

SUNSHINE'S GUIDE TO PERFECTION

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Section 2: [Introduction](#)

Do not waste your time if you can't start a diet and stick to it.

Please don't expect to just look like me.

- Social media is a game of deception.
 - I have great genetics. I just never took care of myself.
 - Don't get me wrong I still look in the mirror and think I'm looking at a different person sometimes.
 - You are still capable of more than you think. I promise you.
 - I literally don't know who I'm looking at in the mirror anymore.
 - I wish I knew it was this easy earlier.
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Peptides

- No peptides are included in this guide except for GHK-Cu and IGF-1 to maximize bone and muscle growth.
- Don't worry you'll see shortly that running a bunch of peptides is not necessary.

- Yes, I did quite a few, and yes, they helped but I know my body, and I know I could have achieved this naturally.
- At the time of making this, I have now been off everything except GHK-Cu for 2 weeks and I look better than I ever have.

You don't need to blast peptides to do what I did.

My situation

I've been going through countless sleepless nights to make this guide happen. I'm dealing with a lot right now, losing my apartment and job has forced me to sleep in my car for the past week. Despite this, my appearance hasn't changed, and I still keep looking better by the day. This should prove that you're capable of way more than you think. I've only been in my car for about a week, but soon you will see this is all it takes to restart everything, you have to lock in!

Not all of us have it perfect. You have no excuse not to chase your goals. Every dollar made from this guide will go toward securing a place to live. I genuinely appreciate the support it means more than you know.

Surgery Alligations/Hardmaxx

I've never had surgeries, fillers, or hardmaxxed. I can't even afford food. Any "hardmax" content I made was for engagement, not reality. I care about looks, but not to that extent, and honestly, no one should.

Most of my happiest moments were before I looked this way. Confidence can come from looks, but happiness never will. That has to come from within.

This guide exists to help others do better than I did growing up. If I knew then what I know now, maybe I wouldn't have been bullied. If you truly commit to this, you'll maximize your body, health, appearance, and confidence.

There is NO Magic Pill

There's no magic solution, not even peptides. I've used a few, but GHK-Cu is the only one I still take. If you're not chasing muscle or bone growth, it's all you need.

The only real "magic pill" is blackpill. I stand by that.

Section 3: Debloating

Why debloating matters

- You can achieve hollow cheeks up to 17% body fat it's not just for people under 10%
 - You don't have to be 'skin and bones' to look lean in the face.
 - The key to this: reduce facial water retention through the debloating process
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Step 1: Flush Sodium

- Cut sodium intake as much as you can, don't go to zero, but be strict.
 - Always read labels processed foods, sauces, and restaurant meals are often sodium bombs.
 - Focus on foods with high potassium:
 - Sweet potatoes, bananas, spinach, kale, avocados (moderation), ginger
 - Fruits and vegetables (usually low sodium, high potassium)
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Step 2: Supplement With Potassium

- Take at least 1,000mg potassium in the morning (start of the day).
 - I personally use 2x 620mg potassium pills spaced with meals. Any brand works just make sure to get the proper dose.
 - Potassium helps flush out excess sodium and water by balancing electrolytes.
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How you know It's Working

- Symptoms of low sodium include:
 - Brain fog
 - Sluggishness
 - Off feeling
 - This means your sodium is flushed and it's time to switch from cutting to maintaining.
 - Don't overdo sodium flushing; it can lead to **hyponatremia** (dangerously low sodium levels).
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Step 3: Maintain the Ideal Potassium:Sodium Ratio

- Stick to either a 3:1 or 4:1 potassium:sodium ratio.
 - 3:1 = for daily maintenance (best for those who feel bad with too little sodium)
 - 4:1 = for fast debloating days
 - For every food high in sodium, eat something high in potassium.
 - Tracking macros on MyFitnessPal, Cronometer, or ChatGPT can help calculate this in real time.
-

Step 4: Water Intake Is Critical

- 3–4 liters of water per day is required for this to work.
- BUT: high water intake with unbalanced electrolytes = more bloating.

