

# SUPERCHARG3R: SUPERCHARGE YOUR BODY AND MIND

## INTRODUCTION

Imagine being told that you would never be able to walk again! Diagnosed with a benign tumor in his thigh at the age of 10, this was what doctors told Kieran Behan when complications from the surgery severely damaged his nerves, leaving him wheelchair-bound for more than a year.

Since his childhood, Kieran had been crazy about gymnastics and was unwavering in his ambition to become an Olympic champion. But how was it possible when he was unable to even walk now? With him being confined to a wheelchair, combined with consuming dirty fuel, and lack of physical activity, it seemed impossible for him to walk again. But, with his willpower, he proved the doctors wrong after 15 months of wheelchair confinement.

On returning to school, Kieran had to use a walking stick and was cruelly ridiculed by his classmates. He felt awful to see his condition, and it was then that he started reflecting on the ways to reclaim his life. Motivated by his desire to achieve physical fitness, he started following a low-fat diet. However, to his surprise, he couldn't achieve his desired results even after sticking to his diet plan for months.

It was only then that Kieran started to question his beliefs about the so-called 'healthy diet' and visualized all of his eating choices which contributed to his chronic illness and sluggishness. He, perhaps, didn't know, that he was writing his destiny in those moments of decisiveness, by choosing to change his lifestyle. He found a secret recipe to supercharge his body for self-repair and chronic disease prevention by curbing the intake of toxins and processed food. Using the secret ingredients of his new lifestyle, he carved his own destiny and became the second Irish to qualify for the Olympics.

Well, we all got a sad story, you can either make it as an excuse or you can use it as motivation. And this is what Kieran did. He had become an Olympic athlete after discovering the formula to supercharge his lifestyle.

When you are in your twenties, losing weight and recovering from disease is usually less challenging. Conversely, as you age, your metabolic rate takes a plunge, shifting what used to be a functional diet and exercise strategy into a recipe for weight gain translating into chronic health issues.

John Dryden famously remarked,

*“First, we make our habits then our habits make us.”*

Our habits shape our physical, mental, and emotional destiny. Healthy eating habits and physical exercise will steer us in achieving a high-functioning body with the ability to ward off diseases. Likewise, what we feed our minds will shape our mental destiny. How we chose to react to our environment will determine our emotional destiny.

A major chunk of our habits is gifted to us by our environment including our spouse, siblings, parents, co-workers, and several other influences we are exposed to on daily basis.

Unhealthy eating habits together with a lethargic lifestyle lead to adverse physical and mental health, which is exactly what happened to my grandfather who couldn't survive a heart attack at the age of 53 and left this world. The same habits were inherited by my father and he suffered the same fate except that he only lived for 39 years on this earth.

In my twenties and early thirties, I was active in sports and didn't bother about my diet and mental wellness. As I entered into my late thirties, poor physical and eating habits, which I subconsciously inherited from my ancestors and the environment, crept into my life. In no time, I abandoned physical activity and found myself eating dirt fuel frequently. My sleeping habits also worsened.

In my early forties, I was, inadvertently, following the footsteps of my father and grandfather. I tried juggling with my routine hours just to squeeze in that workout

to bring back my body shape but had not been able to keep up with it. Maintaining a particular diet met a shameful fate. And in no time, lethargy and agedness dawned over me like a dark shadow.

Despite my continuous efforts, I was unable to find a sustainable diet plan with tangible results. As a result, my body steadily became weak and more prone to diseases. Does that sound familiar to you?

If you are struggling with the challenges I struggled with, YOU are not alone! According to the World Health Organization (WHO), more than 80% of global teenagers don't perform the recommended one hour of daily exercise. The study carried out by the UN health agency also indicated that nearly 1.4 billion people globally are physically inactive, putting themselves at higher risk for diseases like diabetes and hypertension. But, do you know that our body doesn't need too much activity to perform well. Surprising, isn't it? We often ignore the importance of our fuel intake which accounts for 80% of our body's performance.

In this modern age of sophisticated medicines and so-called 'healthy diets', we are witnessing an unprecedented rise in chronic diseases such as Alzheimer's, cardiovascular diseases, cancer, and diabetes. The modern food industry and medical sector have failed to curtail the rise in these diseases. Or maybe they don't want to, who knows? Our regular low fat and low carb diet isn't preparing our bodies for self-repair and enhanced immunity against diseases. Despite strict diet plans and proper exercise routines, we aren't getting sustainable results. The question is: **where is the problem?**

If you ever feel like you're stuck in a rut or not just happy with the way things are going, then, I bet, you have wished to hit a reset button in your life to undo all the bad eating choices you made. Well, this is exactly what I did and what you are going to do after reading this book. You are going to shake things up and take responsibility towards your primary and most important source of existence- YOUR BODY, for a better and longer living.

Getting older does not mean you have to upgrade your wardrobe size every year and constantly take medicines to keep your body functioning. Lifestyle changes

for men and women after 40 are certainly possible. It may seem like a lot of work, but believe me when I say that attaining a performance-driven healthy body is all about making simple choices. Take it from a person who was able to turn his life around by making simple yet transforming lifestyle changes. Taking small, baby steps towards your goal can lead to big changes. And remember—recognizing that you need a change is the first step towards any change, so you're already on your way to a fresh start.

