

How To Increase Energy, Motivation And Focus To Feel Superhuman in Under 90 Days

Dr. Raphael Al-Najaar

<https://apexperformancecourse.com>

Thesis

You can increase your energy levels and focus by a factor of 10 or more. This happens when you build a solid foundation and learn to take advantage of seemingly unknown physiological pathways. You become able to get more done, be more efficient, look physically better, and rely less on motivation. This will make you known as the problem solver in every capacity of your life.

This has social downsides. Your employees, colleagues, and competitors may become jealous of you or feel threatened. Discussions with business partners may become awkward because you will be ahead in many ways. While it is essential to be aware of this, most feel the upsides are worth it.

The key to accomplishing this quickly is deep-focused feedback and application efficiency. You make certain choices and follow a learning path different from others who get slower results. The exact steps are explained in this document.

Background

My name is Dr. Raphael Al-Najaar, and I am a medical doctor specializing in men's hormonal health and fertility. I am a former athlete whose life has always been about competition, performance and increasing stress tolerance to get more done and reach higher levels.

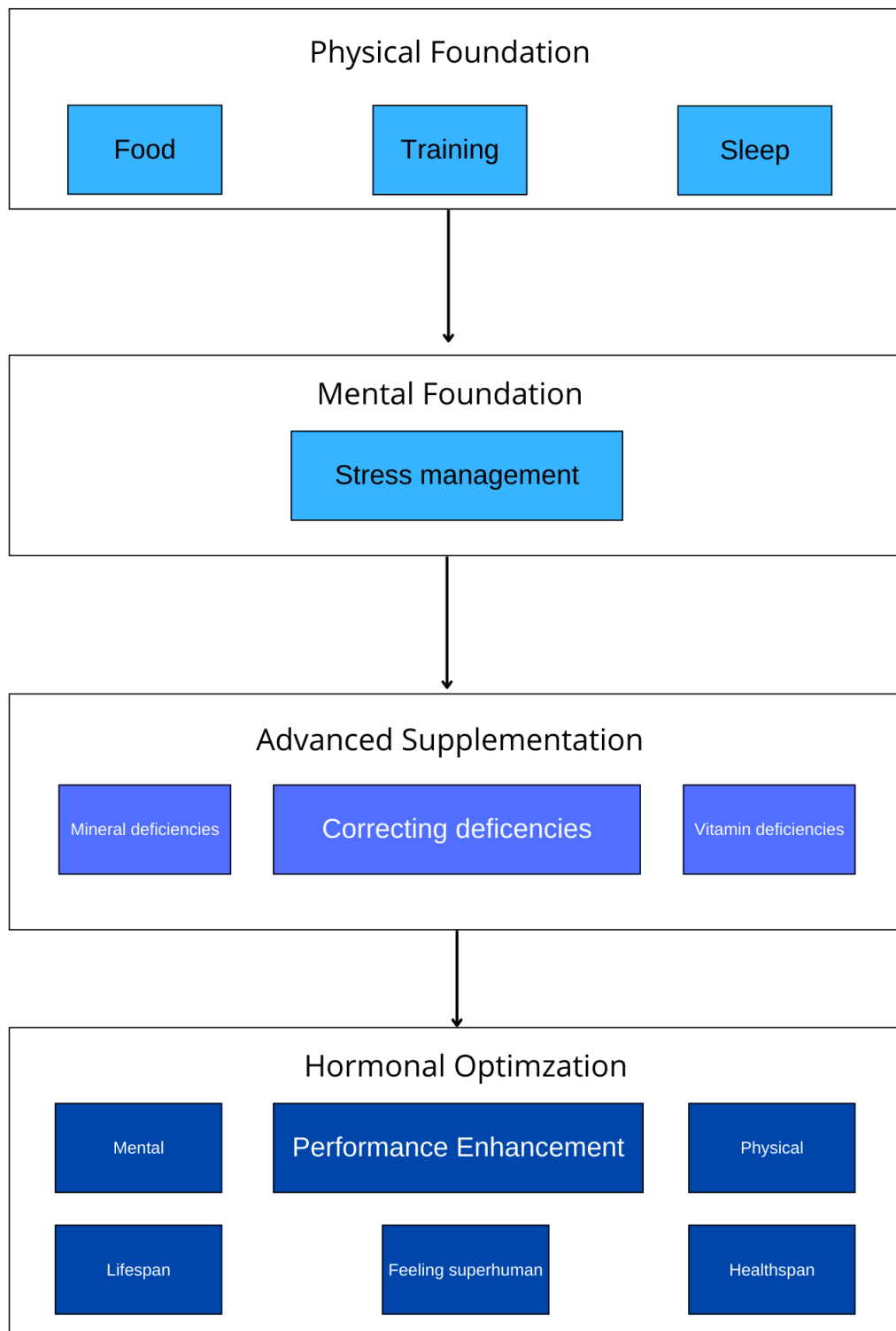


I have written extensively and have been educating on improving performance and energy levels as a busy man for many years. Lectures, conferences, daily correspondence and coaching with 100s of men on optimizing their lives metabolically and hormonally - in almost every industry and culture - led me to write a book called High Performance Secrets of the 1%.

While books and videos are valuable for learning, we all know there is a gap between reading information and taking advantage of the knowledge to permanently transform your life. For this reason, I also created a professional performance coaching system called Full Impact Transformation.

APEX PERFORMANCE (APEX) differs from other coaching because it is only for successful professionals who already have a business or work in a higher position at their company and want to take themselves to the highest level possible - mentally and physically. The methodology consistently produces noticeable physical and mental change within two weeks or less while establishing life-prolonging effects, with only one hour per week.

The Process



This is how to do it on your own:

- Focus on the foundation because 80% of the work and subsequent results are created here. Without a good foundation, you can not reach peak performance.

