SUPERMAN SECRETS TO BIOHACKING
5 STEPS TO LOKE LIKE THE MEN OF STEEL
Who hasn’t wanted to feel like a superhero at least once? Being able to fly, lifting cars, putting out forest fires and lasering holes into steel walls. Even though we’re still a ways off from acquiring these superhuman abilities, with a couple of tips and tricks you can still feel a lot better, worked with more focus, be more powerful, look more fit and all around feel happier and healthier. Ready to get started? Then keep reading and find out how you can quickly become your own superhero.

CONTENTS

On the Way to Super(wo)man

The 5 Essentials of the Superman Secrets

Soaking up solar energy
Optimizing posture
Sleeping right
Fasting intermittently
Avoiding kryptonite

Our favorite recipes for fast success

Bulletproof coffee
Turmeric ginger tea
Green smoothie
Ginger coconut carrot soup
Chia pudding

Welcome to your new body! What happens next?
„Look there! Is it a bird? Is it a plane? No, it’s...you?“

My girlfriend incredulously rubs her half-shut eyes, still incredibly sleepy. „What time is it? And how do you have so much energy again!“ She sat at the freshly covered living room table and took the cup of butter coffee prepared for her. „10 knee bends left, 9, 8...“ I sat down beside her. „It’s almost seven. I don’t know either, I just feel fantastic.“ In the previous hour, I had already finished a morning run, tidied the kitchen, meditated, and prepared a healthy breakfast. For weeks now I had just been brimming with energy, was almost always in a good mood, productive, and felt in tip-top shape. Like Superman!

There weren’t any major changes necessary to unleash previously unforeseen potential. With the help of journals, gauges, body-fat scales, and mood trackers, for months I explored my body and its condition and meticulously noted the effects of new stimuli. Ultimately I only shifted a few of my routines, which nevertheless unfurled in combination into an enormous impact. In principle, anyone can become their own superhero with a couple small, reasonable changes. From here we’d like to present you with our five most effective methods to help you be able to quickly become Super(wo)man.

These methods aim for a holistic improvement in health and a comprehensive improvement in performance. We have revealed for you the secrets of superheroes. The curtain rises for the Superman Secrets!
THE 5 ESSENTIALS OF THE SUPERMAN SECRETS

1. SOAKING UP ENOUGH SOLAR ENERGY

Superman’s source for his tremendous power and energy is the sun. His Kryptonian body charges using sunbeams like a battery. The more sunlight he gets, the stronger Superman becomes. We need the sun too, since it supplies us with an important substance for our bones, muscles, and our immune system: vitamin D!

Sunlight on your naked, unprotected skin is the best source for natural vitamin D (best 15-20 minutes in the sun before you put on sun block, since even SPF 8 prevents the absorption of the necessary UV radiation). Vitamin D is a secosteroid, which is converted into calcitriol in our bodies and then deploys its steroid effect. Meanwhile, vitamin D is linked to increased muscle fiber growth, a fitter psyche, a strong immune system, strong bones, and a healthy heart.

In the winter, over 75% of all Germans have a vitamin D deficiency do to the scant sunlight. Official supplementary guidelines are still too low. But in order to feel like Superman, you need the power of the sun!

OUR TIPS:
1. Determine your vitamin D level.
2. Use nice weather and spend the first 10-20 minutes unprotected in direct sunlight
3. Supplement your diet with a liquid vitamin D3 preparation with a high bioavailability
4. You can find more tips on improving your vitamin D levels here.
2. TAKE A POSTURE LIKE SUPERMAN

Superman doesn’t just have extraordinary abilities, but also an extraordinarily ideal posture. Many people suffer from chronic back pain, shortened muscles, and uncomfortable tension because, in everyday life, they sit too much or carry a heavy tote bag over one shoulder with a crooked spine.

A healthy posture doesn’t just prevent tension and pain, but is also a crucial factor for physical load-carrying ability. With a couple of simple tricks, you can quickly make your body more powerful.

OUR TIPS:

1. Tense up your caboose

Bring your feet together in a parallel position, press your soles into the floor, and tense your butt as tightly as you can. That brings your pelvis into a neutral position and supports your spine.

