

**Как быть барменом и
сохранить здоровье.**

зачем мы спим?
функции сна:
обновление
гормональной
системы,
нейромедиация,
метаболическое
программирование.



Наполеон спал 4 часа. Чаще всего с 12 до 2 часов ночи и с 5 до 7 часов утра. Он считал, что мужчины спят 4 часа, женщины — 5, а 6 часов спят идиоты.

Уинстон Черчилль спал около 4 часов ночью и 1 час днём. Ночью он обычно спал с 3 до 7 часов.

Альберт Эйнштейн всегда спал по 10-12 часов. Он считал долгий и полноценный сон залогом ясного ума, креативности и гениальности.

Никакого смысла в анализе этих данных, по сути, нет. Каждый из нас интуитивно знает какой период сна достаточен именно ему для повышения продуктивности.

Пренебрежение сном оборачивается, По опыту, компенсирующим сон. А именно, три дня на неделе человек почти или вовсе не спит, а после - компенсирует затяжным сном. Этот принцип НЕ работает. Единственный способ сохранить пластичность ума, память и снизить риск возникновения инсультов, альцгеймера, потери памяти и неврозов - нормализация циклов сна.

ВЫЙДИ ИЗ СЕБЯ

И ЗАЙДИ НОРМАЛЬНО

/ Отказ от синего излучения гаджетов, которые раздражают сетчатку глаза.

/ Неукоснительное использование будильников.

/ Использование магния и магниевых ванн перед отходом ко сну.

/ Отказ от стимуляторов, даже природных.

/ Дробное пробуждение - наилучший вариант. Откажитесь уже наконец от множества будильников. Разложим процесс последовательно: вы проснулись - мелатонин в составе крови снизился, а кортизол повысился. Самое разумное - это встать и выпить стакан воды, подвигаться - ускорение кровотока запустит обмен веществ.

HOW TO

SLEEP

IF YOU CAN'T
SLEEP!

