

Leaning Out

What specifically?

- Aim for a body fat percentage of between ~12%
- Correct your diet by eating only beef, butter, and eggs.
- Follow the diet module for more in-depth info on diet



What will this do?

- **Improve your facial angularity**
- **Improve dimorphism**
- **Improve the definition of your fizeek**



Hairstyling

What specifically?

- **Changing hairstyle, experimenting with lengths, and finding out how to disguise your flaws and highlight your best features**



What will this do?

- **Improve features score**
- **Allows you to manipulate ratios (making your face appear narrower or shorter)**

- **Enhance soft features and allow you to establish a niche appeal of your choosing**

Real life example: Jordan Barrett is an example of how it can be used to cover the sides of your face, which disguises his facial width, improving the appearance of his tfwhr, fwhr, esr, and bizygomatic width



Eyebrow Grooming and Dye

What specifically?

- Apply minoxidil twice every day
- Apply ordinary brow serum twice every day
- Dermapen once or twice a week to stimulate growth
- Dye eyebrows black



What will this do?

- Increase your eyebrow density, darkness, and thickness
- Improves dimorphism and features



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Neck Training

What specifically?

- Hypertrophy of the sternocleidomastoid is performed by various weighted and non-weighted exercises
- Chin tucks, reverse weighted neck curls, and weighted neck curls.

Chin Tuck:



Weighted Neck Curl



Reverse Neck Curl



What will this do?

- Improve neck to bigonial
- Increase sexual dimorphism
- Improve head positioning and the entire postural chain



Eyelashmaxxing

What specifically?

- Apply ordinary lash serum 2x daily
- Use an eyelash tinting kit once eyelashes have sufficient volume



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What will this do?

- **Increase facial contrast, improving your miscellaneous features score**
- **Increase perceived PFL (particularly helpful with wider set eyes, potentially adding to facial harmony)**

Skincare

What specifically?

- **Follow the FacelQ Diet**
- **Focus on foods like beef heart, oysters, grass-fed beef, and pasture-raised eggs**
- **Avoid any contraindications (alcohol, smoking, seed oils, etc)**
- **Organic beef tallow as a moisturizer (optional)**



What will this do?

- **Produce a strong, glowing complexion, especially if you add in some raw liver and raw beef heart**
- **Increase miscellaneous features score**

Beard and Stubble

What specifically?

- **Growing a dense stubble or even a short beard is a proven method of increasing your dimorphism and appeal**
- **Apply the topical to your beard area or take oral minoxidil to stimulate growth, along with microneedling the area**



What will this do?

- **Masks many different flaws**
- **Improves dimorphism**



Laser Hair Removal

What specifically?

- Laser hair removal with an IPL device can be done at home for around \$100-\$300 or at a specified skin clinic for more
- Remove the greyness appearance of hair and prevent regrowth (This is optimal for those with poor beard genetics that have an unpleasant beard shadow)



- **What will this do?**
- **Improve feature score**
- **Grey stubble looks untidy and appears as a rather poor health indicator**
- **Improves jawline visibility points**

Teeth Whitening

What specifically?

- **Aim for a natural yet bright shade (not overly white).**
- **Use professional whitening treatments, whitening strips, or coconut oil pulling for safe results.**
- **Maintain results by avoiding foods and drinks that can cause stains (such as coffee, red wine, and tobacco).**



What will this do?

- Shows good health and bright teeth are subconsciously read as a marker of cleanliness, youth, and good hygiene.

- **Whiter teeth remove the “unhealthy” or “dirty” look, making your smile cleaner and more attractive.**



Scleral Whitening

What specifically?

- **Use whitening eye drops designed to reduce redness and brighten the sclera (the white part of the eye). I recommend using LUMIFY Eye Drops.)**
- **Support natural whiteness by improving sleep, hydration, and reducing screen strain.**
- **It's important to try to remove all toxins from your environment, nail your diet, and get good sleep and sun before resorting to this method**



What will this do?

- **Brightening eye appearance, clear, white sclera makes the eyes look sharper and more vibrant.**
- **It enhances facial contrast as bright sclera emphasizes the iris and lashes, improving symmetry and the eye area.**



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- **CO₂ Laser for Acne Scars**

What specifically?

- **Uses a fractional CO₂ laser to make tiny, controlled injuries in the skin. This allows new, healthier skin to replace the scarred tissue.**
- **It's used to treat a range of skin concerns, including acne scars, age spots, pigmentation issues, and fine lines or wrinkles. It also enhances overall skin quality by creating a subtle lift and restoring elasticity.**



• **What will this do?**

- **Smooths texture by softening boxcar and rolling acne scars. The skin looks less pitted and more even.**
- **Leaves the skin looking cleaner, more even, and healthier. This increases facial harmony and attractiveness. Skin appears younger and fresher.**



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Hair Dye

What specifically?

- **A healthy and aesthetically pleasing hair color that matches your phenotype is crucial for achieving an attractive appearance.**
- **Over-the-counter solutions are a viable option, but the most optimal results will be achieved at a salon.**
- **Dyeing your hair is a useful solution for those with undesirable hair colors or aging hair.**



What will this do?

- **In the case of gray hair, reverting to a more youthful color will reduce your perceived age.**
- **Darker hair is often considered the most attractive in men.**



Orthodontics

What specifically?

- Straight, white, and healthy teeth are very important for an attractive face

- Ideally, your teeth would develop properly from consuming the proper diet of meat, seafood, and eggs from birth to not need orthodontic treatment, but orthodontics is a viable option to correct misaligned teeth



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What will this do?

- Orthodontic treatment will help your miscellaneous score improve, and is an important precursor if you plan to get orthodontic surgery
- Having straight teeth with a proper class 1 skeletal occlusion is not only key for achieving an attractive face, but it is also important for your overall health.



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Makeup

What specifically?

- Refers to a range of cosmetic products that are applied to the skin, lips, eyes, or brows for the purpose of altering appearance.
- Makeup is one of, if not the most effective, tools for women to instantly improve their appearance.
- Men can also use makeup, such as concealer to cover undereye bags.



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What will this do?

- **Research has shown that both men and women are perceived as more attractive when wearing makeup.**
- **Makeup can hide uneven skin texture or acne, enhance perceived eye length, refine the tip of the nose, and more.**



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Double Jaw Surgery

What specifically?

- **A double jaw surgery with genioplasty.**
- **Create a plan with a maxillofacial surgeon and agree on movements that you prefer.**

What will this do?

- **Increase submental angularity**
- **Correct side profile ratios**
- **Improve Dimorphism**



Fat Transfer

What specifically?

- **Fat transfer around the upper and lower eyelids**
- **Recommended clinics: Rattinan in Thailand, or Dr Augusto Parry Brain**

What will this do?

- **Remove upper eyelid exposure**
- **Improve orbital vector and soft tissue support**
- **Increase the features score**



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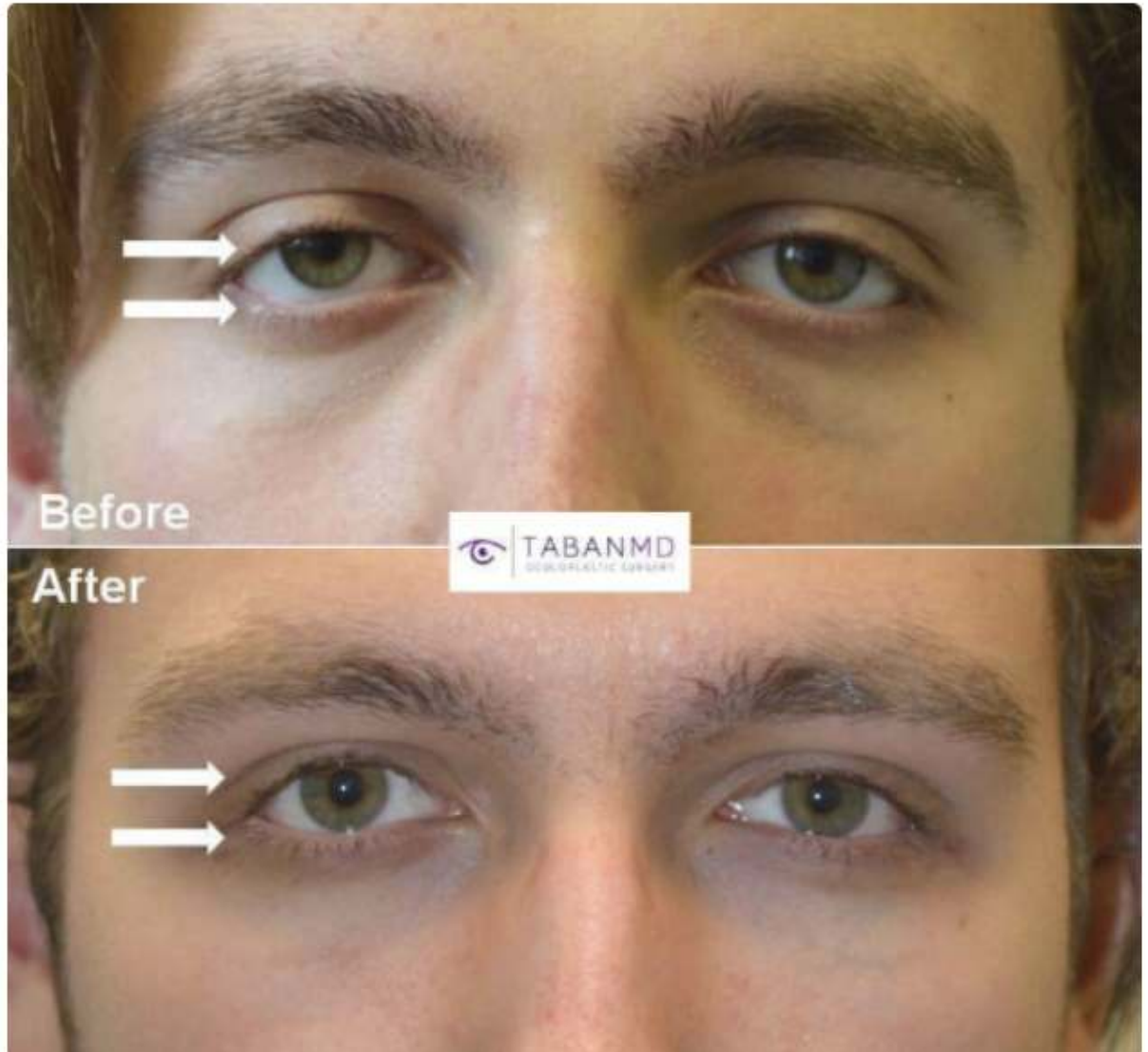
Canthoplasty / Eyelid Retraction Repair

What specifically?

- Lid retraction repair to increase canthal tilt and correct sagging lower eyelid
- A recommended surgeon: Dr Vreck

What will this do?

- Improve eye shape ratio
- Improve the features score
- Increase dimorphism



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Hair Transplant

What specifically?

- Hair transplant around the temporal peaks and corners

What will this do?

- Decrease perceived age
- Improve the features score and youthful appearance
- Improve dimorphism via a more squared hairline contour

Example of a youthful dimorphic squared hairline





- **Otoplasty**

What specifically?

- Surgical reshaping of ear cartilage to set the ears closer to the head.

What Will This Do?

- Pins the ears closer to the head for a natural, less protruding look.
- Creates a more refined, mature, and aesthetically pleasing appearance.



Rhinoplasty

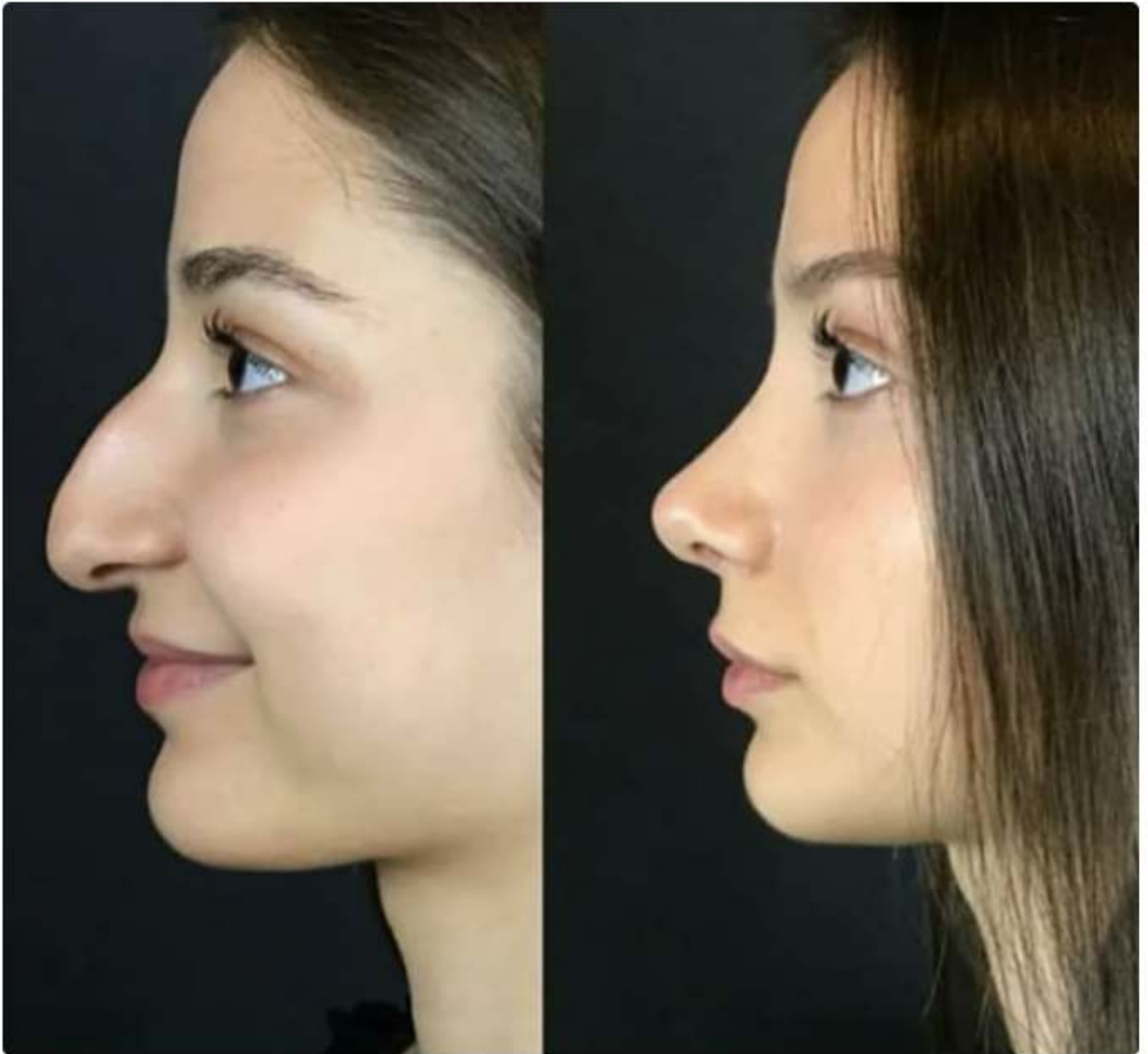
What specifically?

- Rhinoplasty or septorhinoplasty is a procedure that alters the appearance of the nose and septum.

- **Work with an experienced surgeon who has results with noses like yours in the past. Recommended surgeons are Dr. Marianetti, Dr. Steinbacher**

What will this do?

- **Corrects numerous ratios (facial fifths, nasolabial angle, etc.)**
- **Improve the miscellaneous score by correcting the shape of the nose**



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Lip Fat Transfer

What specifically?

- A simple and quick fix for uneven, thin, or misshapen lips can be conservative lip filler
- Be sure to go to an experienced injector. The goal is to have the lower lip 1.35-2x as tall as the upper lip.

What will this do?

- Can help in playing a part to correct multiple ratios, namely the lower to upper lip ratio and chin to philtrum ratio
- Improve the miscellaneous score by correcting thin lips



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Jaw Angle Implants

What specifically?

- **Jaw angle implants to be placed on the posterior part of the mandible will connect to the ramus.**
- **Widen the gonions**

What will this do?

- **Increase jaw mass and dimorphism**
- **Lower gonial angle**
- **Correct JFA**
- **Tightens the submental region**



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Buccal Fat Removal

What specifically?

- Partial buccal fat removal to remove the fat in the cheek area.

What will this do?

- Improve the angularity score and create a more defined and striking face



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Eyebrow Transplant

What specifically?

- Between 200-600 follicular units, containing single hairs, are extracted from the donor region and nape
- Hairs are then transplanted and meticulously angled to replicate the natural growth pattern of eyebrows

What will this do?

- Dense, thick eyebrows are very masculinizing
- Improve brow tilt inclination
- Improve feature score
- Restore soft features and make the middle third appear 'taller'



Genioplasty

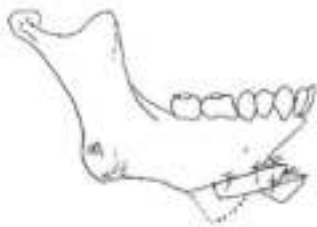
What specifically?

- An osteotomy around the chin, where the bone is cut and reshaped to change the shape of the chin
- Relatively cheap procedure and typically performed with double-jaw surgery if needed

What will this do?

- Masculinize or feminize the lower third
- Correct lip assessments and convexity
- Can make the face appear taller or shorter

- **Correct mentolabial fold and angulation**



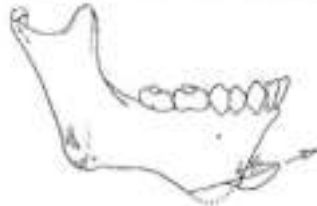
Two-tier genioplasty



Reduction advancement genioplasty



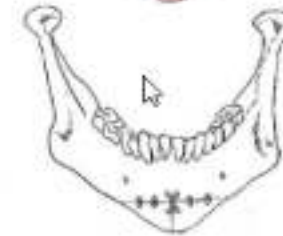
Jumping genioplasty



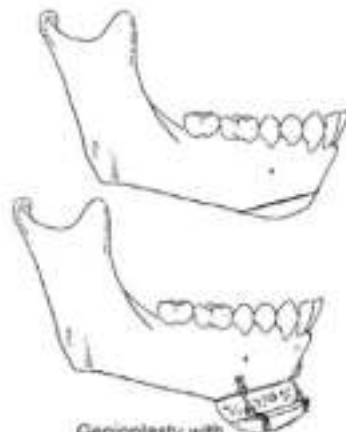
Sliding genioplasty



Reduction genioplasty



T-shaped genioplasty



Genioplasty with interpositional bone graft



Centering genioplasty

Erin M. Hoff



Neck lift / Submental Lipo

What specifically?

