

Hi, what's up Optimal Health Warrior, I want to thank you so much for downloading the Optimal Health Book. What you are about to listen to is an accumulation of knowledge that I have accumulated over the course of five years. If you're not too familiar with my story, I'll just do a quick recap; I was always a troubled youth, I got kicked out of two high schools and walked on different lines. I got into trouble, extra curricula activities and self medicated myself for a very long time and in my early twenties and late teens, around nineteen and twenty-one, I finally ended up going to jail for a half year. I'd been to jail previously but that was my longest stretch and my life transformed from then. I never really gave back to society or had any value and through the power of nutrition, through the power of positive thinking, through the power of surrounding myself with amazing people I was able to transform my life and live the life that I want to live. What you are going to hear today is how I was able to do that and hopefully you can take a nugget of wisdom from this and utilise it in your life.

Chapter 1: Mindset

To truly become an Optimal Health Warrior, you have to first prime your mind. Without a proper mindset, no nutrition, no exercise, no nothing is going to help you out. A great way of starting to prime your mind will be auditing, or I like to call it scanning. We live in such a hectic time, meaning crazy jobs or stresses from your partner or maybe you're getting bullied at school or bullied at work, who knows and we're bombarded left, right and centre from all these external sources and it's a big burden on our spirituality in our body. It takes a toll on our mindset because from the news, from TV to media, we're being influenced by negative thoughts on a day to day process and your thoughts become reality, if you think you can't you're right however if you can you're also right. It really doesn't matter what you're thinking, that reality becomes fruition; it becomes the truth.

So one of my first basic principles in becoming an Optimal Health Warrior is checking your mindset first, checking your body and scanning everything and how you're going to do that is quite simple. I always recommend that you have a journal with you. That has been one of my most amazing tools I've been using to optimise my mind when I got out of jail. In the simple fact of taking a journal and writing down your thoughts on a day to day process is huge. Each of us have negative thoughts or positive thoughts and you can take these thoughts and actually manifest them on a piece of paper. What I like to do is, every morning I wake up and for five minutes I put down what I want to do today, meaning, I want to have a great workout, I want to love my girlfriend, I want to have a coffee with a friend.

As well I put down three things that I'm grateful for; I'm grateful for being alive, I'm grateful that the universe gave me the opportunity to share my story with everyone, I'm grateful to actually be living in a country not in war. This has profoundly benefitted my life and at the same time when night time comes I once again spend time in the journal and I write down "What did I accomplish today or what could I have done better?" You can actually find yourself many journals like this, a good friend of mine Uj Ramdas and Alex Ikonn have a journal called The 5 Minute Journal. It has been a complete game changer for me and for what it is; I think it's one of the best tools for out there. To recap on the mindset; I really want you guys to understand, your environment, your psychology and how you view your life is very important. If you're hanging around with friends who are negative, you're going to have negative attitudes. If your partner is negative, she or he will infect you with their negative attitudes. If your job environment is negative, that will also affect your attitude. That's why it's really crucial that you control your environment because your environment dictates your mindset.

The keys to success in life to becoming a true Optimal Health Warrior is having a positive outlook on life and having a positive mindset, without these principles nothing else will actually work or nothing else will be sustainable in your life. To recap the whole mindset; I want you guys to first audit your situation, I want you to look around in your life and see who is contributing positively in your life and who is not. Those people who are not, you have to then question, should you be in a relationship, either friendship, whatever, doesn't matter the relationship, but question that relationship and see if it's worth continuing, if it's not then those people do not belong in your life. They're vampires and they're sucking your energy. Number two, scan yourself physically, I mean literally, that's where the journal comes into play. Figure out what's happening in your life, there's a lot of pain that you and I have gone through in our life and there's a lot of pain that we will go through but we can't really identify the pains unless we write them down. That's why journaling is such a powerful tool and that's why you should utilise it every single day. This is the first law of becoming an Optimal Health Warrior, it's mindset, without a proper mindset, like I mentioned before, no nutrition, no exercise, no nothing is going to help you out.

Chapter 2: Nutrition – How to become an Optimal Health Warrior

I remember I was about two to four years of deep depression before I went to jail. There was a dark cloud over my head, dripping like tar, anything I touched turned to black, anything I viewed was black, it was very dark, dark times in my life. It was time of self medication, partying, drinking four days a week, doing copious amount of drugs. Trying to fill that gap in my soul,

looking for ways to fill it and I couldn't find it. After I went to jail and I got out it wasn't right away that I went to nutrition, it was slowly afterwards, maybe half a year later and I started adopting a whole foods diet; a Paleo diet of the back. Funny thing happened though, about thirty days into the diet, my life transformed and that's why I'm here today, it's because of that diet, because of the Paleo diet my life literally has transformed a million times for the better.