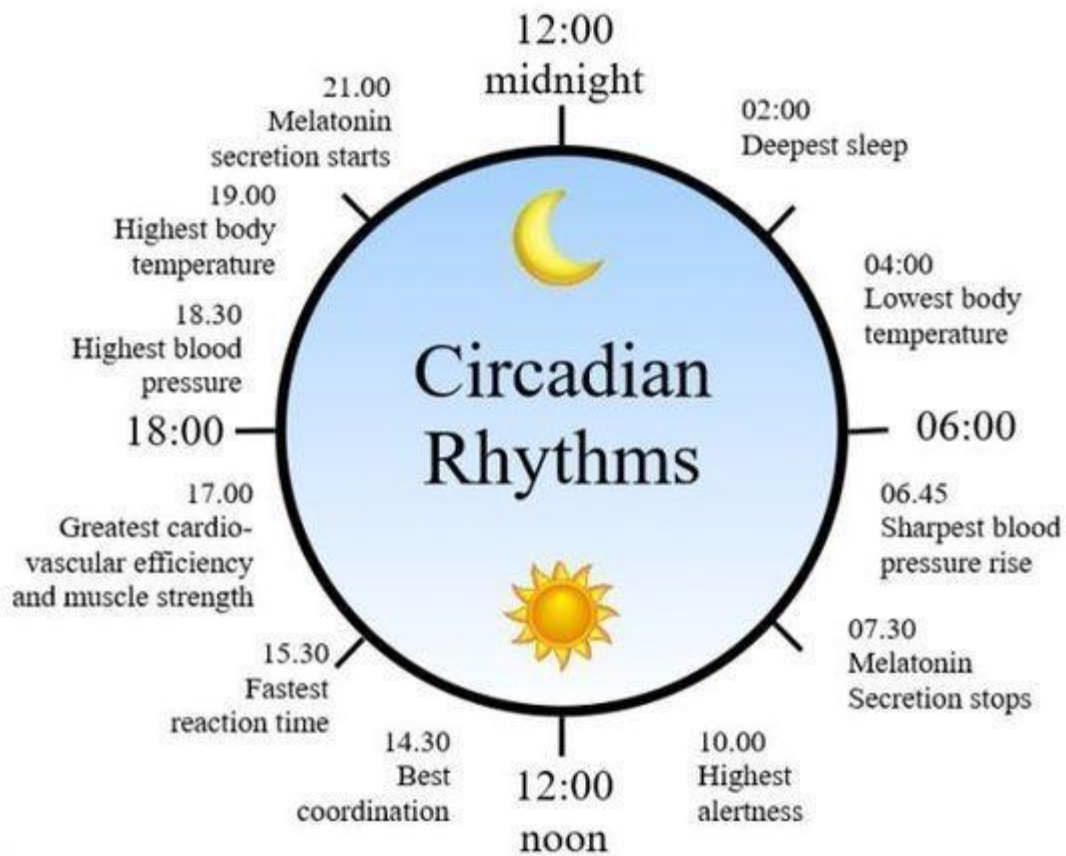


Эффекты отсутствия сна:
/ снижение когнитивных функций, ухудшение памяти.

/ снижает гормональную активность. либидо мужчин, которые пренебрегают отдыхом, на 30% ниже, если брать за показатель уровень тестостерона.

/ повышает раздражительность из-за гормонального сбоя.

/ метаболический сбой приводит к мышечной атрофии, неконтрольному набору жировой массы.



HEALTHY SLEEP HABITS



Improve your sleep with some positive lifestyle changes and consistent sleep habits

1 REGULAR SLEEP SCHEDULE

Try to maintain a consistent sleep pattern 7 days a week. Getting up at the same time every day can help.



2 RELAXING BEDTIME ROUTINE

Spend time before bed relaxing: read a book, meditate, stretch, do yoga, have a shower or bath. Avoid difficult conversations, activities or work.



3 AVOID STIMULANTS

Don't drink caffeine, sugary or energy drinks in the evening. Avoid nicotine before bed. Only drink alcohol in moderation at night, if at all.



4 GOOD SLEEP ENVIRONMENT

Keep your bedroom clean, tidy and comfortable. Use a quality mattress and bedding. Keep the bedroom aired, and a temperature between 60 -70 °F (17-21 °C)



5 BLOCK OUT NOISE AND LIGHT

Make sure the bedroom is dark and quiet. Use blackout curtains or a sleep mask. Use earplugs, white noise, a fan or music to mask external noise.



6 ONLY SLEEP AND INTIMACY

Only use the bed for sleep and intimacy with a partner. Avoid watching TV or using other devices in bed. That will help associate the bed with sleep.



7 EXERCISE AND DAYLIGHT

Try to do regular exercise, but not too intense before bedtime. Spend time outside in the daylight. Even a short walk during the day can improve sleep.



8 EAT WELL

Try to eat a balanced, healthy diet. Avoid heavy, fatty, fried or spicy food late in the evening if you get indigestion. Bananas, yogurt or healthy cereal are good bedtime snacks.