- Undergo submental liposuction to remove excess fat under the chin for a sharper jawline.
- Neck lift procedure to tighten loose skin and underlying muscles for a smoother, more youthful contour.

What will this do?

- Sharpening jawline definition by removing fat and tightening the skin creates a stronger mandibular angle and a more masculine lower face structure.

- Elevate overall facial appeal by framing the lower third; a defined jaw/neck boosts sexual dimorphism.



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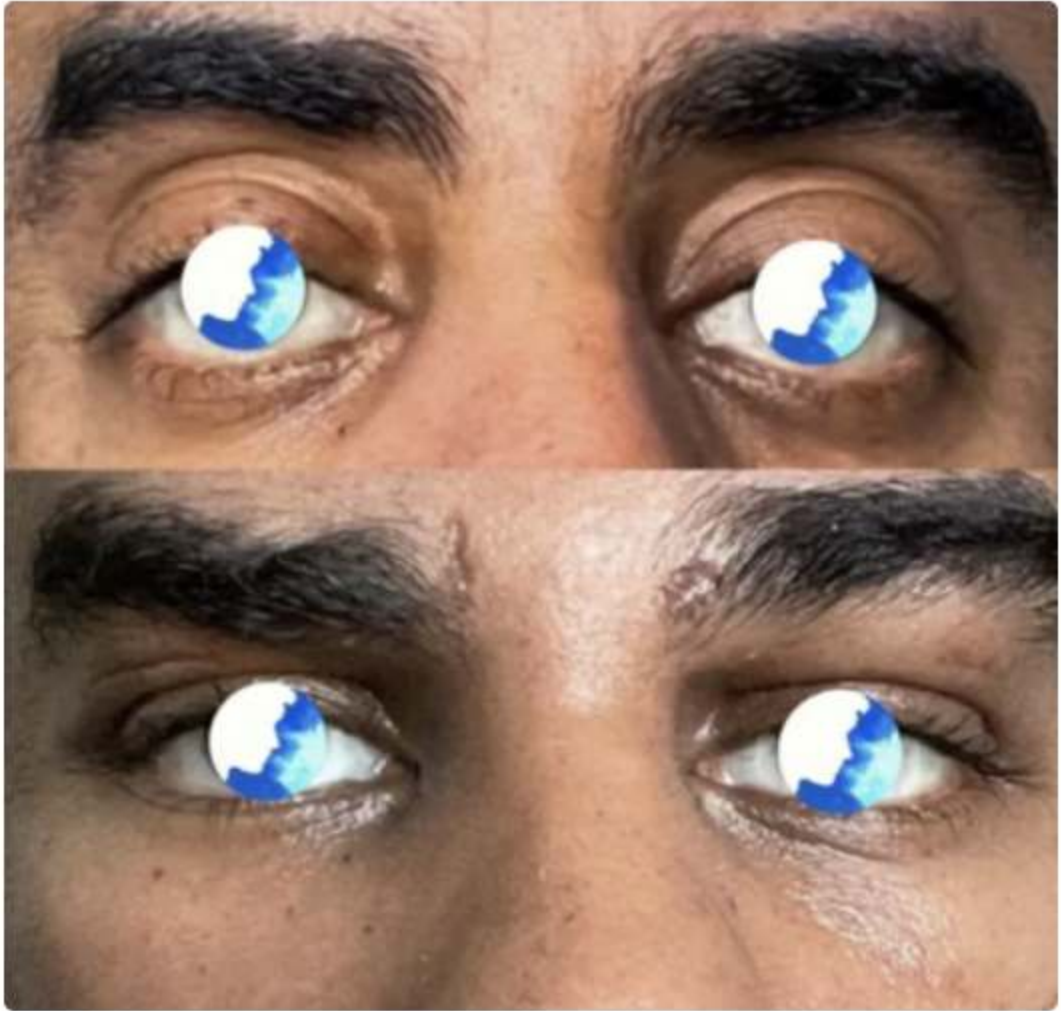
Supraorbital rim implants

What specifically?

- A PEEK or titanium implant that has been customized to fit your skull is placed along the supraorbital margin
- A coronal scalp incision will be required if the implant extends to the glabella

What will this do?

- Make your eye area more compact and 'hunter-like'
- Make brows lower-set
- Improve the dimorphism score drastically
- Make the brow ridge more protrusive and masculinized
- Alter facial convexity
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Infraorbital Rim Implants

What specifically?

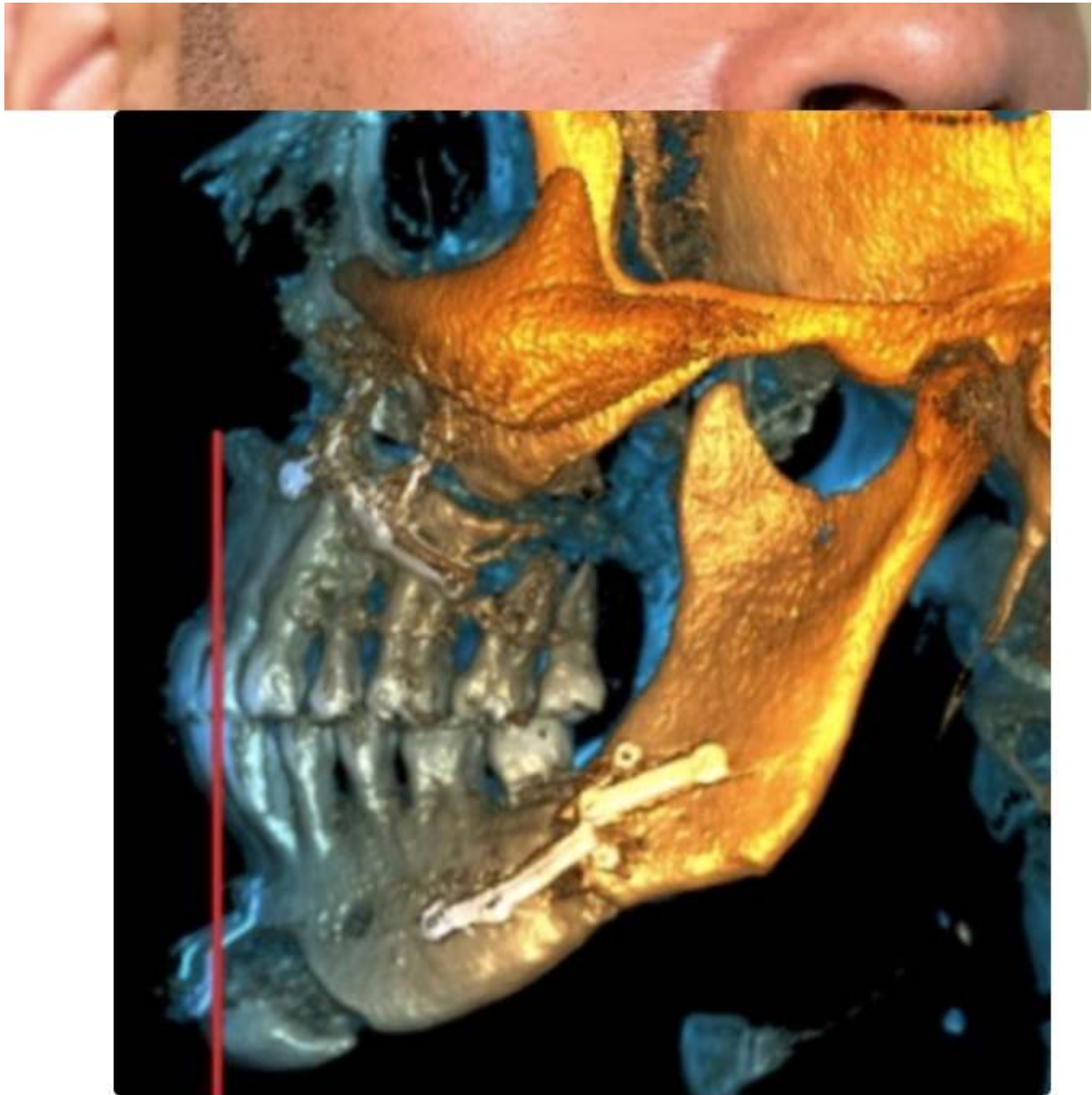
- **A PEEK or titanium implant that has been customized to fit your skull is placed in the lower periorbital margin, which sometimes extends to the zygoma and malar region**
- **Usually followed with a soft tissue procedure like fat grafting to correct potential implant show**

What will this do?

- **Make your eye area more compact and hunter-like**
- **Correct a negative orbital vector**
- **Can alter the soft tissue, improving the eye aspect ratio**
- **Can improve axial angle contours and infra-malar eminence**



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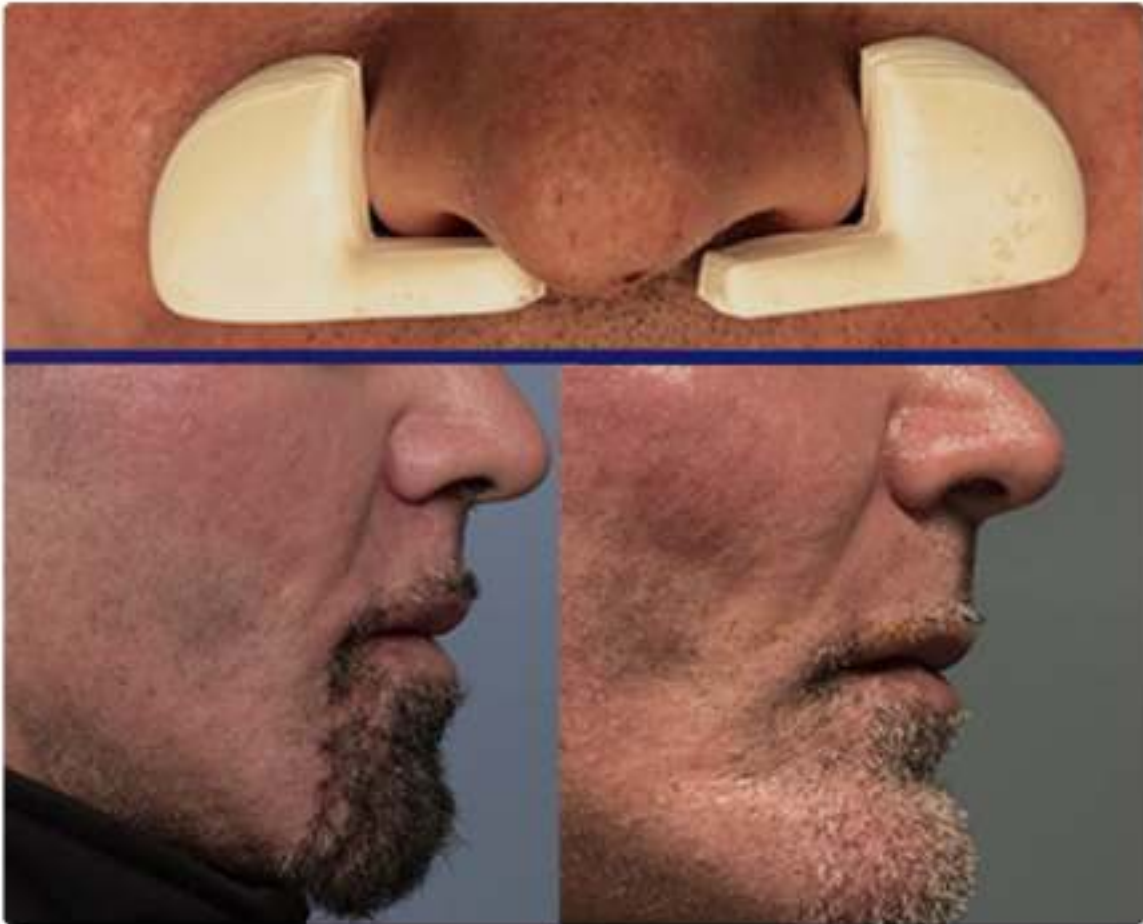


Paranasal implants

What specifically?

- Implants placed under the Alar base
- Usually, small piriform implants are used to add 2-4 mm of projection

- Used for premaxillary recession, which is the leading cause of nasolabial fold development
- Used instead of premolar extractions for bimaxillary protrusion



What will this do?

- Reduce the nasal base width from the side profile
- Correct soft tissue issues related to the alveolar process, improving the feature score
- A well-developed premaxillary region is masculine and can improve the dimorphism score





Epicanthoplasty

What specifically?

- **Incision is made along the epicanthal fold and repositioned to create the appearance of a Westernized double eyelid**
- **Very common procedure, low risk**
- **Cheap \$1,000-\$4,000**
- **Should only be performed by an oculoplastic surgeon**

What will this do?

- **Give the medial canthus more exposure, increasing the visible palpebral fissure length. This can improve the measured intercanthal distance and canthal tilt.**
- **Remove Negative, uneven skin hooded appearance, improving feature score**

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Palatal Expansion

What specifically?

- An expansion device is used (MSE, MARPE or FME) manually to expand the palate by adjusting a miniscrew with small movements daily
- Prices range from \$3,000-\$10,000 and can be a long process that will require ortho after expansion

What will this do?

- Can make the mouth wider, improving the Alar base: mouth width ratio
- Can make cheekbones/zygos wider, altering bizygomatic and total facial width measurements like eye-separation ratio
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- MARPE before and after shows how a wider, fuller smile provides a lot more structure his face

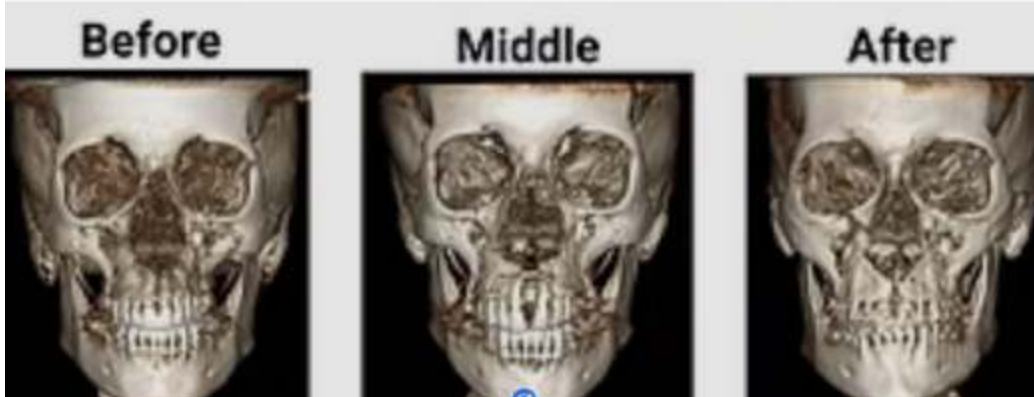


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Ptosis Repair



What specifically?

- To correct eyelid drooping caused by weakened or stretched levator muscle (the main eyelid lifting muscle)
- Uses either an external crease approach or an internal (scar less or transconjunctival) method, depending on anatomy and severity.



What will this do?

- Allows for symmetry between lids and gives a more balanced face.
- Open, symmetrical eyes enhance overall facial aesthetics.

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Hairline Reduction



What specifically?

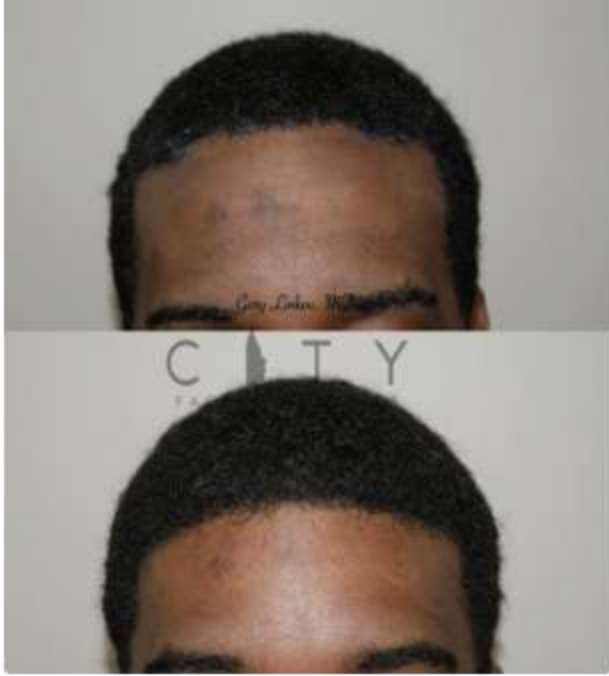
- Hairline lowering is a surgery to completely bring down the hairline
- This is practical when the hairline is too far receded to be fully recovered, or the forehead is overly large.
- Great when combined with hair transplant to cover up scars



What will this do?

- Correct facial thirds
- Rejuvenate the face and create a more youthful appearance





Jaw Filler



What specifically?

- It is a type of dermal filler you can position to change the proportions of your face.
- This can be used on weak chins, and narrow mandible bodies as a whole.
- Can be used to change chin shapes as well from round to square.



- What will this do?
 - Be used on lower third to boost dimorphism and harmony.
 - Help change overall mandible body shape.

Face Lift



What specifically?

- A facelift is performed by making an incision behind the ears to pull the skin back and tighten it.



What will this do?

- Reduce nasolabial folds
- Rejuvenate your appearance
- Create a more angular face
- Improve angularity score



The FacelQ Protocol



1. Apply **Ordinary Lash Serum**: Use the serum on your eyelashes and eyebrows every morning and night for consistent growth.

2. For Enhanced Results: If you desire more significant results, try **Latisse** or **Oral Minoxidil**. (Effectiveness with **Ordinary Lash Serum** may vary from person to person.)

3. Dye Eyelashes: Use the **Lomansa Kit** to dye your eyelashes black for a bold, defined look.

4. Curl Eyelashes: Use an **eyelash curler** as needed, or for longer-lasting curls, consider a **DIY lash lift**.

Ordinary Lash Serum



ROI Rating: 7/10

Affordable and effective for promoting lash health and growth, but results take time and consistency.