- Don't drink blindly: match water intake to proper electrolyte balance.
 - A hydration powder with potassium (like LMNT, Re Lyte, or coconut water) can help.
-

Bonus Tips for Staying Debloated

- Drink water before bed but:
 - Do not eat 1–2 hours before sleep (see 'Diet' section for why).
 - Late-night eating causes overnight bloating.
 - Stay consistent — if your ratios, supplements, and water are on point:
 - You'll see visible changes in your face shape within a week
 - Full hollow cheek effect within 3–4 weeks
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Your Bodyfat Doesn't Tell the Whole Story

- A person at 18% body fat with perfect debloating can look leaner in the face than someone at 12% but bloated.
 - Facial aesthetics = fat + water + inflammation control.
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Extras

- Things to always be thinking about
 - | WATER | Gym | Diet | Skin Care | Tanning | Cardio | MIND | Features (Eyes, Hair, Lips) |
 - Your face won't change if your body and lifestyle stay the same.
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Section 4: [Natural Anabolics](#)

From ages 16 to 18, I kept everything natural. I experimented with a lot of “natural anabolics” compounds that promote muscle growth and improve protein synthesis. These included things like turkesterone.

The ones I found most effective, with no side effects personally, were:

- Laxogenin
- Ecdysterone
- Epicatechin

These worked really well for helping me build lean muscle mass during my teenage years. I won't go into deep detail here, do your own research and take what you're comfortable with.

As for testosterone boosters, I tried:

- Fenugreek
- Maca root
- Fadogia agrestis
- Tribulus Terrestris
- Ashwagandha

These are all known to boost natural testosterone levels. That said, I wouldn't recommend using them long-term, maybe just on days when you need a boost or if you've got a night out with Stacy planned.

I never stacked all of them, but I did combine maca root and fenugreek occasionally.

If you take natural anabolics + test boosters while following the Diet section properly, you'll grow anabolically and still be considered “natty.”

Section 5: [SARMs](#)

As soon as I turned 18, I began experimenting with SARMs. I started with **RAD-140**, which I ran for two months. During that time, I gained **20 pounds of muscle** and got **leaner** at the same time.

This is a very **potent** SARM, and honestly, I didn't take it safely. I used **as much as I wanted, whenever I wanted**. I don't recommend doing it like that. **Do your research** before taking anything.

Luckily, **RAD-140** came with **no noticeable side effects** for me. My testosterone levels were **low about a week after the cycle**, but returned to normal shortly after.

More recently, I finished a second **RAD-140 cycle**, this time stacked with **GW-501516**. The combination was great for staying lean while **force-feeding clean food for maximum muscle growth**. I kept visible abs the entire cycle. I ran both compounds for about three months.

Yes SARMs **will break your "natty" status**, but sometimes you've got to go all in. Just make sure you **do your research**, especially if you have any pre-existing health issues. Know exactly what you're putting into your body.

Section 6: [Skin](#)

Water Intake

- Drink 3–4 liters (1 gallon) of water daily.
 - More active? Drink even more.
 - Hydration is the #1 most important factor for clear skin.
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Clean Face & Hands

- Use salicylic acid cleanser once a day (don't overwash).
 - Never touch your face with dirty hands.
 - Product recommendation is in "Everything I Use."
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Clean Bed Sheets

- Wash sheets at least 2x per week.
 - Especially important if you sleep on your stomach/side.
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Don't Touch Your Face

- Even for itches, resist the urge.
 - Oils and bacteria from hands = new breakouts.
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Tanning (Moderate)

- Helped me clear my skin fast.
- I tanned daily until I hit my desired color, then dropped to once a week.
- Avoid overdoing it your skin needs time to heal if burnt.

Vitamins & Skin Glow

- Focus on:
 - Vitamin C
 - Vitamin A & E
 - Biotin
 - B-complex vitamins
 - Probiotic
- Get these through antioxidant-rich fruits/vegetables and/or supplements.

Skincare Routine

- Simple routine = best routine.
- Mine:
 - Salicylic acid (Ordinary)
 - Whipped beef tallow moisturizer
- Wash at night, rinse in the morning. Stick to single ingredient products.

Red Light Therapy

- Helps even skin tone, tightens skin, and boosts collagen/elastin.
- I use it 2x a day, turning my head slowly under the glass.