2. Exhale and lower your ribcage

Now pull in your lower ribs so that your ribcage is located directly above your pelvis.

3. Tense your stomach

That way you hold your ribcage and pelvis in the right position. It’s hard to move with a tensed-up butt, that’s why we use our stomach muscles for support.

4. Hold your head, neck, and shoulders in an upright, stable position

Your head should be centered above your shoulders when you look straight ahead. Imagine that your ears, shoulders, hips, and ankles are on a line, when viewed from the side.

You apply these techniques both standing and sitting. Of course, not every impure movement or poor sitting posture can be avoided for good. But when you correct your posture even a couple of times a day, you’re already making a giant step toward a long-term, high physical wellbeing without annoying back pain or slipped disks.
3. OPTIMIZE YOUR SLEEP

The comic character Superman reenergizes, as previously mentioned, exclusively by the rays of the sun. We, on the other hand, need rest to give our bodies the opportunity to sufficiently recuperate. For years, sleep was a welcome resource for me that I readily sacrificed in order to work more, to read, to party, or to watch one episode after another of some television drama series. There’s just so much to do, and we just have too little time, so why not do away with something you more or less don’t notice?

Wrong. If there’s an activity that instantly lets us think faster, work more productively, build up muscle, burn fat, look healthier, and live longer, then it has to be a good old nap. Still, more than half of the people in Germany feel they don’t get enough sleep. A good night’s sleep is essential for developing super powers.

OUR TIPS:

1. Magnesium lowers stress hormones
Try our green smoothie to enhance your magnesium levels. Magnesium helps lower your stress hormone levels, your neurons’ excitability goes down, and your body can come down. High-performance athletes and people with stressful jobs in particular generally have an increased need for magnesium, and are therefore often affected by magnesium deficiency.

2. A late night snack keeps blood sugar level
A handful of almonds is rich in vitamin E, which counteracts oxidative stress and helps keep your blood sugar level overnight. An empty stomach can lead to a restless night if your blood sugar levels go too far down. That’s where a little snack can work wonders.

3. Dim your monitor before going to sleep
If you’re still working on your computer in the evening, the app F.lux renders a soothing relaxation for your eyes and your hormonal balance. The free application automatically dims your monitor when the sun goes down, thereby contributing to better falling asleep. That’s because the light of the monitor disrupts the production of sleep hormones like melatonin, which regulates the natural day-night rhythm in your body.

4. Showering reduces falling asleep phase
A shower or a bath 1-2 hours before going to sleep can do wonders for your metabolism. Important: not too hot! Warm showers relax your muscles, dilate your blood vessels, and calm your mind. That way, your falling asleep phase is reduced and your quality of sleep is increased.
4. SLOW DOWN YOUR AGING PROCESS

In the comic, Superman initially grew up into a young man completely normally. With increasing age, his superhuman abilities grown and his aging process slows. He stays on a same level as a fitter, more focused, and more muscular Superman. We too can slow our aging processes, and at the same time lose weight, have more energy, and build up muscle.

A tried and tested method for this is intermittent fasting, a special diet where food is only ingested in a certain period (e.g. between 2 p.m. and 8 p.m.) and the rest of the time is fasted. During the fasting, the resilience of our somatic cells is improved and damaged cells are increasingly repaired. To this end, after a few hours without carbohydrates, your body switches into a state of ketosis and begins to burn fat in order to gain energy from it.

You can bring this condition about even faster if you begin your morning with a cup of bulletproof coffee as a breakfast surrogate. This special coffee is drunk with butter and MCT oil. You can find the recipe on page 9. The fat from the butter and the MCT oil can be quickly converted into energy and satisfies at the same time.