How to Use:

1. **Cleanse:** Ensure lashes are free of makeup or oils.
2. **Apply:** Use the applicator to apply a thin layer along the base of the upper and lower lashes.
3. **Let Dry:** Allow it to dry before applying any other products.
4. **Frequency:** Apply 2x daily, morning and night

Timeline for Results:

- **Visible Changes:** Noticeable results in 4-6 weeks.



Latisse



ROI Rating: VARIES

WARNING: This product CAN cause orbital fat loss, but it is extremely effective.

Effective and clinically proven for lash growth, but more expensive than alternatives and requires consistent use.

Benefits:

- **Promotes Lash Growth:** Clinically proven to enhance lash length, thickness, and darkness.
- **Improves Lash Density:** Regular use results in fuller, more voluminous lashes.
- **Safe and FDA-Approved:** The only FDA-approved treatment for enhancing eyelashes.

How to Use:

1. **Cleanse:** Remove any makeup or oil from the eye area.
2. **Apply:** Using the included applicator, apply a thin line of serum to the base of your upper lashes only.
3. **Let Dry:** Allow it to dry for 1-2 minutes before applying any other products.
4. **Frequency:** Apply once a day, preferably at night, for optimal results.

Timeline for Results:

- **Visible Changes:** Results typically begin showing in 4-6 weeks, with full results visible around 16 weeks.
- **Maintenance:** To maintain results, continue use 2-3 times a week after achieving desired lash length.



Oral Minoxodil

ROI Rating: 6/10

Effective for promoting lash growth but comes with potential side effects like increased body hair growth and other risks. Results can vary.

Benefits:

- **Stimulates Lash Growth:** Increases blood flow to hair follicles, which can promote longer and thicker lashes.
- **Strengthens Lashes:** Helps make lashes stronger and less prone to breakage.
- **Can Enhance Overall Hair Growth:** Along with lashes, it may promote growth in other areas, like the scalp and eyebrows.

How to Use:

1. **Consult a Doctor:** Always get medical advice before starting oral Minoxidil for lash growth.
2. **Dosage:** Start with a low dose (0.25–2.5 mg) to minimize potential side effects, gradually increasing if needed.
3. **Frequency:** Take daily, typically in the evening.
4. **Monitor Side Effects:** Keep track of any unwanted side effects, especially unwanted body hair growth.

Timeline for Results:

- **Visible Changes:** Results may begin to show after 4–6 weeks, but full benefits may take 3–6 months.
- **Maintenance:** Once desired results are achieved, it may be possible to reduce the dosage to maintain lash growth.



DIY lash curl

Overall Value/ROI:

Rating: 8/10

Effective and long-lasting but requires care to avoid irritation or over-processing.

DIY Lash Curling Technique

What You'll Need:

- [This lash lift kit](#)

Step-by-Step Guide:

- 1. Cleanse Your Lashes: Remove oil or makeup with a makeup remover to ensure product effectiveness.**
- 2. Apply the Lash Perming Solution: Apply the solution carefully to your upper lashes. Use a barrier cream to protect the skin around your eyes.**

- 3. Curl Your Lashes: Attach a small silicone rod or pad near the lash line and gently curl lashes onto it for a natural curl.**
- 4. Let It Set: Leave the solution on for 10–15 minutes, as per the product instructions.**
- 5. Rinse Off the Solution: Gently rinse off the solution without rubbing your lashes.**
- 6. Apply the Neutralizing Solution: Apply the neutralizer for 5–10 minutes to stop the perming process.**
- 7. Finish with Nourishing Serum: Apply a lash serum to maintain lash health.**

Healing Time: No significant recovery, but avoid getting lashes wet for 24 hours to set the curl.

Best For:

- Those who want long-lasting curls without daily curling.**
- People who prefer at-home beauty routines.**
- Anyone seeking a natural, more permanent curl.**

Not Ideal For:

- **People with sensitive eyes or skin around the eyes.**
- **Anyone looking for quick results, as the process takes 30-40 minutes.**
- **Those with very fine or damaged lashes.**

Tips for Best Results:

- **Perform a patch test 24 hours before using the solution.**
- **Follow product instructions carefully to avoid over-processing.**
- **Keep lashes hydrated with nourishing serums.**
- **Use a lash-lifting mascara for added volume and curl.**



Product sourcing + Info



[Eyebrow + Eyelash Dye Kit in Black](#)

[Eyelash Curler](#)

[Ordinary Lash Serum:](#)

[Latisse](#)

[Eyelash Lift Kit](#)

Protocol:

- Use ordinary lash serum on eyelashes and eyebrows every morning and night or any of the other listed methods to grow your eyelashes to the desired length and density
- Dye eyelashes black with Lomansa kit
- Curl eyelashes as needed or get a lash perm

https://www.amazon.com/dp/B0C9H861D7?ref=ppx_yo2ov_dt_b_fed_asin_title&th=1

https://www.amazon.com/Wet-Wild-Eyelash-Curler-Comfort/dp/B08RRLJDGM?crd=3790G47WS00Q6&dib=eyJ2IjoiMSJ9.YkGeLxpg2mQl4rmJHZpZMyttixkthtTtJ4uaZDphET1ZViTh75YR0WoEegTaL883aDhD5GDOPe-rQ0wrkj2v0v_Evws9BuyNC4hy2mWrX6wmYYktY5YRBQs_itDfeTIXx-lo2M86zxMJ1hQ03zFgZydZcqMLYTUxSdzoTAln6_tWD7X8wmsckm5e85KwvEiYJpjjNzP0_znEp6qofZYukk6cc2kF7xGlp3VVA353ye6pygKzkwGAh97fdqbq2j-46lvlLHr5j3Noly6ZHser9Y769SSl3InccLyvEjP2wd5Vn6mC2P0-WC2wMImMgg7tSh5xnmhcTRdnps2bEvoj14vSTKdj_SuCWjly7Is2nWpS1RkUrgMB-GTIn_78X8U4HpFra9eNIUEsuJfhgT0SnK2Wr_aBjG7xLEQ9RBGTggaijw23mbS0Nave_DOkZDjr.qUN7p6gNWMxJqma6lSBWrDa81qbtVsJwSpxbl1Wud6s&dib_tag=se&keywords=Lash%2Bcurling&qid=1736135318&sprefix=lash%2Bcurling%2Caps%2C130&sr=8-2&th=1

https://www.amazon.com/Ordinary-Multi-Peptide-Lash-Brow-Serum/dp/B0B5DYY1HQ/ref=sr_1_1?crd=1399AI4TQ03KQ&dib=eyJ2IjoiMSJ9.-h-tCLXh-vo9He8cAz75hG5GnlpECTV93SIfq5HZVwzJU9WzP8gq4CbE5Hsnq0utVp1TMeJRzZSGTE-KLURN93IPYtqbbn2xBZlqfRxjnQbLi7AxewUoyawTCOac0aqAm9f4yy4Xjcl6GNSPpVz2r6xPBXVJdq-5t7Cg9oXkbq3dZWWj0u0qc2pSeTpb31bc9GuLgcXzlj8dN4xvJpuet_zLb5gHD3H7Fst_4s7Ydnf9rkYSpBuGyPD6HGz4gJH58ryhsTA_3spzD14zsQHNqy9C-T0MvQWiJs93o90CQ.faxJwvDnYR1MnvvmNteLuVYUkdqnQMpEpECNYkwTLWI&dib_tag=se&keywords=ordinary%2Blash%2Bserum&qid=1736135396&sprefix=ordinary%2Blash%2Bserum%2Caps%2C131&sr=8-1&th=1

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<https://www.ebay.co.uk/itm/385328967737> **FacelQ Eyebrow Protocol**

Eyebrow Growth Routine For Everyone:

1. [Minoxidil Foam 5%](#) (every morning and night)
2. [Ordinary Lash and Brow Serum](#) (every morning and night)
3. [Derma Stamp .75](#) Once Weekly

Further Options:

1. Oral Minoxodil (For notable eyebrow + eyelash growth)
2. Eyebrow transplant (further details in the video)
3. [Black Eyebrow Wand](#)

The black eyebrow wand is essentially just an extremely potent black makeup for your brows. Honestly, it's a great option for instant results, and it's cheap too.

4. **Tazarotene**

Tazarotene is a retinoid that can be used in conjunction with the routine made for everyone, which can further improve your rate of cell turnover.

Eyebrow Tinting Routine For Everyone:

1. [Use eyebrow and eyelash tinting kit once a month](#)



Optimal Eyebrow Aesthetics



Ideal Shape:

Flat eyebrows are ideal for men.

Rounded:



Flat:



Ideal Outer Length:

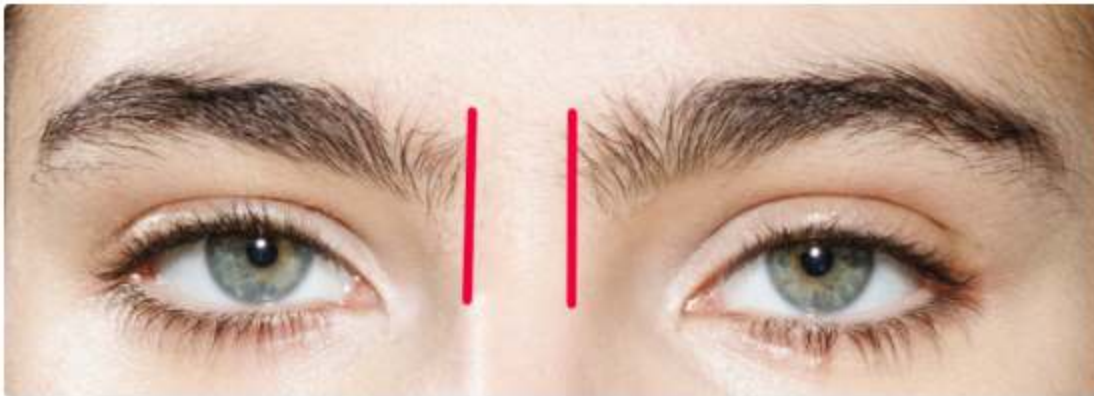
Refer to this image for the context of where your eyebrows should end laterally:



Ideal Inner Length:

We want the inner eyebrows roughly at the dorsal aesthetic lines.

Dermastamping and applying minoxidil to this area can stimulate inner brow growth.



Upper Eyelid Fat:

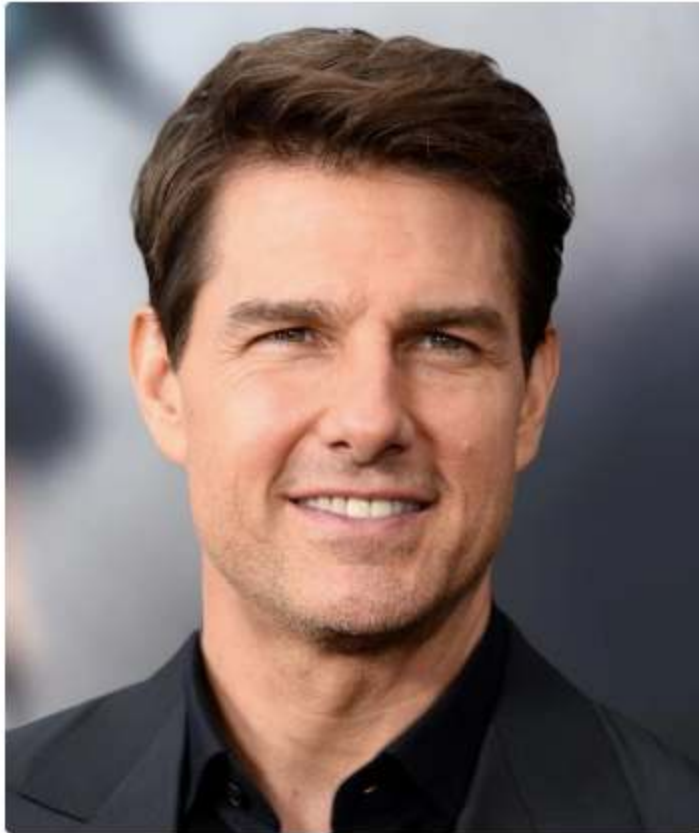
There should be plenty of youthful supraorbital fat:

Poor Vs Great example:



Eyebrow Set:

Eyebrows should be as close to the eyes as possible for men:



Eyebrow Tilt:

We want a slight positive eyebrow tilt, typically between 5 and 10 degrees. Negatively tilted eyebrows look feminine and docile; overly tilted eyebrows appear overly aggressive.

Slightly negative:

Eyebrow Tilt:

We want a slight positive eyebrow tilt, typically between 5 and 10 degrees. Negatively tilted eyebrows look feminine and docile; overly tilted eyebrows appear overly aggressive.

Slightly negative:



Ideal:

Ideal:



Too Positive:



Density:

Density:

Ideal density:



Poor density:



Product sourcing + Info

Minoxidil Foam

Eyebrow + Eyelash Dye Kit In Black

Derma Stamp

Ordinary Lash Serum

Magic eyebrow wand

https://www.amazon.com/Minoxidil-Foam-Women-Growth-Hair/dp/B0D8G3JTCS?dib=eyJ2IjoiMSJ9.2vVfH8j6ZnvHGjI92SMsdPd0T_JSvn7SgDnd-iSCVHq322ZQskfuj8BgZm136n-p8HsnYChyJA0uRG8dOqWuLsLtxnla2TW4GCQjpvIfgvoxmSlp8uLkR0liKuwij28XElybYPQnR0PSQVgZBXaDwavuG-Wxfea85ys44xiCbBp2su2TwhM3EzJzT9-K2jYi2_NE_Marp1hAlIERLR_VAMs5EXPeZkHrfodpq1RMu4DDvA8CSouMN6n-3TrZXV65vuiKzM00FI1v7fHUUZgtuAejKUb7cKrB5iGGvCotpi81PAC3dqwwCcpYTvN2-N2-r-jBGfCPXoxvtfhuxNML7_lz3V0K7mHr00dCm_baKMu1iq0tCZbYkSkOzeAzulXoegnWQ7XKvyC9QG5rRaBwDw3XCR5bEvD-7kQCvK0FOyIWdo2u2L2UO-wVMzz5UV.nyuJrbviFoFHAIPSWIrPGvC-nZzN_Idl-MmrGZqZems&dib_tag=se&keywords=rogaine+foam&qid=1736134656&sr=8-9

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https://www.amazon.com/Just-Men-Temporary-Well-Defined-Applications/dp/B0BG65M7BD?source=ps-sl-shoppingads-lpcontext&ref_=fplfs&smid=ATVPDKIKX0DER&gQ

T=1&th=1 **Important Dietary Introduction**

My Dietary Philosophy: Prioritizing High-Fat Meat for Optimal Health

My core dietary principle is consuming 80% high-fat meat as the foundation of an optimal human diet. Anthropological data supports this as our evolutionary baseline, with hunter-gatherers prioritizing nutrient-dense animal foods.

If you choose to include raw dairy or fruits, it's not a huge deal, you will still be healthy. However, some individuals—particularly those with autoimmune or inflammatory conditions (like acne)—may need to stick strictly to meat, eggs, and butter, or even just high-fat meat, to fully resolve their health issues. That said, for many, simply cutting out processed foods and plant toxins is enough to restore metabolic health.

The Slippery Slope of Raw Dairy & Fruit

One common issue with raw dairy or fruit is that, over time, they can shift from being occasional supplements to diet staples due to their addictive nature (sugar in fruit, lactose and casomorphins in milk)—leading to increased sugar intake, insulin spikes, and a less animal-based approach.

A clear example of this is Paul Saladino, who initially followed a carnivore diet but gradually transitioned into an "animal-based" diet with fruit and honey. Now, a significant portion of his meals are plant-based, with some breakfasts approaching 150g of sugar—a far stretch from the animal-dominant diet he once advocated.

A truly animal-based meal, like 1 lb of ground beef with an avocado, is nutrient-dense and delivers everything your body needs. On the other hand, a breakfast of fruit juices, a mango, an avocado, and a small portion of eggs is much higher in sugar, lower in protein and healthy fats, and far from optimal.

Raw Milk & Height Development

For growing individuals, raw milk likely supports height and bone development due to:

- **IGF-1 content (growth-promoting)**
- **Bioavailable calcium & K2 (bone mineralization)**
- **High-quality protein (muscle & skeletal growth)**
- **Saturated fat (hormone production)**
- **Omega-3 & CLA (anti-inflammatory benefits)**

On top of these sound biochemical reasons, we have strong associative evidence suggesting that raw milk positively influences height development:

Countries from tallest to shortest mapped alongside the highest raw milk consumption:

17 out of the top 20 tallest countries also rank in the top 20 for raw milk consumption:

Milk is designed to rapidly grow a calf into a 2,000-pound animal, making it an undeniable growth serum. I see only a benefit to consuming raw milk during development. However, after growth plates close, this same anabolic effect is less beneficial and can contribute more to aging and metabolic stress than additional growth.

Growth vs. Aging: Finding the Balance

Growth and aging are closely linked. Staying in a chronically anabolic state—constantly spiking insulin with sugar and elevating growth hormone—can accelerate aging rather than slow it.

While mTOR, IGF-1, and insulin are essential for muscle development and tissue repair, excessive activation can:

- **Suppress autophagy (reduced cellular cleanup)**
- **Increase oxidative stress (cellular damage & aging)**
- **Promote insulin resistance (metabolic dysfunction)**

A balance between growth and repair is key. Short bursts of anabolic stimulation (like weight training and protein intake) are beneficial, but constantly forcing the body into growth mode leads to faster cellular wear and metabolic decline.

For example, consuming raw milk daily as an adult—post-development—will likely contribute to accelerated aging, as it keeps IGF-1 and insulin chronically elevated.

The Optimal Approach: Balancing Muscle Growth & Longevity

To achieve the best balance of muscle growth and longevity, I recommend:

- 1. High-intensity resistance training stimulates mTOR in a controlled way.**
- 2. Eating a high-protein, animal-based meal post-workout to fuel muscle growth.**
- 3. Fasting until the next day allows for autophagy and cellular repair. (Again, this should come naturally on a ketogenic carnivorous diet, as eating a high protein and high fat meal is extremely satiating.)**

This approach cycles growth and repair, optimizing muscle retention, metabolic health, and longevity—without excessive anabolic stimulation that accelerates aging.

Approaching the gym

You do not need carbs for the gym; high protein and high fat meals will stimulate Mtor, and excess protein can be converted to glucose via gluconeogenesis (without an insulin spike but with a modest raise.)