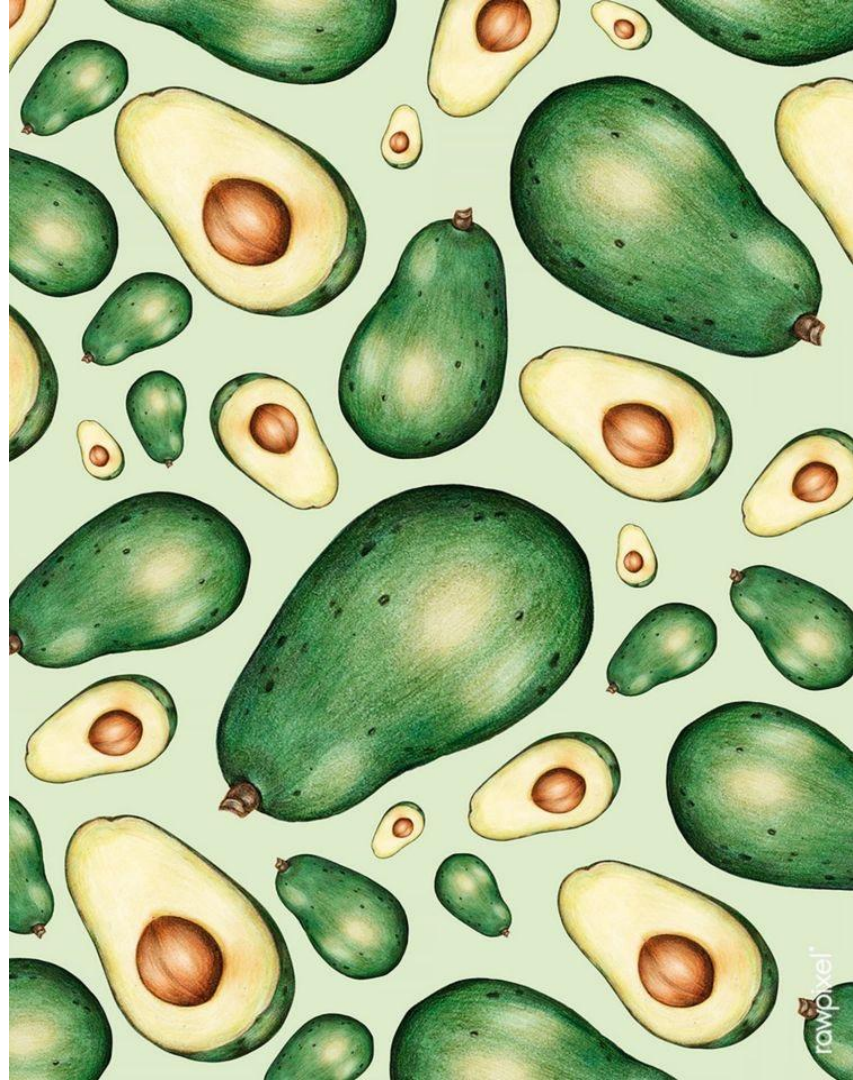
10 Major Causes of Poor Sleep

DRJOCKERS.COM
SUPERCHARGE YOUR HEALTH

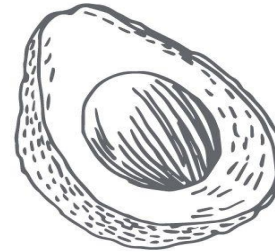
- Poor Sleep Schedule
- Bad Nutrition and Blood Sugar Imbalances
- Nutrient Deficiencies
- LED Light Exposure
- Stress
- Chronic Pain
- Sleep Apnea
- Hiatal Hernia and Heart Palpitations
- Overactive Thyroid Activity
- Gut Infections



Очаровательный
кишечник и
функциональное
питание.



Алкогольные напитки создают воспалительные процессы в ЖКТ. Нарушение баланса слизистой ЖКТ и воспаление, снижение синтеза белка не дают усвоиться макроэлементам в должной мере..
Желудок = второй мозг.



Универсальный макрос питания

1 гр жира на 1 кг веса

1.5 гр белка на 1 кг веса

3 гр углеводов на 1 кг веса

Для мужчин - не менее 2000
калорий в сутки.

Для женщин не менее 1300 калорий
в сутки.

