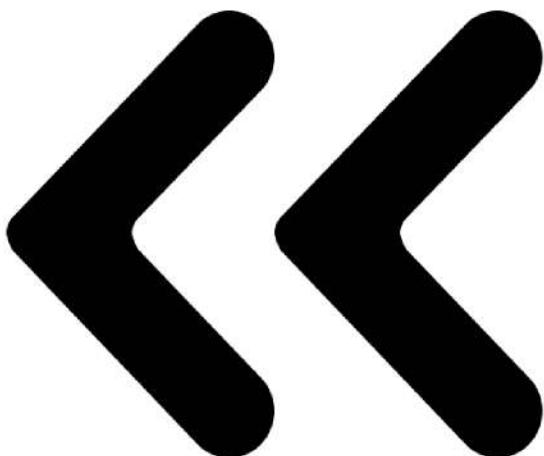


NEUROHACKING

REVERSE

AGING



1

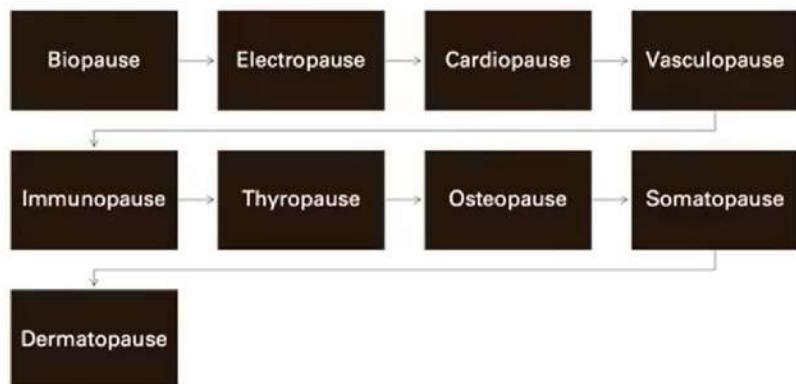
Reversing Aging

Menopause:
Hormone loss in
women starts.

Andropause:
Hormone loss in
men starts.

2

Pernah Dengar Pause Pause Ini?



3

REVERSING AGE

Umur Kronologi vs
Umur Organ

4



**A Younger You
= DNA + the
Power of the
Brain**

5

Kuncinya
mudah...

**Change Your
Brain, Change
Your Body,
Change Your
Life**

Brain Age Accelerators

6



Dopamine
Obesity, addiction,
fatigue



Acetylcholine
Dementia,
Alzheimer's
disease,
learning
disorders



GABA
Anxiety, pain,
mood swings



Serotonin
Depression,
sleep
disorders,
fears

7

Macam Mana Nak Tingkatkan HGH

- Kurangkan body fat
- Puasa: naikkan HGH 300% lepas 3 hari. Naik 1250% selepas seminggu.
- Ambil Arginine : Antara 15-20g sehari
- Elak gula putih: Insulin naik HGH turun.
- Elak makan 4 jam sebelum tidur : akan blok HGH yang keluar waktu malam
- Ambil GABA 18 g sehari naikkan 400% HGH
- Tidur antara 7-8 jam. Kurang akan turunkan HGH.

8

Hormones dan Brain Code

Typical Chronological Age	Hormone Changes
30	Human growth hormone (HGH)
40	Testosterone, estrogen, progesterone
50	DHEA, thyroid
60	Insulin, parathyroid
70	Calcitonin, erythropoietin

9

Macam Mana Nak Tingkatkan Testosteron

- Dapatkan cukup Vitamin D
- Turunkan stres
- Puasa
- High Intensity Exercise
- Makan Bayam dan bawang putih. Ada steroids phytoecdysteroids
- Mandi air sejuk
- Ambil suplemen zinc dan magnesium
- Ambil Ashwagandha
- Tidur antara 7-8 jam

10

Macam Mana Nak Tingkatkan Progesterone

- Dapatkan cukup Vitamin C
- Turunkan stres
- Ambil vitamin E – almond, kuaci, avocado, mangga
- Ambil Vitamin B6 – pisang, tuna, bayam, prunes
- Makan Bayam dan bawang putih. Ada steroids phytoecdysteroids
- Ambil L-Arginine – dal, lentils, ayam, pumpkin seeds
- Ambil suplemen zinc dan magnesium

11

Macam Mana Nak Tingkatkan Estrogen

- Elak Kafein (200mg)
- Jauh dari rokok dan asap rokok
- Senaman
- Ambil Vitamin B Complex - Brazil nuts, avocados, legumes, tuna, beets, pisang, oats, turkey
- Carotene - bayam, kale, capsicum, turnip greens, kobis, labu, collards, basil, squash
- Cherry, epal, betik, delima, plums, strawberries, peaches, tomato
- Tempe, produk berdasarkan soya

12

Jaga 4 Fungsi

- Voltage - Dopamine
- Speed - Acetylcholine
- Rhythm - GABA
- Synchrony - Serotonin

13

Dopamine



body begins to slow down



feel fatigue, look pale, or even experience light-headedness



weight gain, difficulty performing the most routine tasks



when we feel tired, we tend to respond; to compensate for a loss of energy, we unknowingly find ourselves self-medication with food.

14



15



16



Leptin Kontrol Dopamine Level

+ .
o

17

Epal Broccoli
Karot Telur

Salmon @ ikan
kembung Jus
delima bayam
almond

Kurang Dopamine

+ .
o

18

Cardiopause

Immunopause

Menopause

Andropause

Osteopause

Dermatopause