**OUR TIPS:**

Begin your day with a bulletproof coffee as a breakfast surrogate. Important: no sugar! Have a light, healthy lunch at about 2 p.m. You can eat more in the evenings. After that, you should fast for about 16 to 18 hours. With intermittent fasting, you’re on the best way to losing weight fast, building muscles, gaining more focus, and aging more slowly. Another step toward Super(wo)man!
In the Superman saga, kryptonite is a green, glowing stone from Superman's home planet Krypton, and his one true weakness. The stone's radiation makes Superman weak and robs him of his superpowers. In our day to day life, we're always confronted with things that rob us of our energy and strength and make us tired. If you want to feel like Super(wo)man, you should avoid these energy robbers to the greatest possible extent. Among the most common causes for a low energy level are:

- Too little sleep
- Sitting too long
- Too much sugar
- Too much stress

We've already given directions for the first two further up. The last two are to be avoided as much as possible.

**OUR TIPS:**

1. **Hands off the sugar**

   Sugar makes us fat, tired, and disrupts our concentration. When we eat sugar, first our blood sugar levels climb, which leads to a release of insulin by the pancreas. When insulin levels climb due to heavy sugar consumption, your body gets the signal to convert sugar into fat and store it, instead of burning it. In particular fructose, a subform of simple sugar, isn’t just fattening but also raises triglyceride values, lets cells age faster, and steals energy and motivation.

2. **Meditate for 10 minutes a day**

   Even 10 minutes of mediation a day have a demonstrated, enormously positive effect on our stress levels. Meditation helps calm your mind, relieve stress hormones, and make us aware of our feelings, goals, and dreams. It’s totally simple: Look for a quiet spot, close your eyes, and breathe deeply in and out repeatedly, while letting the images in your head come and go. The basic rule is: the less time you have to meditate, the more you need it.

3. **Mark down three things that you’re thankful for**

   Being conciously thankful for something can permanently increase personal happiness levels. It’s even been scientifically proven. Aside from that, the feeling of thankfulness is a fantastic way to make yourself feel good and quickly get into a productive flow. If you want to learn more about the art of thankfulness, we recommend the appealingly designed book “*The 5 Minute Journal*” by UJ Ramdas.
Bulletproof coffee is prepared with organic pasture butter (butter from pasture-fed cows) and MCT oil instead of milk. Pasture butter from organic farming has a significantly higher percentage of healthy omega-3 fatty acids than conventional butter. MCT oil is quickly converted into ketones, and supplies the brain with energy immediately without the glucose from sugar from food or carbohydrates. This industrially manufactured oil also has a positive, anti-microbial effect which supports a healthy digestion and immune function.

**Ingredients:**
- 2 cups (250 ml - 400 ml) brewed, high-quality coffee
- 1-2 tablespoons organic pasture butter
- 1-2 tablespoons MCT oil

**Appliances:**
Mixer, milk frother or immersion blender

**Preparation:**
Pour the brewed coffee into a mixer or a high, stable container. Add the butter and the MCT oil and mix through for a couple of seconds. Now pour the creamy butter coffee into a pre-warmed cup and enjoy.

**Our tip:** Add a bit of vanilla powder, cinnamon, or cocoa for a variety of taste. Super tasty and healthy!
Turmeric and ginger are used botanically and as traditional remedies in Asia. They both have an anti-inflammatory effect and are very well suited in combination for treating colds as well as muscle and joint pain. Curcumin, the active agent in turmeric, is applied in treating arthritis and rheumatism due to its anti-inflammatory effects.

**Ingredients:**
- 2 teaspoons fresh turmeric (curcuma)
- 1 teaspoon fresh ginger
- ½ lemon
- ½ teaspoon cinnamon
- 1 pinch black pepper
- 1 teaspoon honey (or sweetener, e.g. Stevia)
- ¼ cup coconut milk or almond milk
- Hot water

**Preparation:**
Peel the turmeric and ginger and cut into thin slices. Careful, turmeric stains heavily, so wear gloves if needed! Season the tea with black pepper. Black pepper promotes the absorption of curcumin in the body. Add vanilla or cinnamon to taste and brew with boiling water. Steep for 5 minutes, then add a shot of coconut or almond milk. The oils contained in them also support your body in absorbing curcumin.

**Our tip:** If you like it sweet, you can additionally sprinkle the tea with a little bit of natural honey.
THE IMMUNE BOOSTER
GREEN SMOOTHIE

The berries are full of antioxidants and at the same time are low in calories. Bananas supply you with potassium, and a cup of spinach already provides you with 40% of the daily recommended amount of magnesium.