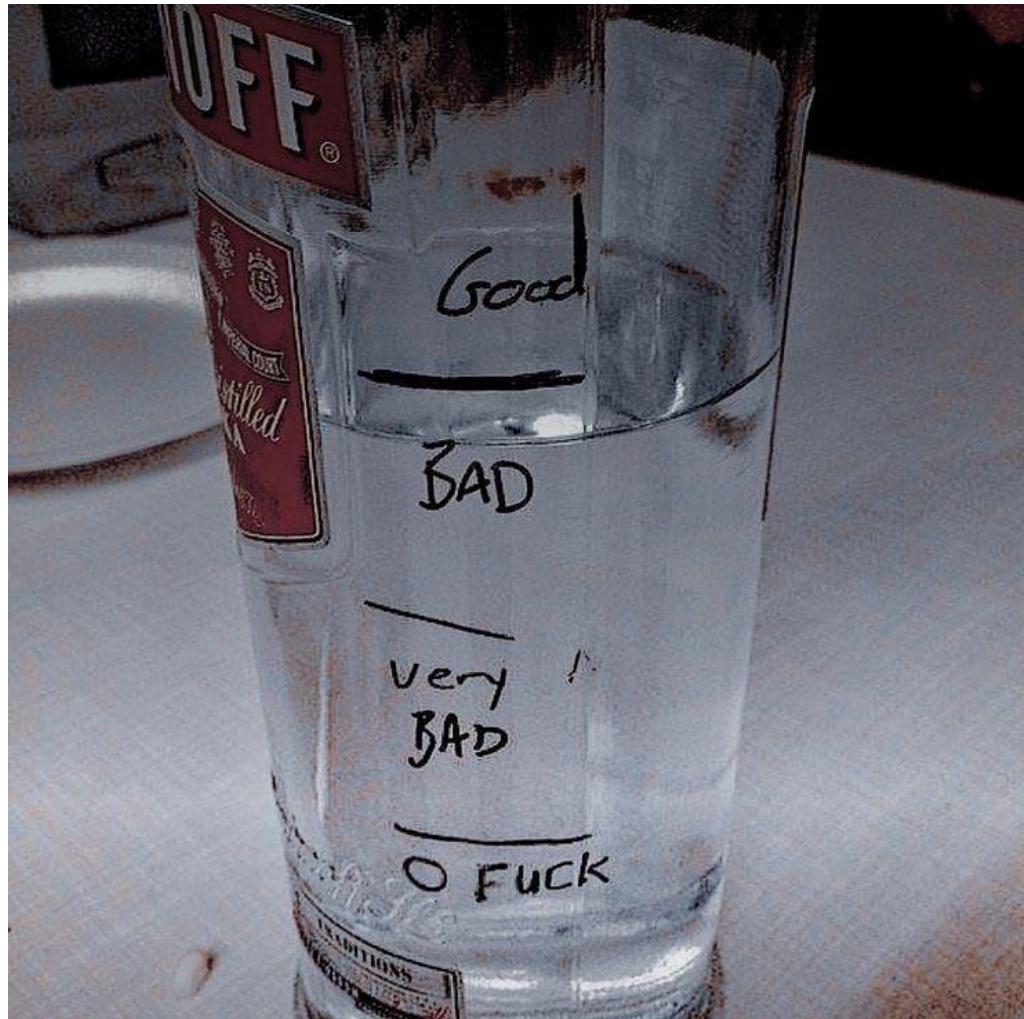
Простейший способ разобраться в питании -
установить приложение fat secret и три-
четыре дня заполнять свой дневник питания.



Все эффекты в нашем теле
отсрочены. Если вы хотите
экспериментировать, всегда
закладывайте время.

Измерить универсально «безвредную» дозировку алкоголя невозможно. Помимо собственного веса для расчета важно понимать насколько интенсивно работает обмен веществ, щитовидная железа, какое состояние водного баланса.

Часто критическим моментом опьянения считают отказ работы гиппокампа. В состоянии опьянения, нейроны в отделе гиппокампа начинают изолироваться от других нейронов. Появляется неспособность удержать что-либо даже в текущей памяти.



Как мощнейший токсин, этанол - действующее вещество этилового спирта, может фонить в составе крови 4-7 дней, а сбой в выработке нейромедиаторов может продолжаться до 21 дня. В моменте алкоголь даёт раскрепощение и веселье за счёт скорее подавления мозговых центров. В любой перспективе алкоголь - это депрессант.

Hacking Humans

The use of technology and robotics has encouraged some groups to develop ways to enhance the body's natural abilities.

It seems like a giant straight out of "Star Trek" — an assistance device that lets a human or people with enhanced abilities operate complex machinery in a way that is almost effortless. The transhumanist movement — or cyborg community — is doing just that by using science to expand the scope of human capabilities. Some of the ways they do this are by using technology to enhance the body's natural abilities. In 1995, a U.S. scientist named Kevin Warwick became the first person to have a transmitter that allowed him to control his own muscles using a computer. He did this by using a radio transmitter to send signals to his own muscles, which he then used to control a robot. Warwick has since been joined by others, and the field of cyborgs is growing. In 2015, a team of researchers from the University of California, Berkeley, announced that they had successfully implanted a microchip in a human brain that allowed the person to control a prosthetic hand. This was a major breakthrough in the field of transhumanism.

Microchip implants can be programmed for all sorts of functions, from controlling a prosthetic hand to enhancing a person's natural abilities. Some researchers believe that implants like these will be used to help people with disabilities, while others believe they will be used to enhance the abilities of healthy people.

Scientists with the United Kingdom's National Health Service announced that they will begin giving people artificial blood the year if they received it will be the first time people receive blood based in lab.

