, in so many different ways. I love Michael's approach: it’s such a direct and core level way to naturally heal and expand ourselves. I feel happier and more at peace than I can ever remember feeling, especially for a long period of time. It’s truly wonderful.

–DONNA H.

After doing the brain training, I now sleep through the night (most of the time), I have no more panic attacks, the depression is mild and seldom, and I can usually concentrate very well! I think about one thing at a time, and get things done much more calmly.

–SHANNA G.

I thought I would give the NeurOptimal training a try and now I consider the sessions an integral part of my self-care plan.