Tanning Tips (Expanded)

- Use tanning beds if you lack sun.
- If you get burnt, wait before going again.
- When I first tanned, it burned acne off now I just tan when I start to pale.

Mindset

- Covered more in the “Mind” section.
- Stress worsens acne cortisol = breakouts.
- Don’t obsess. Don’t stare in the mirror. Tell yourself it’s not there.

Fasting / Gut Health

- Fasting promotes gut repair = better skin.
- Take a probiotic during fasting for max gut reset.
- Details in “Intermittent Fasting” section.

Binge Eating

- Bad gut = breakouts. Not the greasy food but its poor digestion.
 - Support gut health with:
 - Apple cider vinegar at night
 - Pro/prebiotics in the morning
-

Facial Massages

- Increases blood flow → boosts skin repair and acne healing.
 - Do for 3+ minutes while washing.
 - Method:
 - Hands in praying motion
 - Open palms with fingertips touching
 - Index fingers below nose, thumbs under jaw
 - Massage upward in a “V” shape
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Cut Dairy

- Try cutting it for a full week and monitor your skin.
 - Milk, cheese, and whey protein = frequent breakout triggers.
 - I now use plant-based shakes and avoid all dairy completely.
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Quit Sugary Drinks

- Soda = 40g+ sugar per can.
- Juice = hidden sugar bomb. Avoid both.
- Replace with diet soda (I use Diet Dr Pepper) or water.
- Choose natural sugars from fruits, veggies, Greek yogurt.

Stop Creatine (Optional)

- Creatine causes dehydration if you're not drinking tons of water.
- Can lead to dry skin, breakouts, and poor facial blood flow.
- If you're happy with your size, consider dropping it.
- I haven't used it since I was 17 and now have more mature, real muscle

Section 7: [Hair](#)

For my hair, I usually use a homemade sea salt spray. It saves money and works better for shorter hairstyles that don't need a lot of hold.

This spray won't leave that gross, sticky feeling in your hair at the end of the day. As long as you don't have a bad haircut, it'll keep your hair textured all day. (My cut is a "textured modcut," though I style it differently all the time.)

How to Make It:

1. Use Baja sea salt (or any affordable alternative Baja is in "Everything I Use").
2. Mix hot water + sea salt + a small amount of conditioner (about as much as you'd normally apply to your hair).
3. Put it in a spray bottle and shake well.
 - You'll probably need to spray more than with store-bought salt sprays, depending on how strong you made the mix.
 - This can save you \$20/month and won't leave your hair feeling gross.

Styling Add Ons

Sometimes, I also use volume powder after my hair dries from the sea salt. (Exact product in "Everything I Use" doc.) In my opinion, any powder works well if paired with sea salt spray.

- Use sea salt spray for:
 - Natural texture
 - Short hair
 - Lightweight hold
- Use volume powder for:
 - Extra lift and structure

- Styling longer or thicker hair
 - Maximizing volume at the roots
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Section 8: Face Tape

I'm not going to lie to anyone and say this stuff is some kind of secret. I genuinely don't know if it really works, or if my facial structure is just changing from debloating.

I haven't used it recently, and I think I notice a slight difference in plumpness but nothing significant enough for me to be certain it's doing anything. It could just be natural changes from aging or looksmaxxing.

That said, it might be worth trying. It seems like it works for me, but I'm not going to tell people to use something unless I'm confident it gives clear, measurable results.

If you want to try it, it's called anti-wrinkle tape the link is listed with the rest of my products.

Section 9: [Bonesmashing](#)

I'm not claiming bonesmashing is some secret miracle but for me, it works in a minor way. When bones break and heal, they temporarily swell and appear thicker. Over time, they remodel back to normal, but I believe consistent microtrauma can cause slight long-term growth, especially in the zygomas, brow ridge, and chin.

I've personally seen a temporary "filler" effect from it, and over time I think it's added subtle structure. But let me be clear:

Do NOT use hammers or heavy tools.

You're trying to create microtrauma, not damage.