TRANSHUMANISM

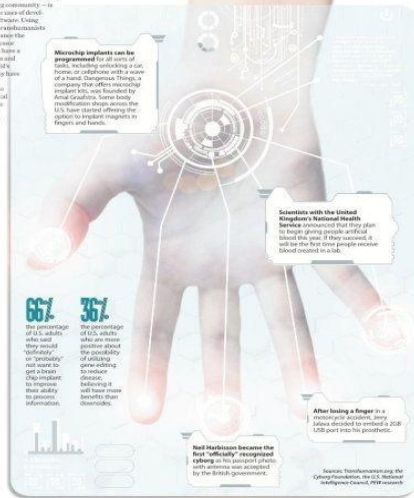
Transhumanism is a movement that believes in the improvement of humans (either through the use of advanced technology or genetic engineering) to overcome the limitations of the human body. Transhumanists are interested in the possibility of creating a new form of human that is not limited by the constraints of the human body. Some transhumanists believe that this will be done through the use of genetic engineering, while others believe it will be done through the use of advanced technology.

INCREASED IQ

Some transhumanists believe that it is possible to increase a person's intelligence through the use of advanced technology. This is often done through the use of brain-computer interfaces, which allow a person to interact with a computer using their thoughts. Some researchers believe that this will be done through the use of genetic engineering, while others believe it will be done through the use of advanced technology.

NIGHT VISION

Some transhumanists believe that it is possible to give a person the ability to see in the dark through the use of advanced technology. This is often done through the use of brain-computer interfaces, which allow a person to interact with a computer using their thoughts. Some researchers believe that this will be done through the use of genetic engineering, while others believe it will be done through the use of advanced technology.



66% the percentage of U.S. adults who are more than satisfied with their ability to get a brain implant. The percentage of those who are more than satisfied with their ability to get a brain implant is 66%.

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CRISPR GENETIC ALTERATIONS

CRISPR-Cas9 is a powerful tool that allows scientists to edit the DNA of a cell. This has led to the development of new therapies for a variety of diseases, including cancer, HIV, and sickle cell anemia. CRISPR-Cas9 has the potential to revolutionize the way we think about genetic diseases.

Chinese researchers said they were able to alter human embryos to prevent them from being born with a certain genetic condition. This is the first time that scientists have been able to alter human embryos in this way.

NOTABLE 'CYBORGS'

The CyberPunk Foundation, founded by Neil Patrick Harris and Matt Ross, is one of many such groups that are working to advance the field of transhumanism. They have developed a variety of projects, including a prosthetic hand and a brain-computer interface. The CyberPunk Foundation is committed to the idea of using technology to enhance the human condition.

After losing a finger in a motorcycle accident, Army Lt. Col. James D. Ray received a 3D-printed prosthetic finger that will be the first time a person has received a 3D-printed prosthetic finger.

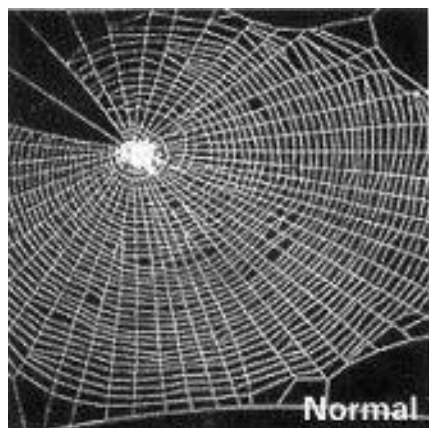
INTO THE FUTURE

Some transhumanists believe that it is possible to live forever through the use of advanced technology. This is often done through the use of brain-computer interfaces, which allow a person to interact with a computer using their thoughts. Some researchers believe that this will be done through the use of genetic engineering, while others believe it will be done through the use of advanced technology.

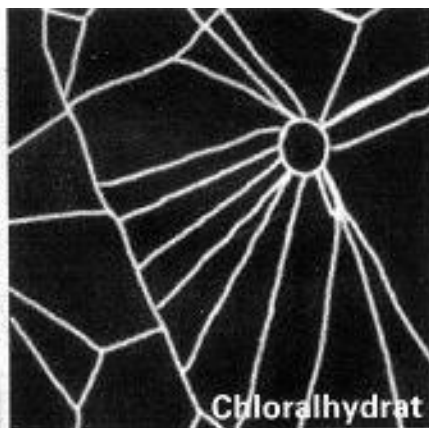
Не ищите перечень стоп-продуктов. Ключевое значение в количестве.