- Align your goals with your lifestyle. You probably live a busy life with more fulfilling activities, so make sure you can integrate a system into your life **instead** of changing your life entirely.
- Once the foundation is in place, apply supplementation that suits your needs and goals. When proper supplementation has been reached, you can focus on maximizing your efforts and results with hormonal optimization
- Do all this with someone experienced who will keep you accountable to guarantee results

A Busy Life With No Time

Many health programs work if you only focus on that and nothing else in your life. That is why it is easy to grow bigger muscles if your only focus is fitness, why it is easy to make money if your only focus is business, and why it is easy to have good relationships if your only focus is women.

This is also why we respect men who have it all - the healthy body, the financial success, and the beautiful relationships with a wife and kids - because we know it takes a lot of work and time to do it all simultaneously. Or does it?

The answer is no; it doesn't have to take a lot of time. We know you have a finite amount of time and would rather spend it doing other things than focusing on your health.

Therefore, we have created an evidence-based system that does not take more than one hour per week to get done. Following it will make it easier to get all the health benefits, such as powerful energy and world-class mental capacity, with very little time investment.

Everything we have designed is with a busy calendar in mind. In engineering terms, this is what they call maximizing output while minimizing input.

'I don't have time' is not an excuse you will utter with this system. Let me show you why, beginning with the foundation and ending with advanced supplementation and hormonal optimization.

Foundation

When building a house, you always start with a foundation. Without it, the house would not have been able to withstand the harsh weather that would have led to its collapse. Our bodies are the same. You have to build a strong foundation, for 80% of your results will come from here.

The foundation is made up of the food you eat (and don't eat), the way you exercise, your sleep and how you manage stress. These are the essential building blocks for a healthy life, and everyone understands that.

Most men don't understand how to leverage human physiology in a time-efficient way to take advantage of these building blocks, to improve their lives significantly. I am going to show you that.

Let us start with food.

Food

The adage that food is medicine still holds true today. The food you eat is the building blocks your body uses to build every cell, whether in your muscles, skin or heart. It is also the food that will help you avoid chronic lifestyle disease and stay healthy for the rest of your life.