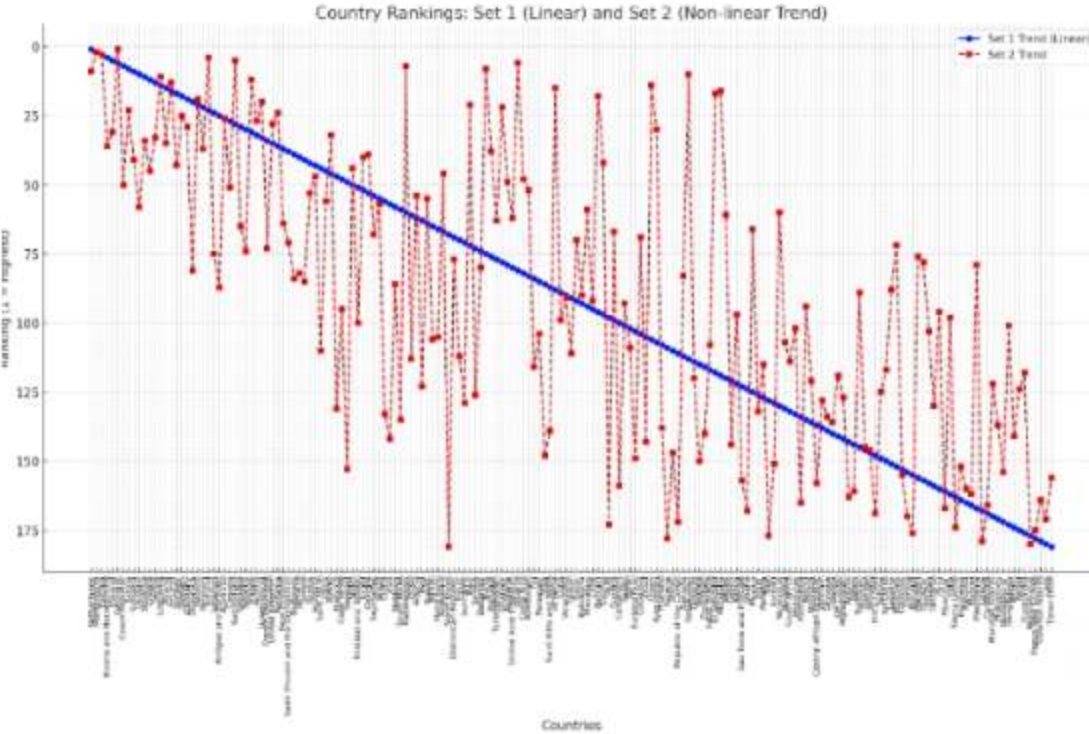
Remember, there is a transition period when switching from sugar to fat as your energy source; expect some sluggishness for the first two weeks.

However, once fat-adapted, you can see great performance and gains in the gym with fat as your energy source. Here are some quick tips for lifting on a ketogenic diet:

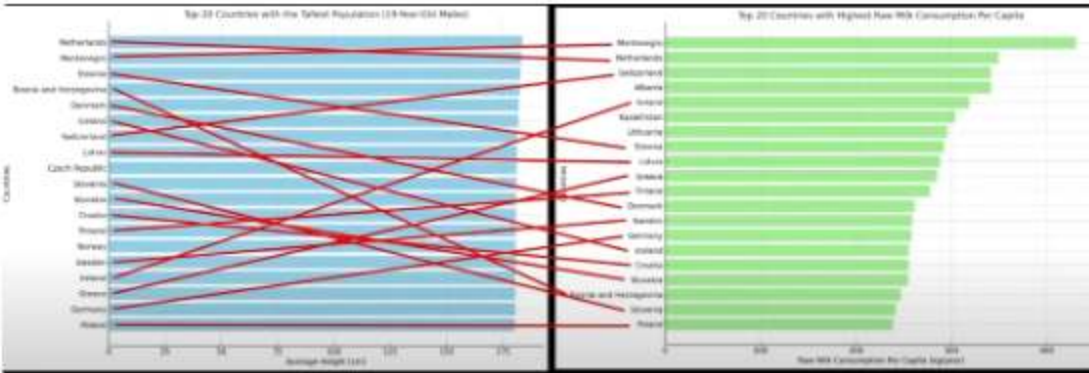
- **Prioritize Protein:** Eat from animal-based sources (beef, chicken, fish, eggs) for muscle retention and growth.
- **Focus on Healthy Fats:** Ensure 70-80% of total "calories" come from animal fats (e.g., fatty cuts of meat, tallow, butter) and organ meats like liver for essential nutrients.
- **Limit Carbs to Stay in Ketosis:** Keep net carbs under 5g per day (from trace carbs in organ meats, eggs, and possibly small amounts of dairy) to maintain ketosis.
- **Stay Hydrated:** Drink plenty of water, and supplement with electrolytes (sodium, potassium, magnesium) to prevent dehydration and muscle cramps, especially if you're exercising intensely.
- **Optimize Training Intensity:** Focus on strength training (low volume, high intensity) and HIIT to maintain muscle while avoiding excessive cardio, which can deplete energy stores on a carnivore diet.
- **Post-Workout Nutrition:** Consume a high-protein, high-fat meal immediately after training (e.g., steak with butter or eggs with beef tallow), and avoid carbs unless you're doing high-intensity glycolytic exercises.
- **Consider Intermittent Fasting:** Use 12-16 hour fasting windows for better fat burning and enhanced muscle repair, allowing your body to utilize fat for fuel while preserving muscle. (Again, this should come naturally as fatty meat is very satiating)
- **Get Adequate Sleep:** Aim for 7-9 hours of quality sleep each night for optimal recovery, muscle repair, and overall health.

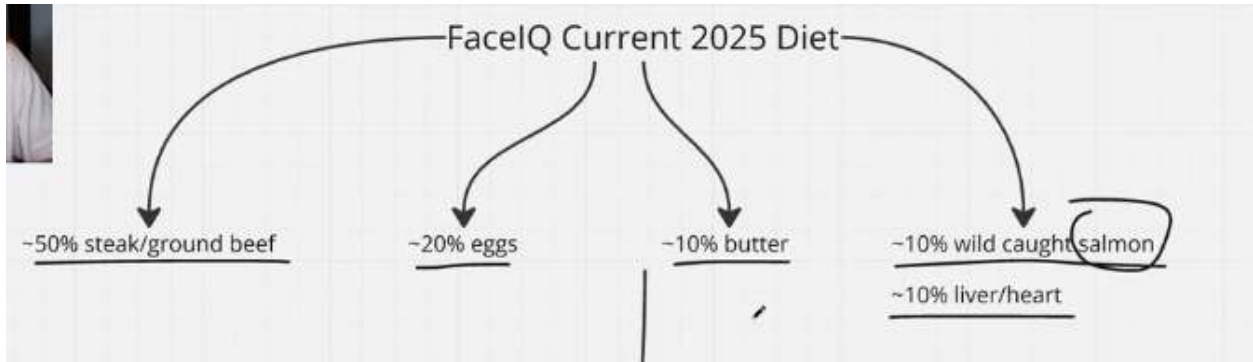
- **Adjust Based on Feedback:** Listen to your body—if you're feeling fatigued or not recovering well, consider adjusting fat intake or the timing of your meals around workouts.

Countries from tallest to shortest mapped alongside the highest raw milk consumption:



17 out of the top 20 tallest countries also rank in the top 20 for raw milk consumption:





Ideal Foods List

The IDEAL Foods:

Red Meat (Grass-Fed Beef, Bison, Lamb, etc.)

- Rich in essential amino acids, omega-3 fatty acids, and bioavailable iron (heme iron). These meats provide high-quality protein for muscle repair and growth, as well as fat-soluble vitamins like vitamin A (retinol) and vitamin K2, which are crucial for bone growth and overall health.

Seafood (Wild-Caught Fish, Shellfish, etc.)

- A vital source of omega-3 fatty acids (EPA and DHA), iodine, selenium, and zinc. These nutrients support brain function, hormonal balance, and skin health. Shellfish, in particular, are nutrient-dense and provide highly bioavailable minerals that enhance immune function and metabolism.

Pasture-Raised Eggs

- Eggs from pasture-raised chickens are a complete protein source and provide a wealth of nutrients, including choline, lutein, and zeaxanthin. Egg yolks also contain vitamin D and omega-3 fatty acids, which are critical for inflammatory balance and bone density.

Grass-Fed Butter

- High in fat-soluble vitamins A, D, E, and K2, as well as butyrate, a short-chain fatty acid that supports gut health. Grass-fed butter is a superior fat source for hormone production and overall metabolic function.

Small Quantities of Beef Liver

- One of the most nutrient-dense foods, beef liver is rich in vitamins A, B12, choline, iron, and zinc. It supports cellular metabolism, energy production, immune function, and skin health. Due to its potency, liver should be consumed in moderation.

Raw Cheddar Cheese

- High in calcium, protein, healthy fats, and vitamins A, D, E, and K2. It provides probiotics for gut health and supports bone health through its mineral content.

Bone Broth

- Bone broth is an excellent source of collagen, glycine, proline, and other amino acids that support joint health, gut health, and skin elasticity. It's also rich in minerals like calcium, magnesium, phosphorus, and potassium.

Cod Liver Oil

- A potent source of omega-3 fatty acids (EPA and DHA), vitamin A, and vitamin D. Cod liver oil supports heart health, cognitive function, and immune health while helping with inflammation.

Celtic Sea Salt

- High-quality, mineral-rich salt contains vital electrolytes like sodium, potassium, magnesium, and calcium, which are important for fluid balance, nerve function, and muscle contraction.

E-Lyte Electrolytes

- These electrolytes help to maintain proper hydration and electrolyte balance, which is crucial for muscle function, energy, and overall health, especially in a low-carb or ketogenic diet. In the modern day, these electrolytes are harder to obtain from animal foods.

The fundamental rule of my diet protocol is this:

Protein and fat from animal products

Carbs are unnecessary unless:

1. You want maximum potential in the gym

2. You are in development (ages 0-21)

Carbs are anabolic and will replenish glycogen more effectively than ketones (your energy source on a fat and protein diet), so drinking raw milk and eating steak + eggs for the gym is understandable, and you will still be healthy.

And again, if you are in development (Ages 0-21), I WANT you to be drinking as much raw milk as possible to develop your height, frame, and facial bone structure.

As shown below there is an insanely high correlation between raw milk and height, we understand how powerful it is for your overall development.

That said:

If you are an adult striving for the best long-term health and aesthetics, running off of carbs is not ideal.

Again, if you want to eat carbs, I won't stop you, but understand you will never quite reach your facial angularity or health potential.

Why the Meat, Seafood, Eggs, and Dairy Approach?

This dietary framework maximizes nutrient-dense foods while minimizing toxic foods such as processed carbohydrates, seed oils, and plant-based anti-nutrients.

You will create glucose for energy as needed through ketogenesis and gluconeogenesis instead of spiking your blood sugar all day, raising your insulin (a fat storage hormone) and creating advanced glycation end products.

Raw Dairy for Development and Health

You need to prioritize raw milk if you are below 21 for growth and drink at least 16 ounces a day if possible.

Modern processed dairy is inflammatory due to A1 beta-casein proteins and pasteurization, which denatures essential enzymes and nutrients. In contrast, raw dairy (especially from A2-casein sources like goat and sheep) provides superior nutrition:

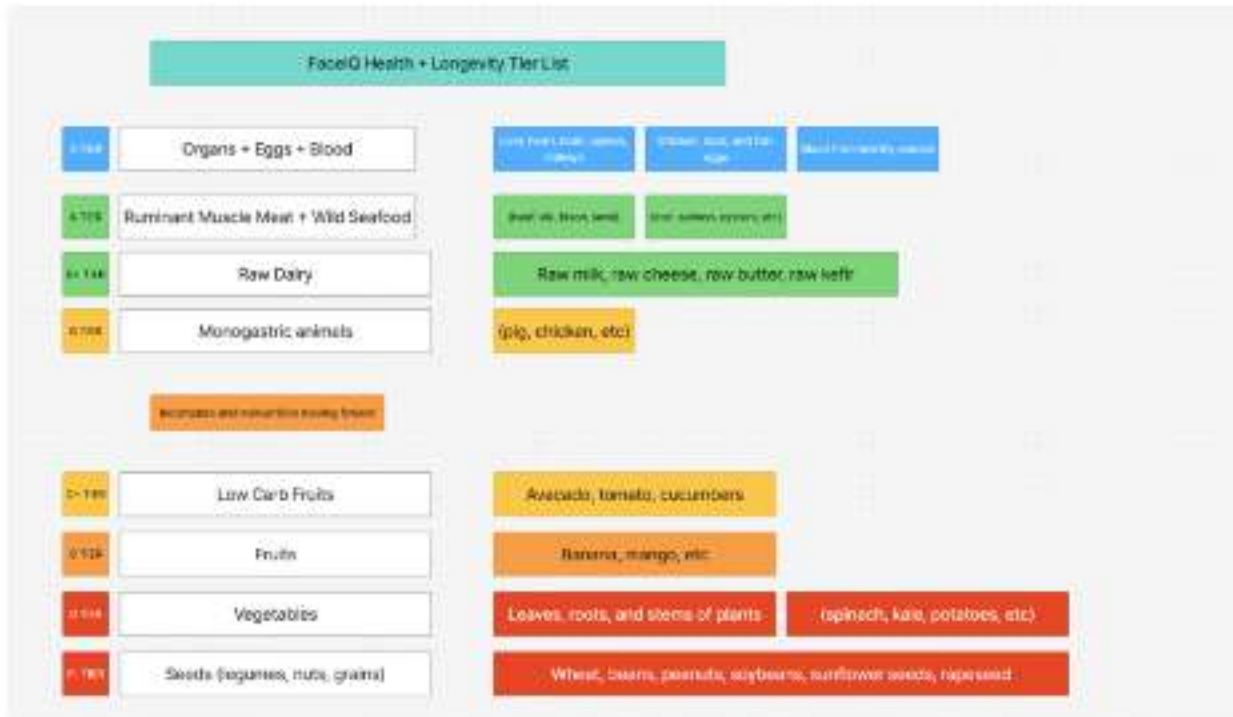
- **Calcium & Vitamin K2 for bone growth and strength**
- **Probiotics & Enzymes to aid digestion and gut health**
- **Fat-soluble vitamins (A, D, E, K2) for hormonal and immune function**

Raw vs. Pasteurized Dairy Nutrient Comparison

The Priority of Diet in Looksmaxxing

Your diet dictates how you look, feel, and perform. Many people try to compensate for poor dietary choices with skincare routines and supplements, but nothing replaces the foundation of proper nutrition. This dietary approach ensures peak aesthetics, hormone optimization, and long-term health.

Nutrient	Pasteurized Milk	Raw Milk
Vitamin A	35% reduction	100% active
Vitamin C	25-77% reduction	100% active
Vitamin E	14% reduction	100% active
B-Complex Vitamins	38% reduction	100% active
Calcium	21% reduction	100% active
Enzymes	100% destroyed	100% active
Immunoglobulins	Damaged	100% active
Whey Protein	Denatured	100% active



Budget Grocery List

This list is to support 1 week of typical eating

-Grass-fed ground Beef (80/20 - 12 to 14 pounds) (This can be grain-fed if still outside your budget)

-36-48 eggs (can be any type if on a budget; again, pasture-raised is ideal)

-1 Pound cheddar cheese

-1 pound grass-fed butter

-Celtic Sea Salt (This will last over a week, of course)

-E-Lyte Electrolytes

-Try to incorporate some wild seafood for iodine and selenium

(Wild-caught cod is the best choice for price to nutrition)

For those in America, this would cost around \$80 to \$90 for everything at ALDI, equating to just over \$10/day while drastically improving your looks and health.

Perfect Health Shopping List

This list is to support 1 week to 1.5 weeks of typical eating

-Grass-fed Ground Beef (80/20): 12-14 lbs

-Pasture-raised Eggs: 36-48 eggs

-Grass-fed Butter: 1 lb

-Raw Cheddar Cheese: 1 lb

-Wild-caught Cod: 3-4 lbs

-Pasture Raised 100% Grass Fed Beef Liver: 1lb

-Wild Caught Cod Liver (Canned): 1 can

-Bone Broth (or Beef Bones for Homemade Bone Broth)

-1 Tablespoon wild caught cod liver oil daily

-Celtic Sea Salt: 1 Pack

-Relyte Or E-Lyte Unflavored Electrolytes: 1 Pack

Daily Macronutrient Coverage

Total Protein: ~140 - 160g/day

- **Major Contributors: Ground beef, eggs, cod, beef liver, cheddar cheese**
- **Protein contributes to the building and repair of tissues and plays a role in immune function, enzyme production, and more. Given this intake, protein will be the second most significant contributor to your energy needs, after fat.**

Total Fat: ~140 - 160g/day

- **Major Contributors: Butter, ground beef, beef liver, eggs, cod liver, cheddar cheese, cod liver oil**
- **Fat will be your primary energy source in this diet. The high-fat content ensures your body is in a fat-burning mode, and the presence of saturated fats supports the body's ability to create ketones for energy when carbs are minimal.**

Total Carbohydrates: ~5 - 7g/day

- **Major Contributors:** Bone broth, eggs, liver, cod liver, cheddar cheese
 - **With the carb intake extremely low (5-7g), the body will rely almost entirely on fat and protein for energy. These small amounts of carbs will be used for basic functions, such as maintaining blood sugar levels and providing minor fuel for the brain.**
-

Fuel Source Breakdown

1. **Fat will be the primary fuel source, providing most of the energy from the high-fat foods like butter, cod liver oil, ground beef, and eggs.**
 2. **Protein will contribute a substantial amount of calories, mainly from beef, eggs, and cheddar cheese, though its role is more in tissue repair and maintenance than as a direct energy source.**
 3. **Carbohydrates are very low, serving more as a minimal supporting fuel source for brain and muscle functions but not playing a significant role in daily energy expenditure.**
-

Micronutrient Coverage

Remember, RDA's are based on *nonsense*, but this still gives you a good picture:

- **Vitamin A: Over 200% of RDA (butter, cheese, eggs, liver, cod liver)**
- **Vitamin D: Over 300% of RDA (eggs, cod, butter, cod liver)**
- **Vitamin B12: Over 700% of RDA (eggs, ground beef, cod, liver)**
- **Vitamin B1 (Thiamine): ~40% of RDA (beef, eggs)**
- **Vitamin B2 (Riboflavin): ~60% of RDA (eggs, beef, cheese)**
- **Vitamin B3 (Niacin): ~100% of RDA (beef, eggs)**
- **Vitamin B5 (Pantothenic Acid): ~100% of RDA (eggs, beef)**

- **Vitamin B6: ~100% of RDA (beef, eggs)**
 - **Folate (Vitamin B9): Over 200% of RDA (eggs, beef, liver)**
 - **Biotin: ~100% of RDA (eggs, beef, liver)**
 - **Vitamin C: ~0-10% of RDA (small amounts in liver and cod liver)**
 - **Vitamin E: ~0-10% of RDA (small amounts in liver, cod liver, butter, eggs)**
 - **Calcium: ~100% of RDA (cheese, butter)**
 - **Selenium: Over 200% of RDA (ground beef, eggs, cod)**
 - **Iron: Around 100% of RDA (beef, eggs, liver)**
 - **Zinc: ~350% of RDA (beef, eggs)**
 - **Choline: Over 200% of RDA (eggs, beef, liver)**
 - **Iodine: ~500% of RDA (cod, salt)**
 - **Phosphorus: Over 1000% of RDA (eggs, cheese, beef)**
 - **Magnesium: ~40-50% of RDA (from bone broth and liver)**
 - **Potassium: ~20-30% of RDA (from bone broth, liver, eggs)**
 - **Vitamin K: ~13% of RDA (eggs, butter)**
 - **Manganese: ~0-10% of RDA (from liver, but minimal)**
 - **Copper: ~30-50% of RDA (from beef liver, eggs)**
-

Optional Supplementation

-Replace bone broth with magnesium and potassium

**-Replace beef liver with supplementation of Vitamin C (If you want, not needed),
Vitamin E, Magnesium, Potassium, Manganese, Copper**

For Those Who Care About RDAs

Keep in mind that RDAs are based on epidemiological data and animal studies. Personally, I don't place much emphasis on them; instead, I focus more on how our ancestors ate and thrived.