механика
воздействия
наркотиков на
организм

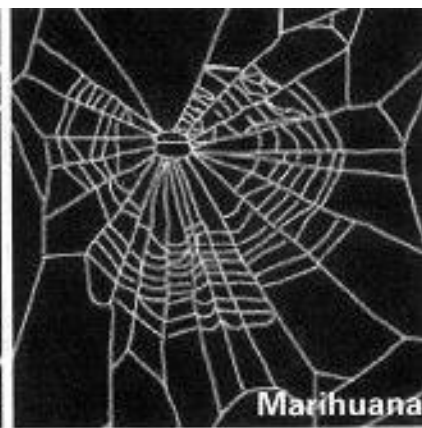




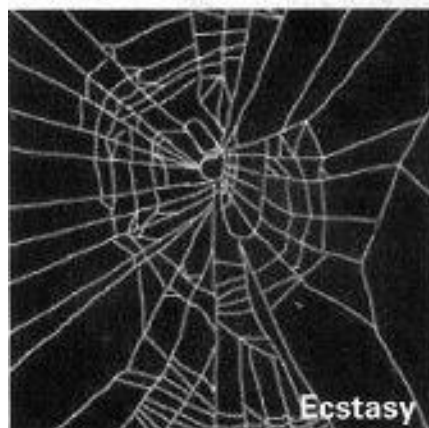
Normal



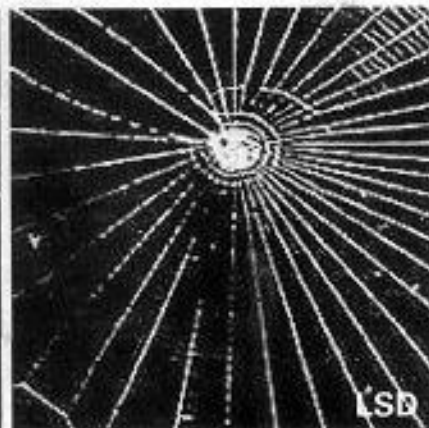
Chloralhydrat



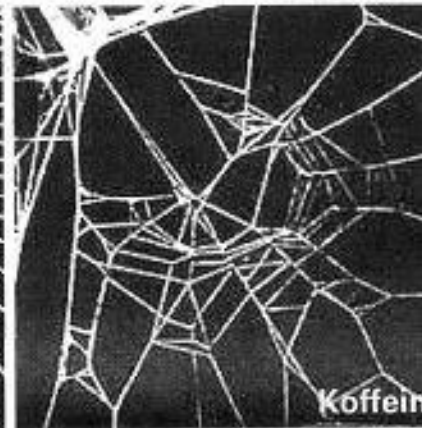
Marihuana



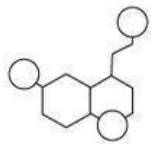
Ecstasy



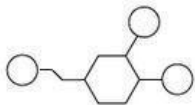
LSD



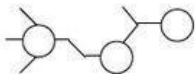
Koffein



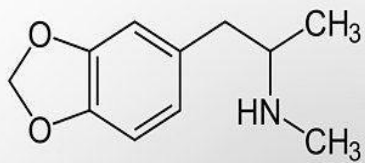
SEROTONIN
SATISFACTION
HAPPINESS



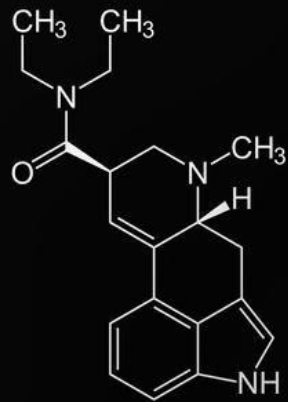
DOPAMINE
PASSION
LOVE



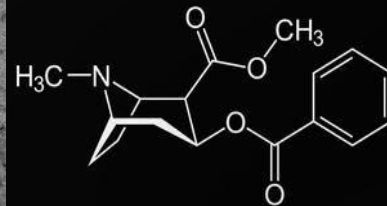
ACETYLCHOLINE
DREAMING
LEARNING



MDMA



LSD