My depression disappeared, my outlook on life went from a black to a white, it went from a grey to a yellow, it went from a brown to a blue. My energy improved, my clarity, that dark cloud of depression I was talking about, "whoosh", vanished, no more. That was the first time that I realised that nutrition is the key to optimum performance. That nutrition is a key to becoming a Health Warrior. Now nutrition is not easy, I'm not going to be telling you that this is going to happen overnight. Some of you maybe a yes, you may hear what I'm about to tell you about what foods to eat, what foods to avoid and adopt it right away. Some of you may let it simmer in your mind for a bit and let it digest and that's perfectly fine, I in fact urge you and I urge you once more to listen to this recording and keep on listening over and over again until it actually settles in and you understand it. It's one thing to nod your head "Oh yes", but it's a second thing to understand the content.

There are many diets out there; Paleo diet, vegan diet, vegetarian diet, I'm not here to argue what diet's better. I personally don't care, I'm telling you what worked for me and hopefully through that you can take a piece of wisdom and utilise it to become an Optimal Health Warrior. Now the diet that has worked for me that has transformed my life from having depression, from having crazy thoughts, from having auto-immune disease and all these neurological issues that I've had was the Paleo diet and still is the Paleo diet today. You're probably scratching your head wondering "What is a Paleo diet? Ameer, I hear here and there, I've read about it." In all honesty it's not that complicated, people make it out to be complicated, it's not, it's just a standard whole foods diet. The Paleo diet consists of grass-fed meats, so that is grass-fed cow, pasture raised chicken and anything that is raised naturally. The Paleo diet focuses on pasture raised animals in comparison to commercially raised animals, it's quite simple.

When you buy commercial meat, all the animals it doesn't matter if it's cow, pig, chicken, whatever it is, they are fed poisonous foods such as high-fructose corn syrup, corn, soya, wheat. They are confined into horrible conditions that you and I should never ever go through, they should never ever go through ever, it's absolutely horrendous. Two, they are injected with hormones and antibiotics, and finally three, the way they actually slaughter

animals is disgusting and both from a practise point of view and from a nutritional point of view, it's horrible. You and I should not be contributing our hard earned dollar towards the commercial meat industry. The flip side though however, we have the pasture raised meat industry which is more organic side, getting to know your animals and the difference is this; the animals are pasture raised, meaning they are fed grass as the cows should be eating; chickens get to go outside in the sun, do their thing and the animals are treated as human beings. Yes, at the end of the day the animals are sacrificed for our nutritious needs but they are sacrificed in a way that is holy, in a way that is humble to nature. Nature is the circle of life. Even plants eat flies, and plants actually are carnivorous, some of them. We are all going to degrade and go back to Mother Earth, Gaia. That is a given. That's why I'm a huge proponent of having grass-fed meats.

I haven't really went into the whole aspect of nutrition, the actually biochemical processes, I'm going to quickly name a few. The grass-fed meats are higher in Omega three which are anti-inflammatory compared to Omega sixes which you find in commercial meat. They also have healthier fats such as CLA, which is really good. They have a higher amount of fat soluble vitamins such vitamin A, vitamin D, vitamin E, vitamin K. Commercial meats are pretty much devoid of those, they're not the greatest. In every aspect grass-fed meats or pasture raised meats are a million times healthier, sustainable and friendlier to the animals than having commercial meats. That's the number thing that I like to talk about when it comes to Paleo diet, focusing on pasture raised, grass-fed meats.

The second thing is avoiding certain foods. In the Paleo diet we like to make things very black and white, but there is no black and white. In my mind, what has worked for me, and remember I'm telling you what has worked for me, is I completely avoid all grains and all commercial dairy; key word "commercial dairy". What I mean by grains is pretty much the glutens, I stay away from wheat, rice, I completely stay away from all grains. The reason why that is, is complicated and twisted, there's many reasons but to summarise the grains that we are eating today are not the same grains as our Grandmother ate about fifty years ago. They are transmutogenic; they have four hundred times more gluten in it and much more sugar content in it not to mention how they actually process the grains from the fields. Many, many studies are coming out showing that gluten causes auto-immune issues, it causes inflammatory issues and for me personally it was causing my auto-immune disease and the moment I cut out all grains from my diet that's when my depression disappeared, that's when my clarity started improving and my outlook in life started improving.