Ingredients for two portions:
- 2 cups fresh spinach
- 3/4 cup water
- 3/4 cup freshly squeezed orange juice
- 1 cup strawberries
- 1 cup blueberries
- 2 bananas

Appliances:
- Mixer or immersion blender

Preparation:
Put the spinach into the mixer along with the water and orange juice and mix, until a smooth mixture results. Then add the rest of the ingredients and mix again. Enjoy right away or store in the fridge for up to two days.

Our tip: For an extra boost in healthy omega-3 fatty acids, you can also add flax or chia seeds.
Ginger Coconut Carrot Soup

With lots of important nutrients for a dynamite immune system, this soup is an ideal dish for autumn, and is especially suited for brightening up dark, rainy days.

Ingredients:
- 2 tablespoons MCT oil or coconut oil
- 1 small onion, chopped
- 2 tablespoons fresh ginger, finely chopped
- 2 cloves of garlic, minced
- 5 organic carrots, washed and cut into cubes
- 1 cup coconut milk
- 1 cup vegetable broth
- A pinch of ground cumin
- Fresh lemon juice Salt, pepper

Preparation:
First, sweat the onions with the oil at medium heat until they’re translucent. Then add the ginger and the garlic and saute for another minute. Now add the carrots cut into little pieces and saute for a couple more minutes. Add the coconut milk along with the vegetable broth and the cumin and let simmer at low heat for about 15-20 minutes. When the carrots are al dente, blend everything with the immersion blender or the mixer and season with lemon juice, salt, and pepper.

Appliances:
Mixer or immersion blender
THE CHIA PUDDING

Simple, fast, and super healthy: the chia pudding, with its many important nutrients, represents an ideal afternoon snack! The chia seeds are rightly notorious for their high percentage of omega-3 fatty acids, which are at an ideal ratio to the omega-6 fatty acids, and the almond milk delivers lots of valuable vitamin E and proteins.

Ingredients for one portion:
- 3 tablespoons chia seeds
- 1 cup almond milk
- A pinch vanilla
- A handful of fruit of your choice (bananas, raspberries, etc.) Optional coco power or cinnamon

Preparation:
Mix the chia seeds with the almond milk and some vanilla and soak for at least 1 hour. To serve, garnish the pudding with fresh fruits and sprinkle with cinnamon or cocoa powder.

Our tip: almond milk tastes best when you make it yourself! Click here for the recipe.
WELCOME TO YOUR NEW BODY!
WHAT HAPPENS NEXT?

With these five methods of the Superman Secrets, and our tasty and nutritious recipes, you should have made a proper leap into a healthier, fitter, and happier superhero. Of course, the journey doesn’t stop here. That’s because you’re to permanently keep this well-being, maybe even improve other areas, and pass on what you’ve learned to your family, friends, and fellow human beings.

You can find even more interesting topics on our blog.

PODCAST:
We’ve started a video podcast with the Flowgrade Show, in which we regularly interview experts on the various topics of biohacking. There are already some real winners that you can listen to and/or watch on iTunes or YouTube.

PRODUCTS:
In addition to the right information and recipes, we’re also huge fans of the suitable products for accompany personal improvements in health.

Click here to go to our shop

Follow our newsletter, like us on Facebook, and regularly receive the latest methods about measurable, effective health improvement!

We’re happy to have you aboard!
Published by:
Biotrakr
Text: Maximilian Gotzler
Photo: Johannes Breyer, Rosario Herrera

You can find more information about us at:
www.flowgrade.de

All statements in this work were carefully researched and kept up to date by the authors. However, we assume no liability for the accuracy of these statements.

© 2016 Biotrakr UG (haftungsbeschränkt)

Are you satisfied with this e-book? Then we look forward to every recommendation. Tell your friend and family and give them the opportunity to become healthier and fitter than ever before. Even if you have criticisms, corrections, updates, or just a few nice words for us, we look forward to your message at:

Biotrakr UG (haftungsbeschränkt)
Röntgenstr. 6
82362 Weilheim
Germany
or send an email to: info@flowgrade.de

A big thank you to all of our partners and proofreaders who supported us in producing this book.