Most men are unhealthy, not necessarily because of their exercise routine, but because of what they eat. When you change what you eat, you will change your entire life, from your energy levels to your mood. For example, avoiding meat has been shown to correlate with mental disease.

Just like when planning for everything in life, one has to keep the goal in mind. In this setting, we need to understand which goals we are trying to reach with the way we eat - we, as men, cannot be solely frivolous and only eat for entertainment purposes.

So, this is what your food should accomplish:

- Give you energy
- Give you building blocks to keep/build muscle
- Give you the proper nutrients to avoid disease
- Give you nutrients to optimize hormones
- Force your body to burn the fat around your stomach and love handles

If you eat the right food, you are well on your way to securing a good foundation. That is why I always ensure that my clients eat right: food does most of the work. You create sustainable energy, increase focus, burn fat and build a six-pack in the kitchen, not the gym.

What is the right food? Animal-based food.

Eat as much meat, fish and eggs as you want to. There are things you can do to make this as efficient as possible, but I'll teach you that another time.

Some people worry about cholesterol on an animal based diet, but that is not something to be afraid of. More and more research shows that fat is not the enemy and will not increase your risk of disease as long as you get it from an animal based source. The true enemy is insulin resistance, which you can get from eating too many processed foods and sugars.

That is why what you don't eat is just as important as what you do eat.

Avoid foods that are very processed, contain seed oils, have an ingredient list with more than five items and are something you wouldn't have been able to eat 100 years ago without the modern processing plants.

If you eat food made and processed in a factory, you're not treating your body well and WILL miss out on being at your highest physical and mental level.

Processed foods are mainly bad because they increase inflammation and deprive you of the essential nutrients to survive and thrive. Avoid them.

Next in line is using your body to do something physical.

Workouts

Working out is the second pillar of the foundation. The most significant difference between what I talk about and what 99% of others do is how much time they spend working out.

I will NEVER spend more than 30 minutes in a gym per session. I have more important things to do than lifting weights – such as working on my business, spending time with my family, building new relationships, and learning new things.

So, I have built an evidence-based system that works with minimal time investment. Before I tell you what it looks like, here is what you need to understand about the goal of an efficient workout routine:

- Build muscle and strength
- Improve your cardio
- Improve your energy
- Increase your basal metabolic rate
- Make you live longer and happier

When people see me and ask me about my workout routine, they're always amazed when I tell them what I do.

Not because I am the biggest guy on the planet, but because I am lean and muscular and only spend one hour in the gym weekly!

I do that with my evidence-based workout routine, which will accomplish the list from above very efficiently.

This is what the program looks like:

- Two weekly sessions of 30 minutes
- Two muscle groups per session
- Three exercises per muscle group
- 1 set per exercise

Because I do short, intense workouts, I get 80% of the physical gains and 100% of the mental benefits in 20% of the time of someone who spends 1.5 hours per session multiple days a week.

But you must understand this workout method does not make sense if you're trying to be a bodybuilder or win competitions. It only makes sense if you have more important things in life than the gym, then it is perfect for you.

After you've worked out and eaten right for the day, you need optimal sleep. Here is how to get that.

Sleep

Sleep is essential for everyone, yet there is still much to learn about it from a scientific perspective. We know there are four stages of sleep, three non-REM and one REM. REM sleep stands for rapid eye movement, the stage where you dream.

To understand why sleep is essential, here is an overview of what happens in your body during sleep:

- Cleans out waste in your brain
- Burns fat
- Rebuild muscle after working out
- Relocates memories from short-term to long-term memory
- Kills bacteria and other pathogens
- Produces essential hormones to thrive as a man, such as testosterone

Insufficient sleep can lead to severe consequences, including an increased risk of heart disease, metabolic disease, diabetes, and in the end: death.

Current research often focuses on the effects of inadequate sleep. But how much sleep is enough?

Aim for 35 weekly sleep cycles, each lasting 90 minutes. This equates to an average of 7.5 hours of sleep per night. However, it's not just the quantity of sleep but also how you sleep.

Focus on completing 90-minute sleep cycles, which allows you to progress through all stages of sleep.