Chances are that if you have picked up this book, you're looking for more than just losing a few pounds. Your life is taxing, and you want to optimize your performance by unlocking your superpowers. I, too, was once in your shoes, and it wasn't until I discovered the SUPERCHARG3R Formula that I was finally able to come out of the misery loop. And this is what I am going to teach you as well through this book. You will also learn to train your mind for a healthy lifestyle, as you start your kickass journey of body repair and living up to your full potential.

We all have heard how Japanese people are considered to have the longest lives on Earth. While the majority of us are busy dying in our 60's, the average age span of Japanese is 84 years. What's even more impressive is that they're as fit as a fiddle in most of their life and the least prone to fall ill. On top of that, they're widely popular to steer clear of significant life-threatening diseases. So, one may wonder about the secret behind their amazing health. It's a healthy lifestyle of course!

The way Japanese people eat and move gives them considerable performance and longevity edge. They have validated that getting older does not necessarily translate into experiencing more illness, becoming lethargic, or falling prey to chronic diseases. Developed through the combination of the Japanese lifestyle, ancient spirituality, and modern science, this book contains 15-powerful body game-changers to supercharge your life.

In our fast-paced world, most of the people who want to look, feel, and perform better, are confused not knowing or understanding the root causes of why it's not happening for them. They are eating all the 'healthy' stuff and hitting the gym

regularly. But, they are unable to prepare their body for longevity, disease prevention, and self-repair. They blame it on their lack of willpower or laziness. NEWSFLASH! The real culprit is dirty fuel obtained from processed and refined food products on daily basis.

We all have heard how fats are our foes and fibers are our friends. Health pundits also preach about the adverse effect of saturated fats. Let me debunk some of your myths! Not all fats are your foes. There are several NOT-SO-UGLY saturated fats which are actually good for our bodies. The key problem lies in processed and refined unsaturated fats and carbs. Dirty fuel is one of the major causes of mitochondrial dysfunction and inflammation in our body that leads to the initiation of a chronic disease.

Did you know that modern body performance experts don't eat fruits. Wait, what? Yes, you read it right. We have been fed lies throughout our entire lives that fruits are good for our health. The more the better! You might recall one of your diet plans which only include fruits and green stuff but you were unable to achieve your desired results. The reason is simple. If your goal is to shed some pounds then you need to cut your carbs. Less intake of carbs will force your body to use stored fat as fuel. Low carb intake will put your body in a state of ketosis. In this state, your body uses ketones and fats as the primary source of energy in place of carbs. The state of ketosis will help you achieve a supercharged body with enhanced performance.

Now the questions are: what is the right strategy to get information about dirty fuel and healthy fuel? How to get started? What are the steps to achieve a supercharged body?

The good news is that the SUPERCHARG3R is the antidote to all of your concerns. While I don't intend to give you a magic potion to merely shed some extra pounds, I, however, do intend to transform your perspective through this book. With extensive research and personal experience, I have discovered a remarkable recipe for healing and recharging your body and mind on autopilot mode. This book is a roadmap to supercharging your mind and your

body from the inside out, at the same time suppressing the negative thoughts that often come with high expectations, high stress, and external environmental factors. This book will educate you on how to optimize your body for performance, rather than just treating the symptoms only, by learning techniques to train your body for fitness, self-repair, and disease prevention.

The human brain is truly marvelous, with more capabilities than we can imagine. You can train it to work for you, which in turn, will determine how you will live. A new mindset is all you need to start over, and this is what SUPERCHARG3R is about. The SUPERCHARG3R Formula works to train your brain on the conscious and subconscious level to make better decisions, increase your productivity, obtain clarity of mind, experience more happiness, better relationships, and an upgraded life. Your journey to a supercharged future starts **NOW!**

Let me be clear about one thing. I'm not the only person to have reaped the benefits of the SUPERCHARG3R formula. Hundreds of people across the globe have experienced similar life-altering weight loss and performance enhancement as me by benefitting from the SUPERCHARG3R principles, and the results are mind-blowing. People have experienced amazing energy levels and enhanced brain power along with weight loss at an amazing pace for sustained periods.

The secret behind the success of the SUPERCHARG3R formula lies in its simple and small lifestyle changes, with visible results which compel you to move forward. In setting an objective of building a healthy lifestyle, you can lay out several strategies. This amounts to, among other things, making conscious food choices. While there is no denying that environmental factors do play an important role in your performance, yet, when it comes to controlling your mind and body to achieve your desired results, your diet holds the supreme power. It not only affects your weight, but also drives your stress levels, risk of disease, IQ, aging, physical performance, and even willpower. You are what you eat and think and it all begins on your plate.

So how would you feel to improve in all these areas of life simply by making better and informed decisions about what you feed your mind and body? Are you ready to become supercharged and catapult yourself down the path of energizing yourself? If yes, then it's time for you to

**Reclaim your body and inner power!**

With the SUPERCHARG3R formula, let's build together a community where people are supercharged with energy and are living happy, wholesome and longer lives.

SAMPLE