Cocaine

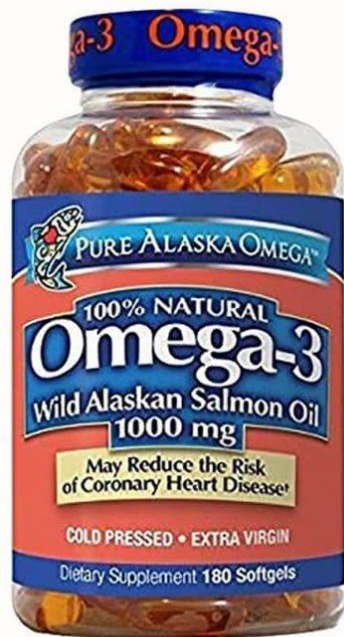


pick your poison|



Основные
добавки,
необходимые для
поддержания
базовых
процессов в
организме.





Omega-3 Omega-3



PURE ALASKA OMEGA-3

100% NATURAL

Omega-3

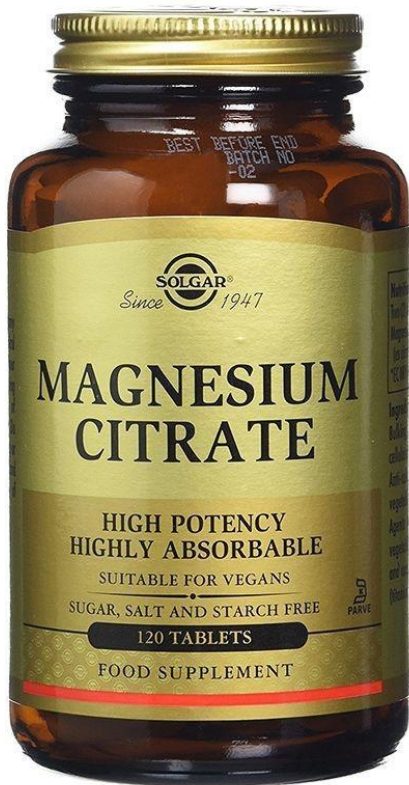
Wild Alaskan Salmon Oil

1000 mg

May Reduce the Risk
of Coronary Heart Disease*

COLD PRESSED • EXTRA VIRGIN

Dietary Supplement 180 Softgels



BEST BEFORE END BATCH NO -02

SOLGAR
Since 1947

MAGNESIUM CITRATE

HIGH POTENCY
HIGHLY ABSORBABLE

SUITABLE FOR VEGANS

SUGAR, SALT AND STARCH FREE

120 TABLETS

FOOD SUPPLEMENT

PARVE



Doctor's
BEST[®]

Science-Based
Nutrition[™]