Aim for 7.5 hours per night. If that's not possible, try for 6 hours. Still not possible? Aim for 4.5 hours. To catch up on sleep, consider 9 hours of rest or a 1.5-hour nap during the day. Sleeping 6 hours per night isn't inherently problematic, but avoid having three consecutive days with less than 7.5 hours of sleep.

If you know you function optimally on 6 hours of sleep, continue with that. However, most people require more sleep.

To maximize your sleep quality, you should have proper sleep hygiene. This is essentially having the same routines before going to bed and after waking up every day. This alone will increase the quality of your sleep tremendously.

A point we haven't touched on in terms of sleep is stress. Everyone with kids understands that the stress threshold is lower when you haven't slept properly. Sleep is also a huge factor in managing stress and having a higher stress threshold.

Here are the other important factors to manage stress properly.

Stress Management

As a busy professional, experiencing stress and high-pressure situations is inevitable. Sometimes, you may need to extinguish metaphorical fires and learn how to cope effectively.

Here is how I like to talk about stress management. Essentially, there are two ways:

- Active stress management
- Passive stress management

Both ways have their time and place. Some people prefer the passive ones, such as meditation and journaling, while others engage in physical activities like shooting, boxing, or other forms of exercise.

To manage stress better, most men should incorporate both active and passive ways.

Meditation is becoming increasingly popular. Though it may sound simple, it can be challenging. Sit down with your eyes closed and spend 10 minutes observing your thoughts. Don't try to silence your mind - that's impossible.

Instead, recognize your emotions and thoughts for what they are, such as "that is a thought" or "that is an emotion." Avoid associating yourself with these thoughts and emotions and strive to gain a bird's eye view of them and yourself.

Many people, including myself, enjoy meditating in the morning before engaging with phones or computers.

Journaling operates similarly. Set aside a specific amount of time to write down all your thoughts, both positive and negative. Remove distractions, like your phone or computer, and concentrate on the task.

If you prefer physical activities to manage stress, you likely already know what works best. Try shooting, boxing, or any other activity that helps you release tension.

There is a meme that men don't go to therapy but go to the gym instead. And there is some truth to that - not because it's bad, but because it's way more effective for us as men than sitting down and talking about our feelings and thoughts.

Women can talk to manage the stress of their emotions, but men are more likely to succeed in managing their feelings and emotions by doing something actively and working towards a bigger goal.

Now, we've gone through the four pillars of a good, healthy foundation. Let's talk about advanced supplementation.

Advanced Supplementation

If you don't have a proper foundation in order, you have no business working on advanced supplementation. Not because you're not allowed to take supplements but because advanced supplementation will not move the needle much for you if you don't have a foundation in order first.

When you do have a foundation in order, here is what to focus on

- Mineral deficiencies
- Vitamin deficiencies

My general philosophy is *maximizing* output while *minimizing* input, so the important keyword here is *deficiency* because it would be a waste to supplement something you don't need.

To determine your deficiencies, you should talk with a professional who can diagnose them and guide you in the right direction. This will give you the most personalized, time-effective and cost-effective advice.

Proper supplementation, both basic and advanced, can be one of the factors behind taking your health and performance to the next level.

But why is supplementation even needed?

Because most people don't get enough micronutrients for two reasons: the soil's micronutrient content is too low and they don't eat enough foods with bioavailable micronutrients to absorb.

The word bioavailability might be new to you, and it simply means how much of the food you're eating that your body can break down, digest and take advantage of.

It is widely known that animal foods are higher in bioavailability because our guts are evolved to take advantage of them, while plant-based foods have lower bioavailability.

To correct the most common deficiencies, most people should focus on supplementing

- Vitamin B Complex (B6, B9, B12)
- Vitamin D
- Vitamin E
- Vitamin C
- Zinc
- Magnesium

These are the foundations for an optimized body. It is important to understand that getting these from your food is always better than supplementing, but if you cannot do that, then supplementing is your next best choice.

