

Chapter 18

Diet and Wellness

Real Advisers recommends practical solutions to our clients and attempts to provide relevant information no matter who they may be. An extremely important personal health and wellness upgrade for me was a shift in diet I implemented three years ago. I devote this chapter to information about this dietary change, and other health and wellness recommendations that could benefit everyone including Real Advisers' clients. The health and wellness matters discussed in this chapter can help trend you in the direction of wealth.

After a weird bout with eczema on my hands and at the recommendation of a nutritionist, in summer 2017 I adopted the keto diet. The keto diet takes advantage of a natural biological process that happens when our bodies enter the fasting, or starvation state. When you begin to starve, your liver produces keto acids that are deployed throughout your body to convert fat stores into glucose for your brain. The keto diet takes advantage of this biological shift and sustains it by limiting carbohydrate intake to less than fifty grams per day. It is important with this diet to consume adequate protein, but the bulk of your calories come from fat. I used to put tablespoons

of coconut oil into my smoothies. Now I use bacon fat (instead of vegetable oil) to make my own mayonnaise to go with the hamburger I cook at home, and the to-go pork loin and brisket I get from my favorite fast food barbecue restaurant in Austin, Rudy's. I only eat meat currently on the carnivore diet (a variation of the keto diet).

A result from the keto diet is that you no longer have blood sugar spikes associated with eating sugar (a/k/a carbohydrates) that trigger the insulin response. Your entire source of energy is fat either from dietary or stored sources. You wind up losing a lot of your own fat on the keto diet if you are carrying any excess. As soon as I overcame my psychological and physical addictions to sugar, I began genuinely losing all my desire for the pizza, donuts, and ice cream I used to crave.

The smooth and consistent energy release has increased athletic performance and given me a greater clarity of thought than I experienced before.

In addition, since I am always in a state of starvation (technically), I can easily fast. I can go for extended periods without eating, identifying that the hungry feeling in my stomach frequently is not hunger, but more often thirst. If I can have water, 24-hour fasts

are no problem. (I still may drink coffee or tea with my normal Stevia though.) Medical research shows that intermittent fasting is an excellent weight loss tool, and it also has independent health benefits apart from weight loss.

Sugar has been shown to be more physically addictive than cocaine. Along with alcohol, Real Advisers would give you strict warnings against the dangers of sugar, since sugar has been linked to many physical maladies, including obesity, cancer, diabetes, and mental health issues. Disease and unhealth are detractors from wealth accumulation.

Again, none of this is medical or nutritional advice. This is only a description of my personal experience with the keto and carnivore diets I have adopted and adapted to over the past few years. This way of eating has made a dramatic difference in my life. When we give you feedback on your responses to The Task, we will dialogue with you about your diet. Your diet is an important part of your overall health and well-being and healthy people on average are likely to be wealthier.

There is a specific reason for this, and it has to do with the concept of effectiveness. Effectiveness has to do

with how efficiently you are deploying energy. You must know who you are, what you want, and where you can serve and then focus your energy in that direction. If you want to achieve your goals, be as efficient as possible with directing your energy toward achieving them.

Use the force multiplier effect mentioned elsewhere in this book. Find other people who are like minded with you. Find people who have similar answers to your questions with The Task. One thing that Real Advisers would like to do is identify similarities among user profiles and connect people with others who are similarly situated to create online communities. These communities could create the real estate investment partnerships described in the horse force multiplier chapter.

Why do I mention this in the same chapter as the chapter about diet and yoga? The reason is because you may be lazy like me, and you may be willing to do more in a community than you would be willing to do alone.

I have experienced the force multiplier effect with group athletic workouts. I work harder at masters swimming than I do when I swim at Barton Springs alone. It is because when I start to get tired but see my friend do a flip turn at the wall to keep going, darn it, if

she's going to keep going, then I am too! It is safe for me to manifest an intensified effort because I am working in a group. This is a thing, and you should exploit it everywhere you can in your life. If you want to get in shape, get a coach or do group workouts.

At \$88 per month, Black Swan Yoga in Austin is a steal. Before COVID-19, I probably averaged 16-20 classes per month. Let's say I did go to 20 hour-long classes in a month. That is less than \$5 per class! Black Swan probably refers me to as a "heavy user", but they certainly appreciate the recurring revenue. They also are donation-based which tells me that Black Swan is a company that is focused on service. Black Swan gives me great value. My teacher, Jennifer Turner, gave me the idea for The Task in a meditation offered in class. Thanks Jenn!

My desire to sit still comfortably for long periods of time has blessed my writing and meditation, so yoga hits me at every level: what I want, who I am, and where I can serve (community). Because my community need is met, I experience the force multiplier effect and have experienced strength gains well into my late 40s. I am thankful for Black Swan and yoga. I am looking forward to returning to in-person classes after COVID-19.

Yoga has been mentioned elsewhere in this book. I cannot recommend the practice of yoga any higher than the practice of meditation as they are intertwined. Yoga is (at least) a breathing and exercise practice designed to condition your body so you can sit still in meditation comfortably for long periods of time. I have experienced the direct benefits of yoga in this way, as fifteen minutes on the floor is no longer uncomfortable for me like it used to be. Yoga is available to people of all ages and I highly encourage it. In fact, my intention is to do a class with one of the Black Swan teachers online tonight through their bsy.tv streaming service.

Finally, what has yoga done but made me more flexible? If I am more flexible, I can better serve my community. There is a worldwide group of people who practice yoga. Wherever you go, you can (at least temporarily) join with that community. Wherever there is community, there is a path to genuine wealth.

The final health and wellness activity that I have only started since my divorce has been ecstatic dance. Ecstatic dance is a thing, and I would encourage you to Google it to watch a video about it to get an idea of what it is like. Think of a drug-free morning time rave, although ecstatic dance itself is what you might see

at an ordinary rave. Typically, ecstatic dances are held in the morning or during the day, rather than all night long.

Ecstatic dance was movement therapy for me, and was related to steps I took to meet women after I was divorced. I naturally went to the bars and other locations in Austin where live music is played and where people would dance to music played by DJs. I always noticed that the most beautiful women were on the dance floor so I told myself that that was the place where I needed to be. To do this, I needed to drop all my inhibitions as I had never spent any time in my life on a dance floor until my 40s. I told myself that I would not let my inhibitions get the better of me.

When I first started practicing yoga, I was embarrassed to put my leg up in the air for three-legged dog. Nevertheless, I persisted and overcame my embarrassment to develop a years' long practice that has brought much health and wellbeing to me. We can consciously take actions to force ourselves to overcome inhibitions that are nothing more than cognitive biases. Who cares if people think that I am an idiot for looking goofy on the dance floor, or doing the expected thing of performing unusual postures (*asanas*) at yoga class? I force myself to overcome these inhibitions telling myself

that my inhibitions were unreasonable and were preventing me from activities that might bring greater enjoyment and health in my life.

In fact, my friend Agent Red conducts ecstatic dance classes and I attended several of them. She has a method for instructing people about using dance and movement as modes of expression. I would highly recommend her classes just as I would recommend ecstatic dance to you. I would especially recommend it to anybody who like me suffers from inhibitions and sometimes refuses to do things because they are afraid of being embarrassed or believes that they will fail. You can overcome these self-limiting beliefs by focusing your attention on releasing inhibitions. I know this is difficult, but it is well worthwhile.