I would say play around with it; I'm not here to tell you to go do it, just my story. The reason I became an Optimal Health Warrior is because I cut out gluten. The second thing is commercial dairy, it comes from goat, cows, whatever, once again it's a Frankenstein food. I highly recommend that you completely stay away from commercial dairy. It's been connected once again to inflammatory actions in your body, it may cause even autism, like autistic behaviour, I shouldn't say autism, it may exasperate behaviour which is not very good and it's also very addictive as it has a protein called bcm7, beta casein morphine 7, same thing as heroin addicts are addicted, this works in the same pathway. Those are the two major food groups that I've cut out personally in my life that the Paleo diet talks about, that has drastically improved my life. I don't mean drastically in a way as in "Oh yes, it has just a little bit", I'm talking about drastically; I'm talking about a depression that has existed with me for years vanish in thirty days. I'm talking about clarity, this darkness that has over me, has vanished in thirty days. I'm talking about actually finding the passion in my life in thirty days. Now pause for a minute and think about that. You have nothing to lose, just try it out for thirty days. It's like a car sales man pitch, cut out the grains, cut out the dairy for thirty days and report back to me, I'd love to know how that goes.

Continuing on, the Paleo diet also promotes lots and lots of vegetables. A lot of people say the Paleo diet is a caveman diet, that's a load of rubbish. That's absolute rubbish, I can tell you right now, I have a lot of vegan friends and vegetarian friends, I probably eat more vegetables than they do and that's a reality. I probably eat a pound plus of veggies a day, I like them and they're really healthy for you. They have all your B vitamins, they have your bioflavonoids, they have your minerals such as magnesium, zinc etc. They are there to keep you healthy and I always recommend, if you can obviously financially it depends on the location where you live, source your vegetables from organic sources or if you don't have that option try to eat locally. Find places that are growing produce near your house and that will always be better than buying produce from a different country because it takes about thirty days for any produce from any other country to come to your front door.

Moving on to the fruit side of things, fruit is awesome, always in moderation like anything in life, fruit is always good. Blueberries, raspberries, strawberries, if you're living in a four season climate, I'd definitely keep fruit on a minimum during winter because it's not local, that's the only thing I'd advise for, other than that by all means have your fruit. Nuts and seeds are fantastic, eat them, have fun and finally for the cr me of the cr me, always the sticky topic, is carbohydrates. People say carbs are bad, that's absolute frigging bullshit. Carbs aren't bad. Some carbs may be for example, wheat,

as I mentioned, it has gluten but it's not carb, it's not the starch itself. The carbs that I like to eat that I found to be really optimal for my body is white rice made with bone broth.

Tuber family, so tubers are sweet potatoes, yams anything in ground and I peel the skin personally, I find the skin to be, it causes issues with my gut. You can try it out, I recommend peeling the skin, because the skin is the defence mechanism of the tuber so it may contain certain chemicals on it that you don't want to be eating. That's pretty much it for the carbs family, it's not really complicated, have yourself white rice or boiled rice or brown rice, have yourself tubers. Some people like to play around with quinoa, by all means, play around with things see how you react. Each and every one of us are different and for you to become an Optimal Health Warrior and really kick ass in this world, you're going to have to find out what works for you. This whole idea of diet being a black and white type of template is idiotic, to tell you the truth. It doesn't work like that. Our biochemistry are different, our environments are different, our epigenetic backgrounds where we come from is absolutely different. That summarises the nutrition, I don't want to be going crazy, calling myself a guru in nutrition. I'm just telling you what worked for me, let's summarise that once again. I eat a Paleo diet, I do not eat grains, I do not eat commercial dairies. What I do eat is this, grass-fed meats, organic vegetables, seasonal fruits, tubers, wild rice, white rice, nuts, seeds, that's my diet. It's a beautiful whole diet and I eat it every single day and I'll be eating it for the rest of my life.

Chapter 3: The Sleep Equation

To truly become an Optimal Health Warrior you need sleep. As an entrepreneur, as a top performing person, you have to respect the quality of sleep you get. Too many of us are thinking we can run on four hours of sleep, five hours of sleep, wrong answer. You're body's hormones to build muscles, your body's ability to heal, your body's ability to have a healthy immune system is controlled by your sleep. I want to stress that, without a proper sleep cycle you cannot lose weight. Without a proper sleep cycle you cannot become smarter, without a proper sleep cycle, you cannot gain muscle. It's that simple. What is a proper sleep cycle? To make it simple for you, going to bed at ten o'clock is very important. Not going to bed at midnight, not going to bed at one a.m. our bodies run on clocks, these clocks are very important. It's really crucial that you go to bed at ten. I know you're probably scratching your head; ten is early, too bad, that's the reality. You do not make nature, you must obey nature. We are not nature, no we live in the environment that Mother Nature and this is the law that has been going on for billions of years on this planet.

