



Measures for Optimum Health and Work Performance

In today's largely performance-based work culture, health and wellbeing often take a backseat to achievement.

Boomer Anderson founded his health-consulting firm Decoding Superhuman to help professionals deal with issues like burnout and stress. With his guidance, his clients optimize performance by optimizing their health.

Here are just a couple of the myths Boomer overturns:

1. Sleep is a waste of time.

The fact is that only three percent of the world can get by on less than six hours of sleep a night. Due to a genetic variant called DEC2, their sleep cycles occur faster. Most of the population needs around seven plus hours to function optimally.

A study showed that two hours of sleep deprivation have the same effect on a person's brainwaves as drinking two beers. An all-nighter would be the equivalent of 10 to 12 12-ounce beers.

Why then do so many believe we can survive, let alone perform, on very little sleep?

2. This (fill in the blank) diet works for everyone.

Everyone is different. Different ancestors, different environments of upbringing, different exposures to toxins. So pinpointing a diet that will work for you comes down to measurement. Technology today lets us measure an individual down to the cellular level. Just some of the info you can get is:

- Health of the Krebs cycle (how your body produces energy)
- Health of your cells
- Collective health of the organisms in your body
- Your nutrient deficiencies
- Things blocking your processes on the cellular level

And measurements change over time, so you will need now and then to adjust your diet.

One way to test your dietary needs is the exclusion diet, where you give up items such as dairy, gluten, sugar, etc., then after a period of time (Boomer recommends six weeks) add them back in to test the effect. It's a means of developing sensitivity, or interoception, something Boomer works a lot on restoring in clients.

Where DNA fits in

With DNA testing available now to more of us, where does it fit into our quest for health and optimal performance?

Two people can have the same genetic code yet differ in which genes are activated, due to factors like environment. Growing up in two different places can mean different toxin exposure and nutrition.



DNA is a useful tool for plotting where you want to end up. Knowing your genetics can give you a guided approach to diet and lifestyle. It could be an indicator, for instance, of what food sensitivities or health issues you might be prone to. However, it should not be the only tool at your disposal.

Three tips to better yourself

Provided you're ready to do some work, Boomer recommends three areas to work on towards optimal health and performance:

1. Measurement.

Set some benchmarks for yourself. You can do this via rigorous lab testing, perhaps DNA. Or you might try the following surveys:

Institute of Functional Medicine's MSQ (Multiple Symptom Questionnaire) - to assess how you're feeling in your body

Pittsburgh Sleep Quality Index

2. Focus on training your circadian rhythm

First thing in the morning, get your face in the sun. Do it about five to 10 minutes. This will signal your body to ramp up. Ideally, you might get sun on 80 percent of your body, without sunglasses or sun cream.

3. Stress better.

Address stress with the following three tips:

1. Hydrate.

Make sure you get enough water during the day. Lack of fluids will sap your energy if you forget to drink.

2. Spend time outside in nature.

3. Learn how to breathe properly.

Want help towards better health and performance? Look up Boomer at DecodingSuperhuman.com

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