

First timer?

If this is the first time you have received our newsletter you will find that this monthly publication is full of great tips to help you get the best possible version of yourself! In order to achieve the various demands that we have each and every day, we must focus on some key aspects of our life. We don't have to be elite athletes to desire an enhanced level of fitness that supplies us with the necessary energy to execute at a high level. If you want to find the best possible version of you, read on and feel free to contact me if you feel I can help! Enjoy this issue and would love to get your feedback!



361 Nutrition, with the help of our affiliate, My Protein are proud to sponsor Don in his quest to regain his national ranking among the top bodybuilders in the world. In May, he won at the regional level and he is currently training for the 2017 NPC National Championships which will be held in Miami Fla. next year. It has been over 30 years that Don has been mentioned in publications such as Flex Magazine and NPC News so this

■ Increased Focus at work!



There are many reasons why we lose focus at work, but all too often the issues that are impacting our focus is as much to do with our eating habits as it is our surroundings. The one issue that high carbohydrate diets can create is early afternoon brain fog which is created when you suffer from low blood sugar or higher than normal levels of cortisol and insulin.

Start first with reducing the amount of high glycemic carbohydrates from your lunch and replacing it with moderate levels of protein and slower burning carbohydrates like, vegetables, or healthy fats such as nuts or avocados. MCT oil is also a great way to add some healthy fats to your diet. Dave Asprey author of "Bullet Proof Diet" suggests that their brand of MCT oil is "brain octane" and having used it for over two years it has been a perfect afternoon pick me up that allows me to remain focused and alert in the afternoons.

Another way to increase cognitive function is by supplementing L-Theanine, a naturally occurring amino acid that works extremely well when added to roughly 200mg of caffeine (been wondering what was in my afternoon coffee?) This combination of L-Theanine and Caffeine is noted to be synergistic in promoting cognition, attention and focus. If you are carrying out a task that requires memory, cognition and a heightened focus, a great way to begin would be with a

accomplishment has been a long time coming. Good Luck to Don and his bid for the lightweight overall and masters over 40 title next year.



beverage of the following:

100-200 mg of L-Theanine, 1 TBS of MCT oil, 1 tbs grass fed butter, 1 cup of bullet proof coffee. Whip vigorously and you will find that your focus and recall will be better than ever before.

Enhanced Sports Performance

[To read more check out our blog on our website.](#)

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