For physical performance, you can take caffeine (if you know it's tolerated), creatine and omega-3 fatty acids. These are the basics of advanced supplementation.

To fully understand and apply advanced supplementation, my recommendation is always to speak with a professional who can figure out what your lifestyle needs are and how to get you there in the most efficient way.

Now, let's dive into hormonal optimization - this can make you feel superhuman.

Hormonal Optimization

Just like you need a good foundation before supplementing whatever you're deficient in, it is crucial that you are building on top of a good foundation and supplement regime when you get to this part. Without that, you cannot optimize your hormones, such as testosterone levels.

But why is it even essential to optimize your hormones? Here is a short list of the benefits:

- Feel better with more constant energy
- Build muscle and burn fat easily
- Consistent flow of motivation to get tasks done
- Increase your stress tolerance
- Be happier and avoid anxiety and depression
- Have strong bone health to avoid fractures
- Increasing your concentration levels and uninterrupted focus
- Increase longevity and improve healthspan

As you can see from the list above, hormonal optimization gives you all the benefits of a healthy life, but it can only be achieved with a good foundation.

Food, training, sleep and stress management work synergistically to provide the basis of good hormonal health, but taking it to the next level requires a deeper insight into your hormonal status. This is why it's important to get blood work done to pinpoint where your needs are and what should be improved.

You might feel good, but if you have suboptimal testosterone levels, you could be even better - and you would never know that if you didn't get a hormonal blood panel. So, that is the first step of figuring out where you are and where to go next.

When you've figured out where your setpoint is, understand that it can be regulated if you're otherwise healthy.

Testosterone levels can be increased by changing what you eat, how you eat, how you work out, how you sleep and how you manage stress - that is the foundation.

On top of that, you have to provide your body with the proper nutrients to produce an optimal level of hormones to give you the benefits from the list above. One of those nutrients is cholesterol - since cholesterol is the building block of testosterone.

After giving your body what it needs in terms of nutrients, you also have to take away what we call 'endocrine disruptors'.

Endocrine disruptors destroy your hormonal health by shifting an optimal balance between your hormones to a destructive one. This happens when you eat fake foods, wear fake clothes and use fake products on your body and in your environment.

A lot of money is made selling supplements that “increase testosterone,” “optimize hormones,” or “burn fat,” but more than likely, you’re buying something that is underdosed and lousy quality. Like with advanced supplementation, you need to trust the source of the supplement and be sure it has a significant physiological effect.

Some men wonder if, instead of covering the basics with a good foundation and the right supplementation, they can cheat their way to “hormonal optimization” by injecting testosterone, also known as testosterone replacement therapy (TRT).

The short answer to that is no, you cannot have sustainable physical and mental performance if you rely on injecting testosterone as a healthy man - and this is coming from a medical doctor who prescribes TRT.

TRT can be good for those who have already done the work needed, are above a certain age and don’t want any more kids. If you haven’t ticked those boxes, I would never recommend TRT.

This is why the average 35-year-old man should not be on TRT and why the average 45-year-old man can start thinking about bringing it up with his professional healthcare provider.

This concludes everything from a good foundation to hormonal optimization, and you should now have a good understanding of what it takes to get to the next level physically and mentally.

Do It With An Experienced Guide

Doing all of this is hard. It is almost impossible to accomplish on your own; there is a real risk you will fail.

What helps tremendously is doing it with someone with the knowledge and experience to guide you through the pitfalls and nail the right approach that fits your life from the get-go. That way, you avoid wasting time figuring out what works and doesn’t.

When you invest in yourself, you save all the wasted time and headaches from not knowing what the next step is. If you are a man who values your time, you already know that investing money to save time gives the best ROI.

The best proof of investment and commitment to yourself is paying money because money is a form of life energy. When you invest your money in something, you are more likely to see it through to the end, and when you do, you and your guide will hold yourself more accountable during this journey you are taking together.

Coaching

[If you want help doing everything described in this document, book your APEX PERFORMANCE Health Audit by clicking here and receive a 6-month personalized plan from me.](#)