How I Do It:

- Zygos (cheekbones):
 - I use a "knuckle sandwich" light punches from one fist into the other (pressed on the opposite cheek).
 - 1 minute max per side. Small taps from different angles.
 - Stop when swelling or redness appears.
 - Don't repeat until the area is fully healed.
- Brow ridge & chin:
 - I curl my index finger like a hook and use that knuckle.
 - Tap extremely lightly on the brow bone.
 - Chin can handle a bit more pressure same style as zygos.

Summary

- This is not proven to give permanent bone growth, the science says any growth will remodel back.
 - Still, swelling can mimic improved structure, and some minor gains may accumulate over time.
 - I do it. It works for me. But do this at your own risk seriously.
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Section 10: Bone Growth/IGF Signaling

I'm very confident that if I could go back to the start of puberty and do everything right, I'd be well over 6 feet tall. Right now, I'm just under 5'8. I was 5'6¼ when I started IGF-1. I only took it for one month, didn't train for height, and only stretched daily. What really helped me grow? Fasting. It felt like every time I did a full-day fast, I would grow overnight.

But You Can't Just Fast and Expect Growth

To actually grow from fasting, your post fast diet needs to be perfect.

- **Post-Fasting Carbs:**

- Oatmeal
- White or brown rice
- Sweet potatoes
- Greek yogurt
- Nuts
- Beans

- **Post-Fasting Protein:**

- Salmon
- Eggs
- Chicken
- Tuna

- Lean meats
- Greek yogurt (again)
- **Healthy Fats:**
 - Avocado
 - Almonds
 - Chickpeas (hummus)
 - Egg yolks
 - Salmon

Role of IGF-1 Peptide

IGF-1 can maximize this growth window after a fast, but it's not always needed.

- This method boosts natural IGF-1 production on its own
- Pinning IGF-1 right after a full-day fast just adds to the effect
- Do not use IGF-1 for more than one month
- It grows everything even organs or existing cancer cells
- Use at your own risk

My Fasting Schedule

- Full-day fast: 10 PM to 8 PM (22 hours)

- Done once a week, sometimes twice (but expect muscle loss at 2x)
 - Break the fast with one large meal before sleeping (around 11 PM)
 - Typical post-fast meal includes:
 - One high-protein food
 - One or two carb-dense foods
 - One healthy fat source
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Summary

- Fasting plus the right food = natural growth window
 - Add IGF-1 if you choose to
 - Stretch daily
 - Stay consistent
 - This method won't make you 6'4", but it might unlock your true growth potential
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Section 11: [Forward Growth/Posture](#)

I'm going to burst your bubble again:

Forward growth isn't real.

What is real, though, is the appearance of forward growth and that's what really matters in looksmaxxing.

How to Create the Illusion of Forward Growth

It all comes down to posture. You have to fix your posture no exceptions.

- Proper posture checklist:
 - Neck back
 - Head straight forward
 - Chin parallel to the ground
 - Chest up
 - Slightly push your chin forward using just your jaw (yes, it's a bit of a cope but it works)
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Facial Masking The Real "Secret"

If there's any actual "secret" to looksmaxxing, this is it. It's called Facial Masking

The practice of intentionally holding your face/jaw in the ideal position every day until it becomes automatic. At first, it feels like you're "faking" forward growth by pushing your face into position. But give it 1–2 weeks, and your brain starts to default to this posture without effort. It becomes natural. Over time, your entire facial presence changes, not because the bones grew but because they're sitting in a better position.

Summary

- You're not growing your face forward
 - You're training your posture to hold your face in the best position
 - This is called Facial Masking
 - Do it consistently, and eventually your body will do it for you
-

Section 12: Jawline/Hyoid/Mandibles

These are fairly simple areas to train but they must be trained daily to see results. Let's be real: You can't train your jawbone. There's no way to make it magically grow. However, you can make it appear sharper, denser, and more defined by targeting the hyoid and mandibles.

Gua Sha = Cope Gua shas might slightly reduce inflammation, but they won't cause real change. The difference will never be drastic.

1. Hyoid Training (Chin Tucks)

The only thing I train are my hyoid and mandibles and I keep it simple. Training the hyoid can be confusing at first, but it's all about chin tucks.