For instance, when your diet is low in glucose, vitamin C and glucose don't compete for the GLUT-1 and GLUT-3 transporters. This dynamic isn't considered in the excessively high vitamin C RDA, which is based on the typical Western diet. A similar logic applies to other so-called "deficiencies" – you get the idea.

However, if you want to cover what the RDA's would consider optimal, you can supplement:

-Vitamin C

-Vitamin E

-Vitamin K

-Manganese

Or you can add in an avocado per day.

Permissible Fruits List (For Ketosis)

Olives – 1g net carbs per 25 olives

Avocado – 4g net carbs per avocado

Tomatoes – 2.5g net carbs per small tomato

Starfruit – 7g net carbs per starfruit (on the edge of too much sugar to be optimal)

Lemon Juice – 1g net carbs per 1 tbsp

Lime Juice – 1g net carbs per 1 tbsp

We typically don't want to exceed 20g of net carbs daily.

An avocado and some lime juice can be a great supplement to a meal, but meat, eggs, and some butter should always be the main course.

Undereating

This is something I don't touch on enough probably:

If you are eating just protein and fat from animals its incredibly important you eat until you are truly full every single day especially when you are first eating properly.

Trust me you will not gain fat, infact, you will actually increase your metabolism, lower your cortisol, and ensure you are getting enough insulin signalling from the protein.

A large mistake I often see is people going straight to my fat loss protocol or trying to "limit calories" in a diet that isnt upregulating the randle cycle.

Its important to understand that on this diet you are primarily consuming saturated fat, which is incredibly pro thyroid and it can actually be hard to not get shredded, so please ensure to never starve yourself when it comes to eating meat/eggs/ or butter.

Once you have been on the diet for lets say a month you will probably naturally get to around 12% body fat depending on your starting place, if you then want to get to that single digit stage ready leanness, then reducing dietary fat slightly and raising protein is a proper protocol.

Diet For Facial Angularity

Extremely similar to the faceiq diet and extreme fat loss protocol.

- 1. Eat meat, organs, eggs, and butter (for more fat if needed)**
- 2. No Dairy aside from butter**

3. Drink electrolyte water

Leanness Supplement Stack

This protocol will regulate intra and extracellular fluids that cause facial water retention.

Potassium citrate flushes out excess sodium, pulling water out of the skin.

Taurine regulates fluids at the cellular level.

Magnesium Citrate will regulate stress hormones like cortisol.

Glycine also assists with cortisol regulation.

Eat the proper diet along with this stack to cure your inflammation and further remove water retention via cutting dietary carbohydrate.

Take ~2000mg of Potassium Citrate

- 1. Spread it throughout the day**
- 2. Don't do this every single day only when you notice excess water retention in the face**
- 3. 4000mg is the safe limit for daily consumption**

Take ~1500mg of taurine

1. Just like potassium spread it throughout the day
2. 3000mg is daily limit of consumption

Take ~400mg of Magnesium Glycinate

1. Take it all at night time
2. Dont exceed 400mg a day in supplementation form

Take ~3000mg of Glycine

1. Take it at night
2. Again, do not exceed 3000mg of supplementation daily

Walking (leaning out cheat code)

I'll keep this information short and to the point, as walking is relatively straightforward.

Why Walking Works for Facial Angularity

Unlike intense cardio or lifting, walking is low-intensity steady-state (LISS) exercise. Meaning:

-It burns fat consistently without increasing your hunger

-It doesn't spike cortisol (more conducive to fat burning and not bloating your face)

-It keeps your body in a calm, fat-burning state for longer

The result of these mechanisms is a low-stress experience that burns fat without you noticing.

10,000+ Steps a Day Is The Meta

The more walking you do, the better. There is no upper limit to this until your body tells you enough is enough.

You may know my friend Kyan Stone.

He often walks up to 50,000 steps per day and doesn't track the food he eats, as he burns so much fat through walking. (And yes, this is effective)

You don't need to go crazy and hit 50,000 steps per day, but 10,000 steps daily, at the minimum, and aiming for 20,000 is going to yield massive results.

My Walking Tips

-In the summer, bringing a glass bottle of raw milk or fresh, organic raw coconut water with you on your walk is a highly hydrating and suitable option for the heat.

-Listen to a podcast or any interesting YouTube video whilst walking, or use it as time to think about your goals/life in general

-Walk in social places since this can double as an opportunity to meet new people and especially girls. Oftentimes, I have cold approached girls while on my walk, which serves as another benefit.

-If it is sunny, take your shirt off and utilize the amount of time you are spending outside to get more vitamin D, which will indirectly assist with your facial angularity even more.

What Is Leptin? And how we can utilize it?

Leptin is a hormone secreted primarily by fat (adipose) cells. It communicates with the hypothalamus in the brain to regulate energy balance, hunger, and metabolism.

-High leptin usually signals the body has sufficient energy stored (fat reserves).

-Low leptin signals energy deficiency, increasing hunger and reducing energy expenditure.

-Chronic leptin resistance (where the brain no longer responds properly to leptin) is strongly linked to obesity, inflammation, and metabolic dysfunction.

What Leptin Actually Does

- **Regulates hunger and satiety signals**

- Controls long-term energy balance (not just meal-to-meal)
 - Influences thyroid and metabolism
 - Impacts fertility and reproductive hormones
 - Works hand-in-hand with insulin
-

Factors That Block or Impair Leptin (These things make you hungrier)

These reduce leptin's signaling (causing leptin resistance, therefore upregulating your hunger):

- High linoleic acid (seed oils/vegetable oils)
 - Fructose
 - Inflammation
 - High triglycerides
 - Poor sleep
 - Chronic stress & high cortisol
 - Blue Light
 - Alcohol
 - Blue Light
 - Lectins (Plant anti-nutrient)
 - Insulin (therefore, eating sugar directly upregulates your hunger)
-

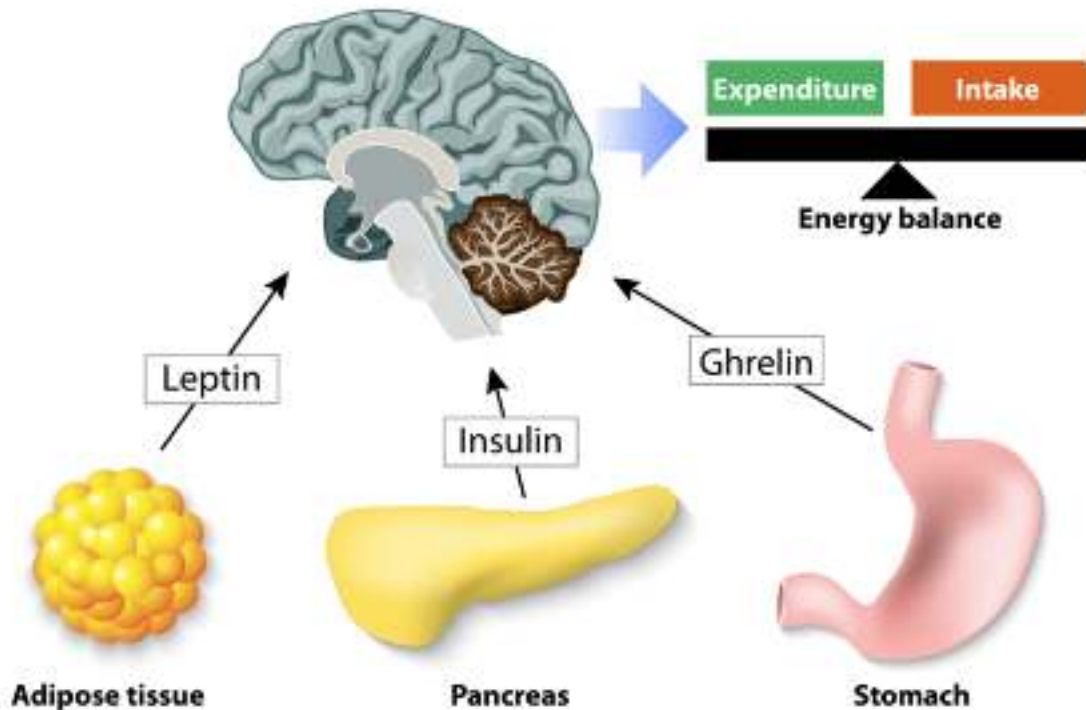
Factors That Raise or Improve Leptin Sensitivity

These make leptin signaling more effective (your brain actually listens to leptin):

- Lower range body fat

- **Low-linoleic acid diet**
- **Ketogenic carnivore diet**
- **No fructose**
- **Walking**
- **Adequate sleep**
- **Blue Light Glasses**
- **High-protein meals**
- **Omega-3 fats (EPA/DHA)**
- **Stress Free Life**
- **No Plant Anti-Nutrients**
- **Carb-Free Diet**

CONTROL OF FOOD INTAKE



Increasing Angularity with Fat Dissolvers

 **IMPORTANT SAFETY WARNING:** This guide is for educational purposes ONLY.

DIY facial fat dissolving injections carry serious risks, including infection, nerve damage, vascular occlusion causing tissue death or blindness, and permanent disfigurement. The use of non-FDA-approved products is illegal in many countries and may pose unknown health hazards. Always seek treatment from a qualified medical professional. Proceed at your own risk – this is not medical advice.

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 - Ideal Targets for Facial Fat Dissolvers
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 - Step 1: Planning Injection Sites
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 - Step 3: Injection Technique
 - What to Expect Post-Injection
 - Aftercare
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 - High-Risk Zones
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-

What Is LipoLab?

LipoLab is a Korean-made injectable solution designed to dissolve subcutaneous fat. It is not FDA-approved, and its use is considered off-label and experimental when applied to the face.

Key Ingredients:

- Phosphatidylcholine (PPC) – 0.1mg/mL
- Sodium Deoxycholate (DC) – same active acid as FDA-approved Kybella

These compounds break down fat cells via the hydrolysis of triglycerides into glycerol and fatty acids, which are then eliminated through the lymphatic system.

Alternatives:

- Kybella (Deoxycholic Acid): is approved only for under-chin (submental) fat
 - Aqualyx: is considered stronger than LipoLab
 - Lemon Bottle: Ingredient quality is widely criticized
(click to zoom in)
-

Ideal Targets for Facial Fat Dissolvers

Most effective for:

- Submental fat (under chin)
- Jowl fullness
- Buccal fat (if injected intraorally only)
- Cheek puffiness

Less effective for:

- Deep fat pads (e.g., medial cheek fat)
- Nasolabial folds (usually due to bone loss or sagging skin)

Inject only into subcutaneous fat. Deep injections carry high risk and low benefit.

Required Supplies

LipoLab vials: Active compound

1cc or 3cc syringes: For injections

21G needle: To draw from the vial

30G or 31G needle: For facial injection

Alcohol wipes: Sterilization

Surgical pen: Mark injection sites

Antiseptic cream (Chlorhexidine): Skin disinfection

Arnica cream: Bruising/swelling reduction

Antibiotic (Amoxicillin 500mg): Infection prevention (optional, but I recommend it)

Mouthwash (Chlorhexidine): For intraoral prep

Step-by-Step Guide

Step 1: Planning Injection Sites

- **Use a surgical marker to draw evenly spaced dots (~1cm apart)**
- **Stay symmetrical across both sides of the face**

- **Submental: 10–15 dots**
 - **Cheeks: 2–4 per side**
-

Step 2: Preparing the Area

1. **Clean face with alcohol wipes**
 2. **Swish with Chlorhexidine mouthwash (if injecting buccal fat)**
 3. **Apply antiseptic cream to skin**
 4. **Take 500mg of Amoxicillin 1 day before, 30 min post-op, and daily for 2 weeks (optional and not super important)**
-

Step 3: Injection Technique

- **Draw 1mL into the syringe using a 21G needle**
- **Swap to a 30G/31G needle for injection**
- **Inject at a 45° angle into superficial subcutaneous fat**
- **Depth: ~4–8mm (do not go deeper)**
- **Inject 0.2–0.3mL per site**
- **Replace the needle every 2–3 injections**
- **Aspirate before injecting to check if you're in a blood vessel**
- **Slow injection speed to reduce discomfort and risk**
- **rotating injection sites between sessions to prevent tissue damage.**

Solid video for a visual example: <https://youtu.be/u9mnjxNS5q4>

What to Expect Post-Injection

Common Reactions:

- **Redness**
- **Swelling for ~1 week**
- **Mild burning sensation**
- **Possible lumps (massage gently)**

Timeline:

- **Week 1: Swelling and slight discomfort**
 - **Week 2+: Visible change, slight tightening**
 - **Week 3–4: Contour improvement**
-

Aftercare (fairly obvious)

- **Avoid touching the area**
 - **Avoid heat, intense cardio, and sauna for 3–5 days**
 - **Apply Arnica cream 2x daily for bruising**
 - **Drink lots of water to aid lymphatic drainage**
 - **Cold compresses right after injection for inflammation**
 - **Watch for increased redness, fever, pus (signs of infection)**
 - **No alcohol or blood thinners right after or before injections**
-

Feedback I've collected during research

- **“Lipolab didn’t work for me on my cheeks.” (Possibly too deep)**
- **“I injected 1mL per cheek, 8mm depth, no result.”**
- **“Submental area is the safest to start with”**

- **“I photoshopped a certificate to buy it in the UK.”**
 - **“Nose is extremely risky, avoid entirely”**
 - **“It reshaped my ogee curve dramatically”**
-

High-Risk Zones

- **Nasolabial folds**
 - **Nose**
 - **Close to orbit (under-eye)**
 - **Any area with a pulsing artery or numbness when touched**
-

My ROI Assessment

Result Gallery

Slight nasal tip reduction with lipolab.

Nice submental fat dissolver result

Decent Kybella Submental Result

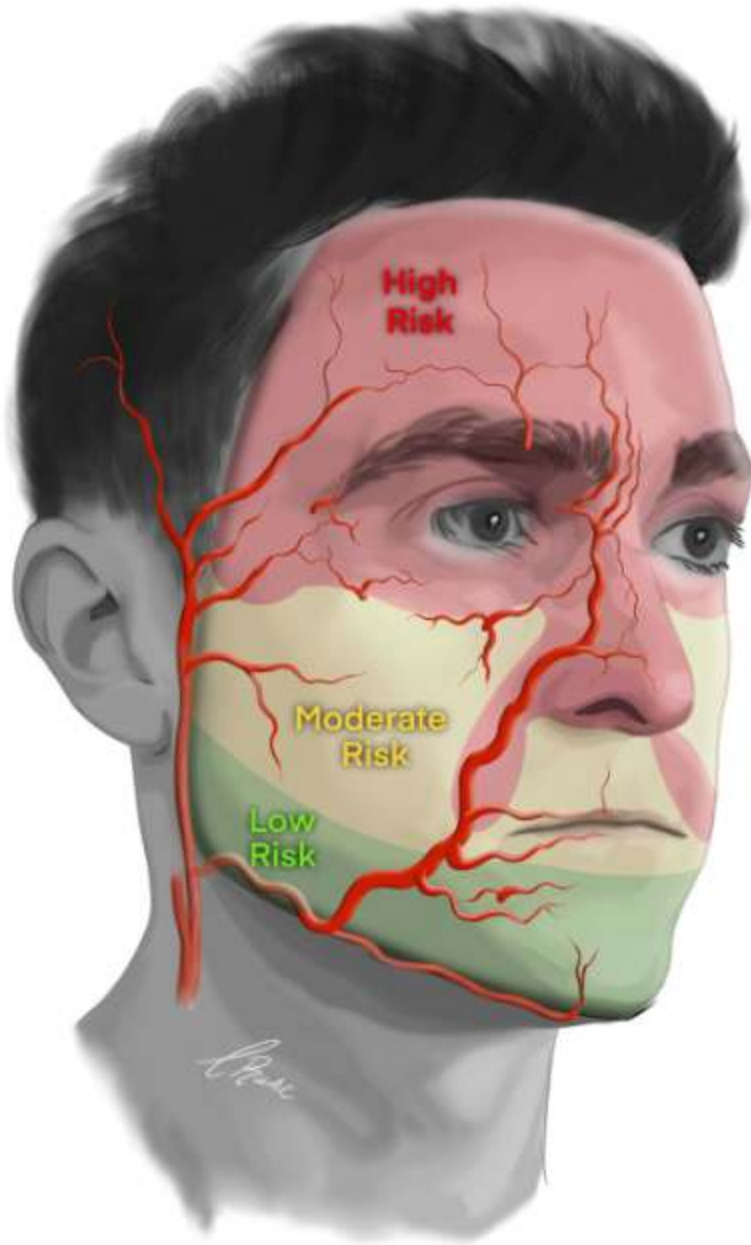
Aqualyx Result

Another Aqualyx

Lipolab (shes still fat but solid improvement tbf)

Lipolab great result





How I Cook My

Steak

- Take steaks out of the fridge an hour before cooking
- Preheat cast iron pan to medium-high heat (7.5 out of 10 on my stove)
- Melt Tallow, lard, or butter on pan
- Let pan heat up for 3-5 minutes
- Lightly salt the front and back of steaks

- **Cook steak in pan for 90 seconds**
 - **Flip the steak, add butter to the pan, and spoon the melted butter over the steak**
 - **Cook another 90 seconds**
 - **Remove steak from pan and enjoy**
-

Adjusted cooking times:

- **Blue Rare: 1 min each side**
- **Rare: 1.5 minutes each side**
- **Med-Rare: 2 minutes each side**
- **Medium: 2.5 minutes each side**
- **(I wouldn't cook beyond medium ever, ideally blue rare or rare)**



Steak Tartar Fruit Salad

Ingredients:

-One pound beef fajita strips

-One Avacado

-One Tomato

-Lime juice

-Light salt



Directions:

- 1. Dice the beef, tomato, and avocado into cubes and toss all in a large bowl**
- 2. Lightly salt to taste**
- 3. Add lime juice to taste (I often end up adding a fair bit)**
- 4. Enjoy, this is one of my favorite meals**

Macros:

-Total sugar: 5g (Wont disrupt ketosis)

-Total fat: 90g

-Total Protein: 80g

This is one of my favorite raw meat dishes and dishes in general. (Remember to only use very quality meat if you want to replicate this; I use very fresh meat from a local farm that treats their animals very well)

Scrambled Eggs + Beef + Cheese

Ingredients:

-1lb grass-fed ground beef

-6 pastured eggs

-Cheddar cheese

Instructions:

- 1. Heat pan to medium heat and add butter or tallow**
- 2. Scramble 6 eggs with a bit of salt**
- 3. Melt cheese into the scrambled eggs**
- 4. Once done, move all to a large bowl**
- 5. Raise heat to medium high heat**
- 6. Cook your beef with a bit of salt**
- 7. Once cooked, combine the meat with the eggs and cheese**



Lime Salmon

I've been loving avocado and tomato (very low carb fruits) paired with either beef or salmon with lime juice on top.