How do you optimise your sleep then? Step one; no lights, no electronics an hour and half before bed. Blue lights stimulate your stress hormones, it's simple as that. Cut off all electronics, cut off all the lights before you go to bed. Step two; your last meal is two hours before bed. It's as simple as that. If you eat too close to bed you're going to cause issues with your hormones; your parasympathetic and sympathetic system. Step three; draw yourself a hot magnesium bath. Hot water, magnesium salts, or Epsom salts they're called and Epsom salts contains magnesium. That magnesium is going to make you relax more and chilled out. Step four; your room must be pitched black like a bat cave. Any light will stimulate your stress hormone, cortisol, which is not good. Those are four simple steps, follow them, obey them, live them, become them. When you start paying respect to your sleep, you'll notice everything in your life is going to start becoming better. Your concentration will improve, your strength will improve, everything in your life will improve with proper sleep. If you want to become a true Optimal Health Warrior you have to, have to respect your sleep.

Chapter 4: The Power of Exercise

This is a funny and tricky chapter. So many people are looking for the right answers for exercise. Do I strength train? Do I do high intensity training? Do I do joint mobility and yoga? To tell you the truth, I've done many; I've always been a competitor in my life. I've been do martial arts for seventeen years; I became a national champion in the sport in Canada. I'm currently competing for another national sport for power lifting and I'm a very competitive person. However this whole idea of having these special type of training that works for everybody, that doesn't exist. There are different people out there, you have ectomorphs, you have mesomorphs, different phenotypes and different ways the body adapts for muscle groups, the types of muscle fibres; type A, type B.

That being said, I do think there's a general blueprint that you can follow and I'll personally tell you what has worked for my clients and what has worked on the literature and the paper. I love to see a mix between strength training and high intensity. What I mean by strength training, I'm talking about slow placed weights, yes weights, you want to get frigging strong, you want to get a six pack, you want to become a top performing person and an Optimal Health Warrior, you have to start lifting weights. None of this "Oh no, weights!" Weights are frigging awesome; it's pure benefits from it. What I mean by weight training, a standard protocol, like a five by five, where you'll do squats and dead lifts once a week for a total of two sessions at the gym; a pure strength training. There are so many programs out there. You can look at German volume training; you can look at five by five training, pyramid training, down pyramid training.

There are many programs, which I'm not going to go into detail now, that's a whole different topic but strength training has to be part of your regiment. In conjunction, I highly recommend you do HIIT, High Intensity Interval Training. What does that look like? I'm going to do one today, it's going to be ten sprints for one hundred meters outside. Sprint, pause, relax. Wait till my heart rate comes down a little bit and repeat, and repeat, and repeat and repeat for ten times. Another version of High Intensity Training is something I compete in, it's kettle bell. Grab a kettle bell and do a session for ten minutes, or do burpees, try some cross fit, or anything to get your heart rate to a very maximum level and to decrease very fast. So you're going up and down, up and down; that's high intensity. Lack of oxygen, it's anaerobic type of conditioning. I truly believe if you combine high intensity training with strength training, you will become an Optimal Health Warrior. You will see the results that you deserve. That summarises the exercise. Simple as that, get your butt to the gym, get your butt outside, you'll see things improve rapidly.

Final chapter, chapter 5: Gratitude and Love

I think to become a true Optimal Health Warrior or a top performing person, one must always pause and be thankful for what we have. For such an abundant society, I think we're not really thankful, we complain too much. I'm at fault; I've been complaining my whole life, pointing fingers. I think we should always pause each day and reflect and really thank, whatever you want, thank the universe, thank yourself, I don't care what you're thanking but really thank that medium out there for being who you are and being authentic, for having the opportunities to do what you want to do. There are so many people out there in third world countries, in really messed up situations that would die to have what we have yet we're complaining about what diet is right, we're complaining about wanting a six pack. These are insignificant things when it comes to this world, insignificant. I'm not saying that they're not important, they're insignificant. I think if we can pause each day, even for a couple of minutes, to reflect and see how much we have in this world, your mindset, your vision, your outlook in life will improve.

That's the biggest tip I have for everybody out there listening to this audio right now to become Optimal Health Warrior, is having gratitude, is saying thanks and really appreciating for being alive and living in the country that we live in. I really hope that you enjoy this audio on becoming an Optimal Health Warrior. These are my thoughts, I'll be expanding this audio every once for a while, I'd really love to know your thoughts, please email me back at ar@ameerrosic.com and remember live, breath, grow.