- How to Perform Proper Chin Tucks:
 - Stand flat against a wall with your head all the way back.
 - Keep your neck pressed against the wall.
 - Squeeze your chin straight down, as if you're creating a double chin or "meltmaxxing".
 - You should feel a deep muscular activation just under your jaw.
 - Once activated, press even harder and hold it.
- From that position:
 - Tilt your head left and right while holding the tuck this trains the sides of the neck and hyoid.

2. Mewing (Correctly)

This isn't just putting your tongue on the roof of your mouth.

- Proper Mewing Form:
 - Press your tongue firmly against the roof of your mouth.
 - While holding that pressure, try to “swallow the air in your throat.”
 - You should feel your submental fat (turkey neck) getting sucked upward.
 - When done right, you shouldn’t be able to breathe.

Repeat this movement tongue push + partial air swallow as many sets as you’d like. You’ll know you’re doing it right when you feel tightness under your jaw and a lifting effect.

3. Mandible Training (Chewing)

Mandibles are arguably the most important part of your facial structure to train. A strong mandible gives your face definition, makes your jaw pop when chewing, and adds “bone presence.”

How to Train:

- Chew frequently — anything and everything.
- Use a jawline exerciser or jaw strengthening gum (both listed in “Everything I Use”).

If your mandible is weak, you’ll always look a little “boneless.” A strong mandible = visual authority.

Summary

- You can’t grow bone, but you can train muscles to create the illusion of better structure.
- Focus daily on:
 - Chin tucks (for hyoid)

- Proper mewing (for tongue posture and neck definition)
 - Heavy chewing (for mandible strength)
-

Section 13: [Eye Area](#)

Fixing the Eye Area (Dark Circles, Puffiness, and Wrinkles)

This is probably the easiest area of your face to fix, in my opinion. To sum it up, the transformation comes from just two products, paired with GHK-Cu, facial masking, and enough sleep. Red light therapy also helps tighten the skin around the eyes for even better results.

You don't need to buy my full document for this. These two products alone can completely change your eye area:

- The Only Two Products You Need:
 - The Ordinary Caffeine Eye Serum

Link – for puffiness, bags, and darkness
 - Cerave Skin Renewing Peptide Complex

Link – for wrinkles and fine lines
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How to Apply Them Properly

- Caffeine Serum:
 - Gently rub into dark spots, eye bags, and under-eye discoloration
 - Also apply on eyelids to enhance the “hunter eyes” effect
 - Peptide Complex:
 - Lightly massage into fine lines or crow's feet around the eyes
 - Focus on wrinkle-prone areas (outer corners especially)
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To Maximize Results, Pair With

- GHK-Cu peptide (for collagen regeneration)
 - Red light therapy (for skin tightening and complexion)
 - Facial masking (training your eyes and brows into their ideal position)
 - Consistent sleep (without it, none of this matters)
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Section 14: Facial Masking/Facial Posture

Facial masking is when you intentionally force your face into the position you want it to be in and hold it there consistently over time. It's the exact same concept as people who

suck in their stomachs all day eventually, they forget they're even doing it, and their body just adapts.

Why It Works

- The muscles in your face are trainable.
 - By constantly holding your jawline, brow, and cheek area in an improved position, your brain starts to treat this as the new “default.”
 - Over time, this creates the illusion of better symmetry and eventually, your face just starts to look like that naturally.
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My Experience:

This is how I corrected the symmetry in my own face. It didn't happen overnight, but once you hold that posture long enough, it becomes effortless like breathing.

Section 15: [Intermittent Fasting](#)

What I Do Daily

I do intermittent fasting every single day. It's the only thing that has consistently helped me clear my acne-prone skin. If I eat even one bad meal, I'll break out the next day fasting prevents this.