This meal was:

-8oz Smoked salmon

-1 avocado

-1/2 tomato

-generous amount of lime juice

Raw or smoked salmon works great, personally I prefer raw salmon but I don't have a good source.



Testosterone

Boosting Dessert

I don't drink milk or consume sugar very often, but I make sure it's as healthy as possible when I do.

Here's my tweaked recipe for a highly nutritious and hormone-boosting dessert.

-4 oz raw cream

-8oz raw milk

-5 pastured raw eggs

-1 tablespoon raw honey

Mix in a blender until satisfied.

This drink contains some fructose, glucose, and lactose but also tons of micronutrients from the raw egg yolks, tons of healthy saturated fats, and bioavailable protein.

Consume in moderation, as always most of your food should be just beef, eggs, and seafood, but for a special occasion this is still a very healthy dessert.



Preworkout

shake (for those who eat carbs)

Ingredients:

-16oz full-fat raw milk

-3 raw egg yolks (ideally not corn or soy fed)

-3 tablespoons raw honey

Macros:

Calories ~510

Protein ~16–18g

Fat ~24–26g (mostly saturated)

Carbs ~52–55g

Combine ingredients in a glass mason jar and use an electric frother, or combine in a blender

Eat ~30-40 minutes before workout

Fasting

The primary reasons people fast are to accelerate weight loss and trigger autophagy—a metabolic process that removes dead and harmful cells.

On most diets, you can only enter a fat-burning state and activate autophagy by deliberately starving yourself, as insulin disrupts both processes. Since fasting is essentially controlled starvation, it becomes necessary for those whose diets keep insulin levels elevated.

However, on a carnivore diet (which is inherently ketogenic), insulin remains low because your body primarily relies on ketones for energy rather than frequent blood sugar spikes. This allows autophagy and fat burning to occur naturally as needed, making intentional fasting unnecessary when following an optimal diet.

Fasting for a notable period on a carnivore diet may give you the inverse of the desired effect, as when you tell your body there is a lack of food, it metabolically enters a fat storage state.

The Bottom Line: Just eat fatty meat, eggs, and butter until it stops tasting good, and your body will recomp itself ideally; no starving needed.

A1 VS A2 Dairy

When it comes to dairy, not all milk proteins are the same. The difference between A1 and A2 dairy comes down to the type of beta-casein protein found in cow's milk:

- **A1 Dairy:**
 - Contains A1 beta-casein protein, which some people find harder to digest.
 - During digestion, A1 protein breaks down into a compound called BCM-7, which may cause inflammation or digestive discomfort for sensitive individuals (e.g., bloating, gas).
- **A2 Dairy:**

- Contains only A2 beta-casein protein, which is easier on the gut and less likely to cause irritation.
 - Often considered a better option for people with mild lactose intolerance or dairy sensitivities (though it still contains lactose)
-

What about dairy from other animals?

The A1 casein protein originated from a genetic mutation that is specific to cows. As a result, dairy from other animals—such as goats, sheep, or buffalo—is naturally A2 and does not contain the A1 protein. So, in short, no need to look for an A2 label when getting dairy from any non-cow animal.

Is A2 dairy free of flaws?

While A2 dairy is often easier to digest and less inflammatory than A1 dairy, it's not completely free of potential inflammatory effects. A2 casein can still trigger mild inflammation in some individuals, particularly those with dairy sensitivities or lactose intolerance, as it contains lactose and other proteins that may provoke an immune response. For those aiming to minimize inflammation, moderation and personal tolerance should guide A2 dairy consumption.

The real harms of oxalates

I've covered oxalates a few times but I want to be a bit more specific about their actual harm in the body.

Oxalates are compounds found in a lot of plant foods such as spinach, almonds, sweet potatoes, beets, etc.

Most people don't really care or think about them, but they can become a real issue in the body.

When oxalates bind with minerals like calcium, they can form crystals. These crystals can lodge into tissues and organs, contributing to inflammation and pain over time. They essentially are like mini razor blades that can tear up your body and internal tissues.

About 80% of kidney stones are calcium oxalate stones. Some vegans and other mentally ill people have tried to pin this on having too much calcium, obviously you want a LOT of calcium, especially in puberty, and the issue is the excess oxalates.

If you drink a ton of raw milk you will not get kidney stones, if you drink a daily green smoothie you may get end up with a kidney stone in just 2 weeks which is exactly what happened to liam hemsworth for example:

<https://people.com/health/liam-hemsworth-needed-surgery-that-forced-him-to-completely-rethink-his-vegan-diet/>

Here's another problem, if your diet is high in oxalates, they can bind to calcium in your blood (serum calcium). If that calcium isn't available, your body starts pulling it from your bones to maintain an essential level of serum calcium. Over time, this can weaken your bone density.

The fact that this phenomenon has been observed shows just how much calcium can actually get nuked by oxalates (remember you want as much calcium as possible via a natural diet, so if your calcium serum levels are so depleted that you are actually harvesting calcium from your own bones, you are in deep trouble.

Why Carnivores Need Very Little Vitamin C

1. Requirements & Competition

Vitamin C requirement is context-dependent:

On moderate to high-carb diets, glucose and vitamin C compete for the same GLUT4 transporter.

This competition impairs vitamin C uptake, creating a higher requirement.

On a carnivore/low-carb diet, GLUT4 is wide open.

Vitamin C enters cells freely, dramatically lowering the requirement (alongside other mechanisms).

And in fact, excess vitamin C when supplemented will turn into oxalic acid (oxalates)

In some cases, diabetics can develop scurvy-like symptoms due to chronically high blood sugar blocking the uptake of vitamin C, despite having plenty of it in their diet.

2. Meat Contains Vitamin C

All animal cells (including meat) contain vitamin C in the cytoplasm, just like human cells.

The FDA usually labels meat as having zero vitamin C

Not because it actually has none, but because they decided the amount isn't "worth mentioning." (It's an arbitrary, non-scientific choice.)

Additionally, many nutrient tests are conducted after removing the water, which can make the vitamin C content appear significantly lower than it actually is.

It's important to remember that less fresh and cooked meat contains less Vitamin C.

Raw / rare / medium-rare meat = high vitamin C

Overcooked or dried meat (jerky, pemmican, canned) = low vitamin C

3. Historical Evidence

Napoleonic Wars: soldiers developed scurvy on dried biscuits + minimal meat.

Napoleon slaughtered horses and used fresh horse meat to cure scurvy, even when carbs were still present.

Sailors:

officers (with fresh meat access) didn't get scurvy

Sailors who ate dried biscuits, along with some dried and salted meat, did.

Tribes:

Inuit, Maasai, Hadza, and Kalahari thrive without scurvy on meat-based, low-carb diets.

4. Collagen + Amino Acid Pathways

Vitamin C is often cited as needed for collagen synthesis (hydroxylation of proline/lysine).

Carnivore diets supply hydroxyproline & hydroxylysine directly from animal protein, reducing the need for vitamin C in that pathway.

Other nutrients (retinol, Vitamin D3, Vitamin K2 MK-4) support collagen synthesis and tissue health, further reducing the need for much vitamin C.

5. Chromium + GLUT4 Regulation

Chromium upregulates GLUT4 receptors, which increases vitamin C uptake into cells.

Carnivore sources: oysters, mussels, shrimp, pork, beef, eggs.

This mechanism can further reassure carnivores concerned about vitamin C absorption.

6. When is there a risk of deficiency?

Eating only overcooked or dried meats, along with pasteurized dairy, could be a concern due to the vitamin C deficiency in both foods, accompanied by carbs.

Solution: keep some raw/rare meat or raw dairy in the diet.

7. Practical Observations

- Many carnivores report improved gum/teeth health compared to a high-carb diet supplemented with vitamin C.
- Gum bleeding, common on mixed carb diets (despite supplements), often disappears on a carnivore diet.
- High-dose vitamin C supplementation is unnecessary and potentially harmful in a low-carb context.

If carbs are "bad" why do we crave them?

This question really stuck with me when I first started exploring nutrition a few years ago.

After all, if something naturally tastes good to me, why would I restrict it?

At first glance, this makes sense, and I can understand why many people use this appeal to our senses to justify consuming fruit.

It's why I don't think it's a huge issue to enjoy SOME fruit when it's in season and the sun is out.

Low-moderate fruit consumption, especially when it's spread out and not consumed daily,

is unlikely to cause metabolic issues.

However, we run into trouble when we see "reputable" voices pushing hundreds of grams of sugar from fruit and fruit juices every day, which, in my opinion, is excessive and unnecessary. (Paul Saladino for example)

Looking at fruit consumption from an anthropological perspective, things start to make a lot more sense.

Fruit was seasonally abundant in the summer, and the autumn harvest allowed people to build up fat stores in preparation for the colder, leaner months when food was more challenging to come by.

This aligns with how our body processes fructose and glucose. Fructose, in particular, upregulates ghrelin (the hormone that makes you feel hungrier) and suppresses leptin (which signals satiety). It triggers a hunger response and promotes fat storage through de novo lipogenesis (converting sugars into fat for later use).

Given this, it's no surprise that when fruit is available, our bodies naturally push us to eat more of it to stockpile energy. This is a deeply rooted survival mechanism that served humans well during times of scarcity.

Due to our biology, we still have these mechanisms built into us. Now that we are importing fruits and have access to them year-round, it becomes a slippery slope of constant Randle cycle activation and excess fructose in our diets.

So, while fruit CAN be part of your diet, it's essential to be mindful of how much and when you consume it.

I think a hydrating fruit outside during the summer is completely fine, and you should enjoy it, but especially if you are trying to lose weight, you should really regulate your fruit consumption.

There should be weeks in a row where you don't consume any fruit at all to allow your body to create ketones efficiently (The energy source that most of your brain prefers) and allow your self to enter deep autophagy (which chronically elevated insulin suppresses)

We should remember that our cravings for carbs are shaped by the exact mechanisms that once helped us put on fat for the winter. We don't crave fructose because it's an essential nutrient, but we crave fruits to store more energy for later.

Deuterium

This lesson is for those who want to maximize their health. If you're more casual about your well-being, you can skip overthinking deuterium. However, understanding and managing deuterium is essential if you aim for optimal health.

What Is Deuterium?

Deuterium is a heavier version of hydrogen. It's still hydrogen, but with some extra weight (1 proton + 1 neutron instead of just a proton).

It's natural and is present in the water you drink, the food you eat, and even the air you breathe. Your body uses it constantly.

In nature, humans were exposed to significantly lower levels of deuterium. Historically, most of our water and food fell within the 120–130 ppm range. In today's world, however, that's rarely the case. In the rest of this module, I'll break down the major food groups and show you how to navigate your diet and lifestyle to optimize for low deuterium intake.

The Main Harm

In simple terms, the main harm of an unbalanced amount of deuterium is mitochondrial function. Paul Saladino, one of the first mainstream doctors I have ever heard speak on this, discussed it some years back.

It seems in recent years he forgot all about his once-innovative deuterium lesson...

Anyways, the point is that we want optimal deuterium levels for ideal mitochondrial and metabolic function.

How to get ideal deuterium levels

The ideal range for deuterium in your blood plasma and body water is 120–130 ppm for optimal health and mitochondrial function. To achieve this:

1. Stick to foods and drinks that fall within this range.
 2. Avoid foods and beverages that exceed 150 ppm, especially those with higher deuterium concentrations.
-

What compounds boost deuterium?

To understand the fundamentals, these 5 key compounds artificially raise the deuterium of a consumable item:

- water
- sugars (fructose, glucose, sucrose)
- seed oils
- starch

- fiber

In short, when considering your deuterium, avoid consuming foods or beverages (unless water is specifically low in deuterium) to manage your intake.

Best Foods for Optimal Deuterium Levels

- Grass-fed beef (muscle meat): 125–135 ppm
 - Beef liver, heart, organ meats: 120–130 ppm
 - Pasture-raised eggs (yolks): 128–135 ppm (Yolks are lower than whites)
 - Raw grass-fed butter/tallow: 125–130 ppm (Super low, optimal)
 - Wild-caught fatty fish: 125–135 ppm (Lower than farmed fish due to natural diet)
 - Raw milk (grass-fed): 135–140 ppm (Higher in fat, but still decent)
-

Water:

In modern day, water is actually relatively high in deuterium by default unless you intentionally seek out low-deuterium sources.

I used ChatGPT to make a breakdown of the PPM cost and the ROI of different water sources:

(I personally rated the ROI, not the AI btw)

Conclusion:

-Buy Fiji water (140ppm, \$1.50 per liter)

-Buy Mountain Valley spring water (140ppm, \$1.50-\$5 per liter)

Now let's look at some other food groups and their deuterium PPM

(Remember, we want as close to 120-130 PPM as possible)

Grains: Typically 150-160 PPM

Wheat: 155 ppm

Rice: 155 ppm

Oats: 150 ppm

Corn: 145 PPM

Potato: 145 PPM

Grains will typically be very high in deuterium, and this shouldn't come as a surprise, as you have learned throughout the course that grains are just sugar, anti-nutrients, and fiber, and are technically seeds.

When we look at our deuterium checklist, we see that grains mark off essentially 4/5 of the key deuterium-raising components.

- **water**
- **sugars (fructose, glucose, sucrose)**
- **seed oils**
- **starch**
- **fiber**

Even if you include carbs in your diet, getting them from grains is not a good idea.

Other seeds, such as nuts, have a similar range of PPM, so to be concise, I won't cover them.

Dairy: Typically 140-155 PPM

Examples:

Milk: 150 ppm (grass fed 140ppm)

Cheese: 145-150 ppm (grass-fed 135-140ppm)

Yogurt: 150 ppm (grass fed 140ppm)

It may come as a surprise, but dairy isn't too low in deuterium.

Dairy typically sits in the high-moderate range.

Prioritizing grass-fed dairy will ensure a more moderate deuterium level.

Animal Products: Typically 120-140 PPM

If you are consuming wild animals caught/raised outside, fed their natural diet, and not overly processed, their deuterium typically falls into an ideal range of closer to 125 PPM.

Factory-farmed pigs fed soy will have higher levels of deuterium, and frankly, the deuterium will be a lower-tier issue if you are consuming these animals anyway.

Again, here are the fundamental foods with ideal deuterium levels:

- Grass-fed beef (muscle meat): 125–135 ppm
 - Beef liver, heart, organ meats: 120–130 ppm
 - Pasture-raised eggs (yolks): 128–135 ppm (Yolks are lower than whites)
 - Raw grass-fed butter/tallow: 125–130 ppm (Super low, optimal)
 - Wild-caught fatty fish: 125–135 ppm (Lower than farmed fish due to natural diet)
 - Raw milk (grass-fed): 135–140 ppm
-

Oils and Fats:

Fats: Typically 110-130 PPM

Oils: Typically 130-160 PPM

Tallow: 128 PPM

Lard: 116 PPM

Ghee: 125 PPM

Olive Oil: 130 PPM

Canola Oil: 160 PPM (really bad LOL)

Avocado Oil: 130 PPM

Butter: 124 ppm

Fruits: Typically ~150 PPM

Watermelon: 150 ppm

Orange: 150 ppm

Banana: 147–150 ppm

Apple: 145–150 ppm

Grapes: 149–150 ppm

Blueberries: 148–150 ppm

Vegetables: Typically 140-160 PPM

Leafy Greens (Spinach, Kale, Lettuce): 140-150 ppm

Carrots: 150 ppm

Broccoli: 145-150 ppm

Tomatoes: 145 ppm

Cucumbers: 145-150 ppm

Bell Peppers: 150 ppm

Cauliflower: 150 ppm

Zucchini: 150 ppm

Squash: 145-150 ppm

In conclusion, carefully selecting foods, drinks, and even water sources can optimize serum deuterium levels and support mitochondria and improve overall well-being.

While this may seem like a more advanced approach to health, it is one of the many crucial factors to nail for those committed to achieving optimal health.