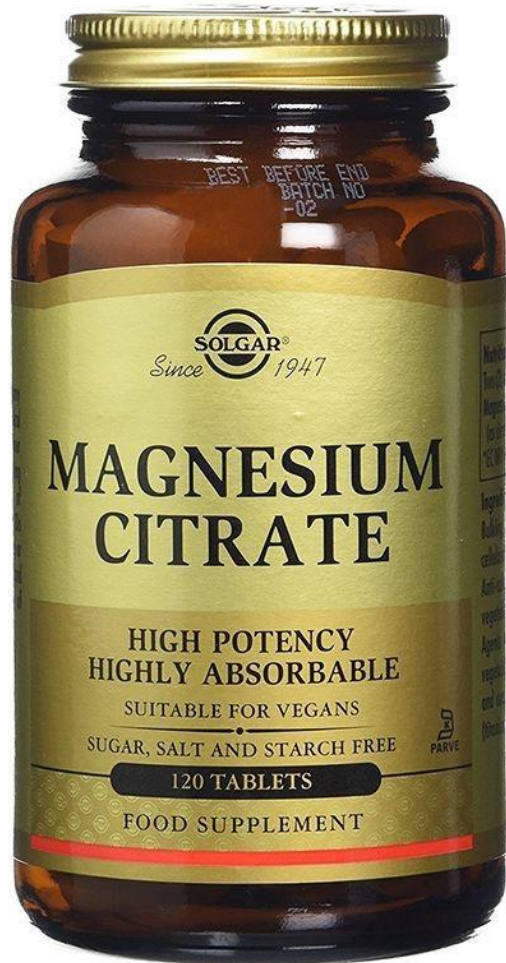
Vitamin D3
5000 IU

HELPS SUPPORT IMMUNE, HEART
AND BONE HEALTH*



Dietary
Supplement

5000 IU/180 Softgels



BEST BEFORE END
BATCH NO
-02

SOLGAR[®]
Since 1947

MAGNESIUM CITRATE

**HIGH POTENCY
HIGHLY ABSORBABLE**

SUITABLE FOR VEGANS

SUGAR, SALT AND STARCH FREE

120 TABLETS

FOOD SUPPLEMENT

PARVE



SLEEP SUPPORT

Melatonin

Maximum Strength

10 mg

Dual Action Release
Fall Asleep, Stay Asleep

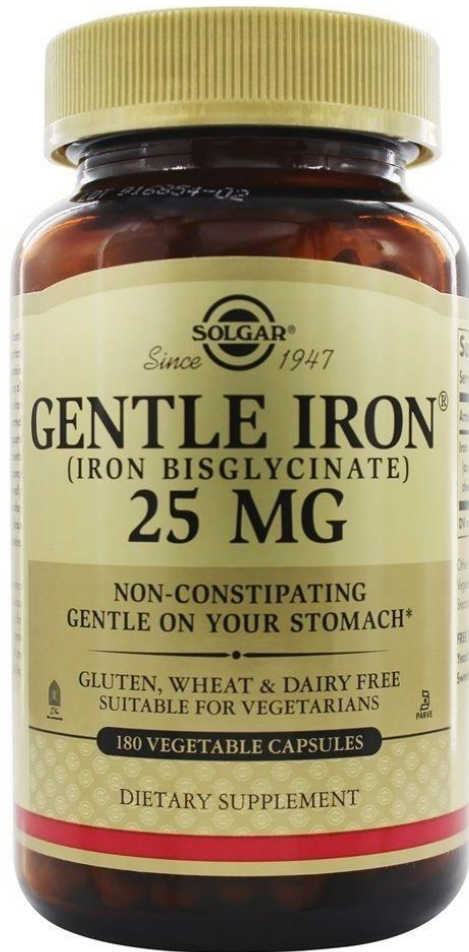
60 Bi-Layer Tablets

webber naturals



© 2014 Webber Naturals, Inc. All rights reserved. Melatonin is a natural hormone produced by the pineal gland in the brain. It is secreted at night and helps regulate the body's internal clock. Melatonin is used to help with sleep problems, jet lag, and time zone changes. It is also used to help with seasonal affective disorder (SAD). Melatonin is not a sedative and does not cause drowsiness. It is safe for most people, but it may interact with certain medications. Always consult your doctor before taking melatonin. NPN 850-85322

Component: Melatonin 10 mg. Each tablet contains 10 mg of melatonin. Total melatonin content: 600 mg. Contains 60 tablets. NPN 850-85322



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Since 1947

GENTLE IRON®

(IRON BISGLYCINATE)

25 MG

NON-CONSTIPATING
GENTLE ON YOUR STOMACH*

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SUITABLE FOR VEGETARIANS

180 VEGETABLE CAPSULES

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градация
алкогольных
напитков по
степени
окисления
организма



Self control





JACK DANIEL'S



Master
DISTILLER
TENNESSEE
WHISKEY

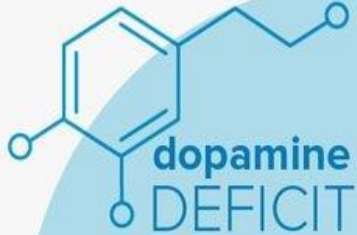
DISTILLED & BOTTLED AT
JACK DANIEL DISTILLERY
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43% VOL 1,0 LITRE





neurotransmitter DEFICIENCIES



Parkinson-like symptoms

- slow reaction time
- lack of energy

Anhedonia

- “pleasure center” dysfunction



**Increased
cravings
and
depression**



CC(O)Cc1ccc2c(c1)OCO2

serotonin
DEFICIT

OCD-like symptoms

- obsessive thoughts
- compulsive behaviors

Impulsivity

- aggression/suicide
- susceptibility to “cue triggers”

Дофаминовая зависимость =
один из самых актуальных
вопросов современности.