How I Structure It

- I usually eat my first meal between 12–3 PM
- This gives my body time to clear out my gut before food is introduced

If You're Doing It to Lose Fat

- Walk in the morning
- Drink plain black coffee on an empty stomach
 - This helps flush the gut even faster

Extra Tips

- Take a potassium supplement while fasted (helps with debloating)
- Drink plenty of water if not, you'll feel flat, tired, and dried out

Section 16: [Lashes/Brows/Lips](#)

Dying Lashes & Brows

- Dyeing them makes them look fuller immediately.
 - Always match your natural hair color
 - If you're blonde, go with brown
 - The change is instant and noticeable

Serum Routine (Lashes & Brows)

- Every night, I apply the same growth serum on both my lashes and brows

- **My Lash/Brow Growth Serum (DIY Mix):**

- The Ordinary Lash & Brow Growth Serum
 - Rosemary oil
 - Castor oil
- How I Make It:
 - Use The Ordinary serum for about a week by itself
 - Once the tube is half empty, add rosemary oil and castor oil
 - Shake well and apply regularly

This blend works well for growing long lashes and thicker brows. Once your brows grow out, you'll have more freedom to shape them how you want.

Minoxidil

- I use it on my hairline, but I'm not offering advice on it
- Mine is still cooked, but I've seen it work for others.

Lip Color

- I use Rosy Lips Vaseline
- Link is in my product list

Apply it frequently cake it on if needed. It dries down and leaves your lips visibly pinker almost instantly.

Section 17: [Nose Inflammation](#)

A lot of people ask how to make their nose smaller or change its shape. Let me make this clear: You're not actually shrinking your nose, you're just reducing inflammation.

How to Make Your Nose Look Smaller

- Follow a strict diet

- Focus on debloating (see “debloating” section)
- This removes puffiness and water retention around the nose

If you’re still going through puberty, part of this change may happen naturally with age.

Reshaping vs. Depuffing

- These are two different things:
 - Depuffing = reducing inflammation
 - Reshaping = changing how your nose looks through posture
 -
-

What Actually Worked for Me

- Good posture is what gave my nose a more defined shape
 - Without posture correction, nothing will change
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Section 18: [Bad Habits/Sleep](#)

Smoking, Caffeine, and Sleep

I’m not perfect with this one, but I’m improving. Smoking affects your skin more than anything. Every time I quit smoking, my skin looks noticeably better.

Other Habits That Destroy Progress

- Staying up too late

- Sitting on your phone all night ruins your skin and delays progress
 - Your eye area will stay droopy if you don't fix your sleep schedule
 - Too much caffeine
 - I struggle with this too
 - Caffeine increases stress, even if you don't feel it and stress causes acne
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Why Sleep is Important

- You need to get enough quality sleep it's critical for:
 - Muscle growth
 - Fat loss
 - Skin repair
 - Overall transformation
-

Night Routine

- Drink at least 2 glasses of water 1–2 hours before bed
 - Avoid heavy food close to bedtime it won't digest properly
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Section 19: Diet

This is by far the most important part of achieving a serious transformation. Nothing else matters, not softmaxing, not skincare, not peptides if your diet is garbage.

The Mentality You Need

- No cheat meals
 - No slipping up with friends (no pizza, McDonald's, drinking, or partying)
 - Cheat meals will bloat you instantly and set back acne, gut health, and fat loss
 - One bad meal can take a full week to recover from
-

Macronutrient Essentials

- You need a balanced intake of:
 - Protein
 - Carbohydrates

- Healthy Fats
- Natural Sugars (not from candy or processed food)
- Fiber

Approved Foods List

If it's not on this list, I probably don't eat it. I eat these every day, no variation. Carbs are not bad, clean carbs are essential for energy and growth. Don't avoid fats just avoid saturated fats and junk sources. Stop drinking soda and fruit juices marketed as "healthy" they're loaded with added sugars.

- **Proteins:**

- Eggs
- Tuna
- Chicken
- Lean ground beef/turkey
- Salmon
- Greek yogurt
- Cottage cheese
- Beans
- Nuts
- Quinoa

- **Carbohydrates:**

- Oatmeal

- Rice
- Quinoa
- Fruits
- Vegetables
- Rice cakes
- Raw honey
- Sweet potatoes
- Greek yogurt
- Plain popcorn (moderation only, no butter/salt)

- **Healthy Fats:**

- Avocado
- Nuts
- Hummus
- Peanut butter (1 serving max)
- Seeds (chia, flax, pumpkin)
- Salmon
- Dark chocolate (small portions only)
- Coconut oil (cook with this instead of butter)