Resources:

Further Diet Resources:

Dr. Anthony Chafee: https://www.youtube.com/channel/UCzoRyR_nlesKZuOIEjWRXQQ

Prof. Bart Kay: <https://www.youtube.com/@bart-kay>

Aajonus Vonderplantiz: <https://aajonus.net/>

Raw food sourcing:

<https://frankiesfreerangemeat.com/>

FrankiesFreeRangeMeat is an excellent source that ships all over the USA.

<https://amosmillerorganicfarm.com/store/?v=34f435c6b599>

Amos Miller is another excellent option, though more expensive.

Find raw milk and farms near you:

<https://getrawmilk.com/search>

Cooked vs raw nutrient bioavailability studies and summary

Cooking meat can alter its nutrient composition, affecting both nutrient availability and digestibility. Here's a summary of key findings from various studies:

Nutrient Availability and Digestibility

- **Protein Digestibility:** Cooking meat enhances protein digestibility by denaturing proteins, making them more accessible for absorption. This process increases the bioavailability of amino acids.

[Harvard Gazette](#)

- **Mineral Absorption:** Cooking can affect mineral content. For instance, a study on USDA Prime beef cuts found no significant difference in cholesterol content between raw and cooked meats. However, cooking methods can influence the retention of certain minerals.

[PubMed](#)

Vitamin Content

- **Vitamin Loss:** Cooking meat can lead to the loss of heat-sensitive vitamins, such as vitamin C and some B vitamins. The extent of this loss depends on cooking methods and temperatures.

[Healthline](#)

- **Vitamin A and B12:** Some studies suggest that cooking may reduce the levels of certain vitamins like vitamin A and B12 in meat. However, the impact varies based on cooking methods and meat types.

[PMC](#)

Health Implications

- **Carcinogen Formation:** High-temperature cooking methods, such as grilling or frying, can produce heterocyclic amines (HCAs), which are considered potential carcinogens. Consuming meat cooked at lower temperatures or using methods like microwaving can reduce HCA formation.

[Wikipedia](#)

- **Advanced Glycation End Products (AGEs):** Cooking meat at high temperatures can lead to the formation of AGEs, compounds linked to various health issues, including inflammation and chronic diseases. Methods like marinating meat or cooking at lower temperatures can reduce AGE formation.

[Wikipedia](#)

Conclusion

Cooking meat can enhance protein digestibility and mineral absorption but may lead to the loss of specific vitamins and the formation of potentially harmful compounds. The impact of cooking on nutrient content depends on the cooking method, temperature, and duration. To maximize nutrient retention and minimize health risks, it's advisable to use cooking methods that preserve nutrients, such as steaming or pan searing, and avoid overcooking meat.

The Potent Harm Of Phytic Acid

Here's a graph showing zinc absorption from oysters alone, oysters with black beans, and oysters with corn tortillas.

The results are insane. Pairing oysters with black beans decreases zinc absorption by about **70%**.

When oysters were eaten with corn tortillas, **100% of the zinc was blocked** (completely bound up by phytic acid).

And remember, oysters are one of the richest sources of zinc on the planet.

Eat a toxic plant with them, and you lose most, if not all, of the beneficial minerals you need.

Citric Acid

A mild amount of citric acid from whole fruits usually isn't harmful.

But in excess (especially from highly acidic fruits like lemons and limes), it can cause dental erosion over time.

(Anecdotally, my grandfather lost ALL of his teeth from eating lemons and limes by age 30)

If you're eating fruit, you shouldn't brush your teeth right away (in fact, brushing too soon after acid exposure can wear enamel down further).

I recommend rinsing your mouth with water right after consuming acidic fruit, letting your saliva naturally neutralize the acid, and then brushing with just water a bit later.

The bigger issue with citric acid isn't fruit, but when it's added to sodas and energy drinks.

These drinks are both highly acidic and stored in metal or plastic containers. Citric acid is corrosive as it is, well, an acid (it slowly breaks down the container lining).

For example, Monster Energy cans are lined with epoxy resin.

Traditionally, these resins contained BPA, and even BPA-free versions often use similar compounds (like BPS or BPF).

Citric acid can contribute to the leaching of these chemicals into the drink.

Over time, regular consumption exposes you to these chemicals as the acid corrodes them, on top of the sugar, caffeine, and additives; this eventually is likely to cause a real problem.

That's why I'd personally avoid citric acid from processed drinks or packaged foods.

If you choose to eat fruit, rinse your mouth afterward and brush your teeth la

ter **What species has the fattiest dairy?**

Animal fat is crucial in development, and dairy is a great way to get it in your teenage years.

Here is a general overview of the different fat contents of dairy from various animals:

Hooded Seal >60% The richest milk known; supports rapid pup growth in a short 4-day nursing period in freezing environments.

Reindeer 22.46% Very high in fat, suited for energy demands in cold climates.

Buffalo 6.0 - 15.0% Has a very high fat content, on average about twice as high as cow milk; creamy and ideal for dairy products.

Donkey ~8% Very high fat content, rich and thick dairy

Yak 5.5 - 7.5% Considered a naturally concentrated milk with high levels of fat, protein, and solids.

Sheep 5.9 - 7.1% Richer than cow and goat milk; high solid content makes it excellent for cheese and yogurt.

Camel 3.82 - 5.4% Ranges are wide; one analysis found an average of 3.82%, while other studies report higher values.

Cow ~4% Standard fat content, rich but not super rich

Pig ~ Slightly fattier than cow milk Slightly higher in fat than cow milk, but similar in protein and sugars; not farmed for milk due to practical difficulties.

Black Rhinoceros ~0.2% The skimmed milk of the mammal world; long nursing period makes low-fat,

Generally sheep to buffalo is a great range of high fat dairy, also balanced with carbs and protein.

High dose beta carotene for skin?

Some people in the looksmaxxing space intentionally eat tons of beta-carotene (carrots, sweet potatoes, juices) to turn their skin orange because they think it looks more attractive.

The thing with beta carotene is that it is not active vitamin A and must be converted into retinol.

This conversion relies on your thyroid (especially T3)

In short what this means is that: if you are actually turning orange from lots of beta carotene that is a sign of hypothyroid and poor metabolism, this is NOT what we want to see whatsoever.

This is why carotenemia has long been associated with hypothyroidism, and why doctors will immediately check one's thyroid when they present with carotenemia.

Treating low thyroid often clears the orange color without changing the diet.

On top of this a lot of beta carotene rich foods also have notable oxalate content, which oxalate crystals also can build up in the thyroid and inhibit its efficiency.

I am not a ray peat follower whatsoever, but I agree with him on many things such as seed oils, beta carotene, etc

The thyroid is extremely important and eating lots of carrots or sweet potato's will not be conducive to maximizing metabolism.

Fats and Their Effects on the Thyroid/Metabolism

1. Saturated Fat

✔ Supports healthy thyroid function

- Boosts metabolic rate
- Helps stabilize blood sugar
- Shields cells from PUFA-related damage
- Improves T4-to-T3 hormone conversion

Found in:

🥥 Coconut oil, 🍫 Butter, 🧀 Cheese, 🥛 Whole milk, 🥩 Beef tallow, 🥚 Egg yolks, 🐄 Cream

2. Monounsaturated Fat (MUFA)

⚠ Neutral to mildly supportive

- Less harmful than PUFAs
- Can oxidize with heat
- Doesn't directly support thyroid like saturated fats

Found in:





 Avocados,  Olive oil,  Pork fat (lard, ideally pasture-raised)

3. Polyunsaturated Fat (PUFA)

 Suppresses thyroid and slows metabolism

- Inhibits T3 at the cellular level
- Blocks the conversion of T4 to T3
- Raises stress hormones like cortisol and adrenaline
- Promotes inflammation and oxidative stress

Found in:

 Seed oils (soy, canola, corn, sunflower, safflower),  Nut butters,  Seeds, 
Fried/fast food, most processed snacks

Summary:

 Best Choices (Supportive)

- Coconut oil (high in MCTs, which can rapidly support ketone production, but missing fat-soluble vitamins)
- Butter
- Dairy fat
- Beef/lamb fat
- Egg yolks

 Use Occasionally (Neutral to Mildly Supportive)

- Olive oil (real fresh organic cold-pressed olive oil is pretty neutral, but hard to come by)
- Avocado (same with olive oil, often tainted and oxidized)
- Lard - only from pasture-raised pigs (PUFA content varies)

✗ Minimize or Avoid (Thyroid-Suppressive)

- Seed oils – soy, corn, canola, safflower, sunflower
- Nut and seed oils – walnut, flax, almond, sesame
- Highly processed foods – salad dressings, chips, granola bars, fast food
- Deep-fried foods – almost always cooked in unstable PUFA oils

What Everyone Should Know About Soy

There's an enzyme in your body called 5-alpha-reductase (what the hair loss drugs finasteride and dutasteride block)

It helps turn testosterone into DHT, a hormone that:

- Supports libido
- Helps maintain energy and mood
- Keeps brain chemistry stable

Interestingly, soy actually has a compound that acts as a 5-alpha-reductase inhibitor...

This is rarely talked about as most people focus on the phytoestrogens found in soy, which can be problematic too, but I'd argue this 5-alpha-reductase inhibitor effect is more important as lower DHT results in:

- Less energy
- Weaker libido

- **Poorer stress tolerance**
- **Brain fog or emotional flatness**
- **In men, a risk of feminizing hormone shifts**
- **In women, more estrogen dominance**

Even relatively small amounts of soy can lower your DHT levels, interfere with iodine uptake by the thyroid, and slow your metabolic rate.

On top of this, the phytoestrogens can also slow thyroid function, raise endogenous and unbound estrogen, which can also slow the metabolic rate, and worsen PMS.

Wholistically, when looking at soy, it is an anti-thyroid, anti-metabolizing food, and should truly be avoided.

Different Fats Behave Very Differently in the Body

What's interesting is that feedlot animal nutrition is one of the few areas where incentives are perfectly aligned with the truth.

Farmers make more money the faster and fatter an animal grows, so diets are tested relentlessly for efficiency, and the most effective intervention is actually implemented.

In multiple trials on monogastric animals such as pigs and chickens, researchers fed large amounts of coconut oil to them with the goal of increasing fat gain rapidly.

Funny enough, the animals fed coconut oil (mostly saturated fat) often became leaner, while animals fed seed oils like soybean oil gained more fat and showed a less metabolically healthy fat profile (despite similar "calorie" intake.)

Another possible explanation is from looking at this through a thyroid lens, fats also appear to follow a rough hierarchy:

the further a fat is from saturation, the more likely it is to interfere with thyroid function (and therefore stunt metabolic rate and health)

Saturated fats tend to be supportive

monounsaturated fats are mostly neutral

PUFAs are suppressive over time

Industrial trans fats are outright disruptive. (they have since been banned by the FDA)

If you see yourself as a lab rat you could test this for yourself, add in 1000 "calories" of seed oils vs 1000 "calories" of cold pressed raw coconut oil for a few weeks, I would bet my life that your body composition would be notably different in a positive way with the latter compared to the former.

Raw Wild-Caught Cod Liver Oil

Raw wild-caught cod Liver Oil is one of the best "supplements" as it is packed with the right omega 3 fatty acids (DHA + EPA), Vitamin A for skin health, Vitamin D for mental health and hormone synthesis, vitamin K2, Vitamin E, antioxidants, and Iodine + selenium which are lacking in the modern diet.

I couldn't recommend implementing cod liver oil enough. it is pricy, but you want wild caught and unpasturized cod liver oil for the best nutrition.

Best source:

<https://frankiesfreerangemeat.com/products/wild-caught-raw-cod-liver-oil>

Wild caught + raw but pricy:

https://www.amazon.com/Rosita-Extra-Virgin-Liver-Liquid/dp/B00LN3MN26?crid=9AI06HXG4URT&dib=eyJ2IjoiMSJ9.Fi2fBEG7fHU1wEXYIN_R2TkSicj0Z9NlypnGgvF5fflRtZakwgVsg3XCrXdGullZ_tuKfAZkNyRVtAawMz8_MOiVzNE7OJlvcpZ4ApiCYUJ0nR0LErUyqUhV_gNG5-LZh8wETTbpqvQdT80YXGzU5eol96Bj_BU0ig4bLQeABLjtx-pqT5G5rlpTQt6TKtlGZiJSXojLG3eCp-aWoRHyiAVMoJOdQ2zPXmuoPJcpygb6eQ503xTr1H820m7YyYphPuMKCBspXzh9CH9d7Uh1VxmqecMh9wN1gLrtn5-00WQy05k4UF_OyD7RCnPVhgibqVRpIYWw3MuhIDTfPwbU8GJaQ9Gu59WH3Xkn4hNRH_9fgo-p1t7ekM2CC1FesiNjFXzVI-cj71fUe500I_DKMRglXyRs0ttGSLRNOM8ed9HqnXcluU7at9-3t-iRy1F.0MiuN78lbVzwGpzXmaClzdTUHQGL9pQCNVAGoggkrMk&dib_tag=se&keywords=raw+wild+caught+cod+liver+oil&qid=1740847117&srefix=raw+wild+caught+cod+liver+oil%2Caps%2C111&sr=8-2

Great value, wild caught but not raw:

https://www.amazon.com/Carlson-Supplement-Wild-Caught-Norwegian-Sustainably/dp/B003B3P4PO?pd_rd_w=yKjMq&content-id=amzn1.sym.55c0153f-1fb7-42ff-8241-d1c0f3732289&pf_rd_p=55c0153f-1fb7-42ff-8241-d1c0f3732289&pf_rd_r=044DQ8EBFK48Q40S9AN7&pd_rd_wg=8Cjji&pd_rd_r=92140244-a54f-4689-82ad-ee8595a30762&ref_=sspa_dk_detail_1&sp_csd=d2IkZ2V0TmFtZT1zcF9kZXRhaWxhdGhlfWF0aWM&th=1

It's a solid source, wild-caught but not raw:

<https://dlclabs.com/product/de-la-cruz-pure-wild-caught-icelandic-cod-liver-oil-4-fl-oz-118-ml/>

Nutritional Profile (Per 1 Tablespoon / ~14g)

1. Omega-3 Fatty Acids (Anti-Inflammatory & Brain-Boosting)

- EPA (Eicosapentaenoic Acid): ~600–1,000 mg
- DHA (Docosahexaenoic Acid): ~900–1,500 mg
- Benefits: Supports brain function, skin health, heart health, and reduces inflammation.

2. Vitamin A (Retinol) – Essential for Skin, Vision & Immunity

- ~4,500 – 13,000 IU (900-2,600 mcg RAE) per tbsp
- Benefits: Critical for skin elasticity, collagen production, night vision, and immune health.
- Note: Excessive intake can be toxic if combined with other vitamin A sources.

3. Vitamin D (Calciferol) – Bone & Immune Health

- ~400 – 2,000 IU (10-50 mcg) per tbsp
- Benefits: Helps with calcium absorption, strong bones, hormone regulation, and immune function.

4. Vitamin K2 (MK-4 & MK-7) – Bone & Cardiovascular Health

- Varies, but present in some wild-caught sources
- Benefits: Directs calcium into bones and teeth, preventing arterial calcification.

5. Small Amounts of Vitamin E & Other Antioxidants

- Protects omega-3s from oxidation and supports skin health.

6. Trace Minerals (Iodine, Selenium) – Thyroid & Antioxidant Support

- Iodine: Supports thyroid hormone production.
 - Selenium: Acts as an antioxidant and supports thyroid health.
-

Why Raw Wild-Caught Cod Liver Oil Is Superior

✓ **Higher Nutrient Density** – More intact vitamins and bioavailable omega-3s.

Less Processing = No Synthetic Additives – Many commercial cod liver oils remove natural vitamins and add synthetic ones.

✓ **Better Omega-3 Retention** – Cold processing keeps fragile fatty acids intact.

How It Fits Into Your Diet

- **Dose: 1-2 tablespoons daily**
 - **Pair with vitamin K2 (grass-fed butter, beef liver, natto) to balance vitamin A & D absorption.**
 - **Avoid excessive heat exposure, as it can oxidize the delicate fatty acids.**
-

Iodine

Remember, if you eat seafood to any significant amount, iodine is not a concern.

Iodine is also found in eggs, raw dairy, and beef, it just depends on the quality of the products you get.

50% of Americans are deficient in iodine.

Unfortunately, besides seafood, modern soil and food are extremely depleted of iodine.

Here are the benefits to supplementation:

- **Supports Thyroid Health:**
 - Essential for producing thyroid hormones (T3 & T4) that regulate metabolism and energy levels.
 - Prevents hypothyroidism (fatigue, weight gain, poor skin).
- **Improves Skin, Hair & Nails:**
 - Prevents dry skin, brittle nails, and hair loss due to iodine deficiency.
 - Promotes skin healing, reduces acne, and may improve conditions like eczema.
- **Detoxifies the Body:**
 - Displaces fluoride, bromine, and chlorine, supporting detoxification.
 - Enhances liver detox pathways and supports brain clarity by removing toxins.
- **Supports Brain Function:**
 - Critical for brain development and function, helping to avoid cognitive decline.
 - Helps maintain mental clarity and may prevent neurodegenerative diseases.
- **Regulates Hormonal Balance:**
 - Detoxes excess estrogen, reducing estrogen dominance (linked to gynecomastia, weight gain, and inflammation).
 - Optimizes testosterone production and overall hormonal balance.
- **Antimicrobial & Antifungal:**
 - Has natural antimicrobial and antifungal properties, useful for treating skin infections and oral health issues.
- **Boosts Metabolism & Weight Loss:**
 - Optimizes thyroid function, leading to a higher metabolic rate and more efficient fat-burning.

Best value iodine:

<https://www.amazon.com/Carlyle-Lugols-Percent-Potassium-Solution/dp/B07C2KTN>

SM?crid=1ANC0VGFQZ2RJ&dib=eyJ2ljojMSJ9.GdBcl2PqpknkJq8uPiB6Nm_HkDBjqzsIBXtw1Nrf4607tijXHAh7sLJZCAr3feyx2rgbu-ayx72HPEubCNabLqCrFZ9HLiCPHIMBXIAZL9eZpAg81N-M3_FNUBhY6H6NLGKvekw95yT3K_QPphg6A6ydnneMyNMX7i4h3Xxjzd7na09oti4mbA06J4b35b8LqVVVElqWmiJSiU0oDowWCCUaqlxP7f4i-fyNYD3Mr2RV4iq2AGYO5DjzsdLTiyS96mzJRoiMRbZhz8zM81F_UgYrOqPRrt1woF1YW3Kh8oa4wbuDyGIY0equMIHHKyNXn5RFKTKC651SS-FupoY5X0yNvhRVdj_fWZo3fHs-NtUKFGKLFkzAITUZlhv88lat-tJ54P4ot6PlynDOLE_0BNNEntEsPdjonTJ_KAcBHeGk_cUIZ_z84xhTta6lvQ.fN_On9Tc-0b_qUf0_ZPnnoCRe0wqd8WqzJgVHK2Gpc8&dib_tag=se&keywords=lugol%27s+iodine+solution&qid=1740847486&sprefix=lugols+io%2Caps%2C144&sr=8-6

Taurine

Here are the bullet points from ChatGPT on the benefits of taurine.