- **Natural Sugars:**

- Raw honey my go-to for taste and energy
- Vegetables (natural sugar)
- Fruits
- Greek yogurt
- Sweet potatoes
- Stevia ideal for coffee instead of real sugar

Food Timing

- **Carbs:**

- Morning / First Meal – this fuels your day
- Pre-Workout (30–45 min before gym) – fuels your pump and growth

- **Best Pre-Workout Meals:**

- 3 rice cakes + peanut butter + banana + honey
- Rice Krispy treat (if you're bulking or not focused on fat loss)
- Banana + peanut butter + honey (for cardio-focused days)
- 2 rice cakes + banana + honey (fat loss with strength training)
- Eggs + rice or quinoa (quick-digesting protein before the gym)

- **Post-Workout:**

- Eat 30–60 min after lifting
- Prioritize protein for muscle repair
- Whey is fine if you don't mind bloating or acne

- **Before Bed:**
 - One of the most important meals of the day
 - Needs protein + healthy fat
 - My go-to:
 - 2 packs tuna
 - ½ avocado
 - Hummus
 - Honey
 - Eat ~1 hour before sleep
-

Weight Loss Strategy

Losing weight is simpler than people think you just have to stick to it. This method boosts metabolism and keeps digestion active all day.

- **How to Cut Fat Effectively:**
 - Fast daily until 12–3 PM
 - Break your fast with a light meal
 - Eat high-volume, low-calorie foods
 - Aim for 300-calorie meals every 2–3 hours
 - **Cardio for Fat Loss (Without Muscle Loss):**
 - Walk on a treadmill at an incline instead of running
 - This preserves muscle while burning fat quickly
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Section 20: [Mind](#)

Mindset & Self-Talk

If you're constantly insecure or think you look ugly, you're sabotaging your transformation. Ever since I stopped stressing about breakouts and stopped obsessing in the mirror, my skin improved drastically. The less I overthink, the better I feel and look.

- Tell yourself daily:

“I look better than yesterday.”

“My skin is great.”

“My hair is great.”

“I look great.”

Even if you don't fully believe it at first say it anyway.

Why It Matters

- Manifesting works.
- Negative thoughts raise stress levels and shift your hormones in a bad direction.
- The stress from constantly thinking “Do I look good enough?” will destroy your progress especially your skin.

Section 20: Social Media/Honorable Mention

- Just keep posting.
- Compare your content to what you see on your FYP.
- If it doesn't match fix it.
- If it's not working try something new.
- Create your own niche.

If You Have Questions

If there's anything you think I may have missed that could help others, or if you have any questions:

✉ Email: zygomaticexcellence@gmail.com

💬 Discord: I'm most active there, and I try to reply to as many people as I can.

My Goal

- My goal is to help as many people as possible live a better life.
 - You have way more potential than you think.
 - You can change. You can become the version of yourself that you're proud to see in the mirror.
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What Looksmaxxing Really Is

Looksmaxxing isn't about being the best-looking person in the room. It's about being your best-looking. Don't compare yourself to others, life isn't fair. Some are blessed, others aren't. But everyone can become the best version of themselves, and become truly unrecognizable.

How I Started Posting

I started my account as a joke. When the views started coming in, I realized I had an opportunity An opportunity to help people. Over the years, people complimented my improvements. But I didn't know what "looksmaxxing" was until recently. Since I was 16, I've always been chasing a healthier, better version of myself. I actually know more about diet and training than looksmaxxing itself. If you ever want to talk join the Discord. I'm in #general almost every night answering questions and helping others.

Thank You

This means everything to me even if I help even just one person. I'll continue updating this doc if I find new methods or see something I missed.

Happy mogging.

If you follow this guide,

You will become an unknown slayer.

Big shoutout to @iblamewesley, my first follower. He has helped me learn how to be a great life coach/personal trainer, this was always a dream of mine since I was 17 and already new everything there was to know about muscle growth/diet, I just never figured I'd grow enough for it to be through social media and I'm blessed I have been able to mentor Wesley since I had no followers. This has given enough time to learn what flaws I had to fix in training someone. After Wesley's 1 month

transformation I think I could transform anyone who actually wants to better themselves!