The main benefits I personally look at (mind you, this is just my opinion) are the electrolyte regulation, the upregulation of GABA (lowers anxiety, upregulates dopamine), and improving mitochondrial function.

- **Cardiovascular Health**
 - Helps regulate blood pressure and heart rhythm
 - Improves endothelial function (blood vessel flexibility)
 - May reduce risk of heart failure and atherosclerosis
- **Exercise Performance & Recovery**
 - Enhances endurance and reduces fatigue
 - Improves muscle contractility and calcium handling
 - Acts as an antioxidant, lowering exercise-induced oxidative stress
- **Neurological & Cognitive Support**
 - Functions as a calming neuromodulator (GABAergic activity)
 - Protects neurons from excitotoxicity and oxidative damage

- Supports brain development and memory
- **Eye & Retinal Health**
 - Highly concentrated in the retina, essential for photoreceptor survival
 - Deficiency can impair vision
- **Metabolic Effects**
 - Supports insulin sensitivity and glucose regulation
 - Improves lipid metabolism and may help reduce triglycerides
 - May play a role in weight management by improving energy efficiency
- **Liver & Detoxification**
 - Conjugates bile acids, aiding fat digestion and cholesterol metabolism
 - Helps protect liver cells from damage and fibrosis
- **Antioxidant & Anti-inflammatory Properties**
 - Neutralizes reactive oxygen species (ROS)
 - Reduces systemic inflammation and protects tissues under stress
- **Immune Support**
 - Modulates immune cell activity
 - Produces taurine chloramine, which helps regulate immune responses and reduce chronic inflammation
- **Electrolyte Balance**
 - Helps regulate calcium, sodium, magnesium, and potassium flow across cell membranes
 - Supports hydration and reduces cramping
- **Longevity & Anti-aging Potential**
 - Recent animal studies link taurine supplementation to increased lifespan
 - May help maintain mitochondrial function with age

Supplementation can be beneficial if you don't consume enough fresh, raw meat, as cooking destroys taurine at a high rate. Additionally, the processing of meat often causes some taurine to leak from the meat during storage.

Any free-form taurine will work; here's a good one:

https://www.bulksupplements.com/products/taurine?variant=44315551858882&utm_source=google&utm_medium=organic&utm_campaign=United%20States%20English%20Multifeeds&utm_content=Taurine%20Powder&utm_campaign=20881193213&utm_source=g&utm_medium=cpc&utm_content=&utm_term=&ad_id=685311441577&wickedsource=google&wickedid=Cj0KCQjwhMq-BhCFARIsAGvo0KdgBlk1PyF12i7FT9SrgSB4hxAcQi9IE41z2f4je16RhH51o4STVlQaAlpsEALw_wcB&wickedid=685311441577&wcid=20881193213&wv=4&gad_source=1&gclid=Cj0KCQjwhMq-BhCFARIsAGvo0KdgBlk1PyF12i7FT9SrgSB4hxAcQi9IE41z2f4je16RhH51o4STVlQaAlpsEALw_wcB

Electrolytes

Carnivore Foods to Cover Electrolyte Needs:

- **Sodium:**
 - Salt (unrefined sea salt, Himalayan pink salt, or Redmond Real Salt)
 - Bone broth (rich in sodium when simmered from bones)
- **Potassium:**
 - Beef (especially muscle cuts)
 - Pork (particularly in lean cuts)
 - Chicken (dark meat like thighs and drumsticks)
 - Bone broth (contains potassium from bones)
- **Magnesium:**
 - Organ meats (especially liver)
 - Bone broth (rich in magnesium if simmered long)
- **Calcium:**
 - Canned fish with bones (e.g., sardines, salmon)
 - Bone broth (contains calcium from the bones)
 - Dairy (if tolerated, such as cheese or heavy cream)
- **Chloride:**
 - Salt (as chloride is bound to sodium)

- Bone broth (contains chloride along with sodium and potassium)
-

If you don't think you can cover your electrolytes with natural foods, I recommend Redmond's Relyte in the unflavored version. It's the best price-to-quality mix I've found.

<https://redmond.life/products/re-lyte-hydration?variant=39646809686064>

E-Lyte is great too:

https://bodybio.com/products/e-lyte-balanced-electrolyte-concentrate?variant=34379622154375&country=US¤cy=USD&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic&utm_source=google&utm_medium=cpc&utm_campaign=20398412137&utm_content=&utm_term=&tw_source=google&tw_adid=&tw_campaign=20398412137&gad_source=1&gclid=Cj0KCQiA8q--BhDiARIsAP9tKI3Up8tZrjd9XTtWiDQyEAQpsP6pJr3PNDTjtHtTKEAqRpJ7ZU6D7RsaAlsAEALw_wcB

Potassium Citrate

<https://www.bulksupplements.com/products/potassium-citrate-powder?variant=32133447254127>

The 2.2 lb option gives you around 1,000,000 mg of potassium for about \$25, a great value.

I take 3,000 mg daily, and since potassium is water-soluble, I'm not too worried about taking a bit extra.

This helps balance out your sodium levels, and since I know my sodium levels have been too high lately, I'll follow this protocol for a few weeks until things stabilize.

You could take this amount daily long-term with no issue, but ideally, on a well-structured diet, your sodium levels should regulate themselves (unless you're using a lot of salt, which I don't recommend.)

Raising Canthal Tilt

The canthal tilt refers to how positively or negatively tilted the eyes are.

Ideally, the canthal tilt should be 5-8 degrees positive in men and 6-9 degrees positive in women.

A negative canthal tilt, particularly a severe one, tends to give off a non-aesthetic appearance:

Typically, you can visually assess your canthal tilt

Or you can measure for free on photopea.com

Raising Canthal Tilt:

The only way to raise the canthal tilt is with surgery, and there are 2 main options: Canthoplasty and Canthopexy.

Canthoplasty reshapes and repositions the outer corner of the eye by cutting and reconstructing the lateral canthus, creating a more lifted or elongated look.

Canthopexy reinforces and tightens the existing lateral canthus with sutures without cutting it, providing support without significantly altering eye shape. Canthoplasty is for aesthetic reshaping, while canthopexy is for functional support to prevent eyelid sagging.

The options are quite similar in terms of results. Getting a consultation with an oculoplastic surgeon can help you decide which is right for you.

On the topic of surgeons:

For a cosmetic canthoplasty or canthopexy, the surgeon you choose is quite important. Here are some recommendations:

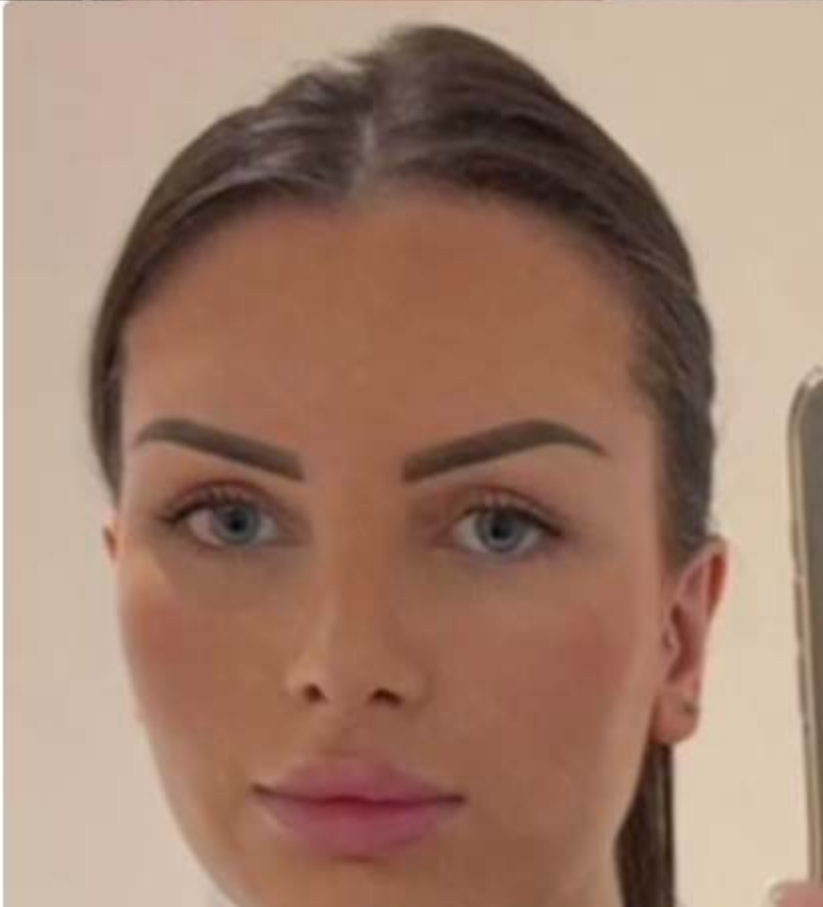
1. <https://www.instagram.com/drufukaskeroglu/>
2. <https://www.instagram.com/umitbeden/?hl=en>
3. <https://www.drvrcek.com/>

The first surgeon I linked seems to be the best option, all things considered.

He performs what he has coined "bella eyes," which is a superior way to do a typical canthoplasty or canthopexy, where the incision is made near the hairline for no visible scarring in the eye area.

These results have been the most promising out of any other canthoplasty/canthopexy surgeon I have seen:

Another technique that seems to be very effective is called "drill hole canthoplasty," but in terms of finding a surgeon to perform this method, I wish you luck, as I have found none.



Softmaxxing

Medial Canthus

The medial canthus refers to this area of the eye:

The best-looking men and women alike have a long and downturned striking medial canthus:

Using a waterline pen, you can subtly enhance your medial canthus. While this is technically makeup, it's a results-oriented daily practice that can slightly enhance the striking appearance of your eyes.

This realistic before-and-after concept will also help you understand exactly how to draw the medial canthus for the best results.

Getting a few different shades to see which suits your skin tone is a good idea, as waterline pens are dirt cheap anyway.

[Here's a pen that works well for just ~\\$2](#)

Softmaxxing Medial Canthus

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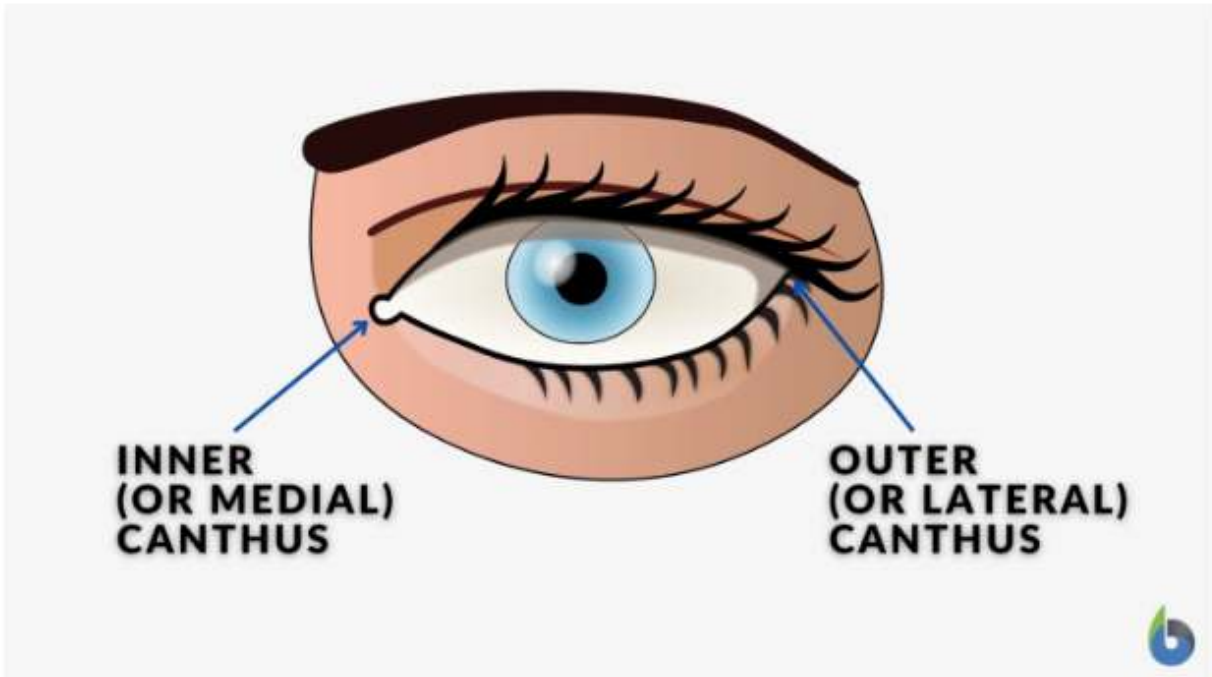
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https://www.amazon.com/wet-wild-Retractable-Waterproof-Resistant/dp/B082YPRCMM/ref=asc_df_B082YPRCMM?mcid=f9e5005872b73f2ab378b5f52d37ddcc&hvociid=3157749272559132075-B082YPRCMM-&hvexpln=73&tag=hyprod-20&linkCode=df0&hvadid=721245378154&hvpos=&hvnetw=g&hvrnd=3157749272559132075&hvpon=&hvptwo=&hvqmt=&hvdev=c&hvdvcmld=&hvlocint=&hvlocphy=9192277&hvtargid=pla-2281435175938&th=1



Eye Color

Option One - Colored Contacts:

You can use a high-quality colored contact to enhance your strikingness and appeal. Again, you will be called out for this if you change drastically around people you already know. Going into a new environment such as college with high quality colored contacts can be a great choice though, especially if they are a halo to your ethnicity.

Best Source:

<https://www.lens.me/>

Other Sources:

- [Eye Candys](#)
 - [TTDEye](#)
 - [Coleyeyes](#)
 - [Solotica](#)
-

Option 2: Stroma/Yeux Clairs

- **Recommended Company:**
<https://www.yeuxclairs.com/>
- **Anatomy of the Iris:**
 - The stroma is the middle layer of the iris where eye color is determined. The pigment (melanin) here dictates whether an eye is brown, blue, green, or hazel.
 - Brown eyes have a higher concentration of eumelanin (dark pigment), while blue/green eyes have less.
- **How the Procedure Works:**
 - The laser targets the stroma to disrupt melanin granules (melanosomes) in brown eyes.
 - The body then naturally removes the pigment, revealing the underlying lighter color (blue or green).
- **Laser Technology:**
 - Nd:YAG Laser (532nm wavelength) is used for its precision in targeting melanin.
 - The laser is controlled for pulse width and repetition rate to avoid damage to the retina and other parts of the eye.

- The Gaussian beam profile ensures the energy is focused on the iris, protecting the retina.
- Safety Protocols:
 - The procedure follows strict safety guidelines like Maximum Permissible Exposure (MPE) to protect the retina.
 - Eye-tracking systems are used to ensure precise laser targeting.
- Treatment Process:
 - The process involves multiple sessions, as the pigment removal is gradual.
 - The laser is applied in spiral patterns across the iris, divided into treatment zones, ensuring even pigmentation change.

<https://www.lens.me/> <https://eyecandys.com/> <https://www.ttdeye.com/>

<https://coleyes.com/> <https://www.solotica.com/> <https://www.yeuxclairs.com/> **OBO**

What is OBO?

OBO, also known as orbital box oosteotomy, is a procedure primarily used to correct eyes that are either too close-set or too far apart.

The procedure can also correct asymmetry of the orbits vertically, like in this case:

The procedure was initially developed in the 1970s to correct severe craniofacial deformities like orbital hypertelorism.

It was a groundbreaking solution for patients with congenital conditions affecting the spacing of the eyes.

More recently, however, the technique has gained attention in the cosmetic world, notably through a figure known as **Giant Implants** and his team, who have adapted it for aesthetic purposes rather than purely medical ones.

Giant Implants and his team have successfully pulled off a few of these procedures, and they utilize a technique where no craniotomy is required for the procedure (no exposure of the brain).

One patient did experience mild strabismus post-procedure, but it was still likely a good return on investment, as having a 41% eye separation ratio is worse than a 45% eye separation ratio with strabismus.

When is OBO viable to consider?

As a general rule of thumb, if your eye separation ratio is under 42% or over 48% as a man (this slightly varies between ethnicities), then OBO is an *option*.

Marko Jaric, for example, would be a prime candidate.

His ESR is 39%, many standard deviations from the mean for attractive men.

OBO is an option if your eye separation ratio is under 43% or over 49% as a woman (this slightly varies between ethnicities).

As mentioned, if you have an extreme eye asymmetry, OBO is also excellent at correcting this.

Risk + Price

So far, with giant implants and his team, there have been no failures of the procedure medically, atleast, aside from the one case with mild strabismus.

The procedure generally seems even safer than an orbital decompression, which, as you may know, recently botched Frank Tufano.

The price seems to be around \$30,000 since the last time I heard it reported.

Typically, though, Giant and his team will package other procedures at a very fair price if needed.

Final Verdict/ROI

Despite no one being botched yet, from cosmetic OBO, this procedure is not to be taken lightly.

It should be reserved for extreme eye spacing flaws or orbital asymmetries.

I wouldn't consider it unless your eye spacing is highly flawed, as we covered earlier with the percentage ranges.

It is certainly an option if you have outlier eye spacing and are dedicated to maxing out your face.

I suggest making a community post and asking if you qualify to get more opinions if you are unsure.



The procedure can also correct asymmetry of the orbits vertically, like in this case:



Product sourcing + Surgery Info

Recommended Surgeons:

Saddled Infraorbital Rim Implants - Dr. Pagnoni

Supraorbital Rim Implants + Fat Graft - Dr. Pagnoni

Canthoplasty - Dr. Ufuk Askeroglu, Dr. Umit Beden, Dr. Vreck, Dr. Steinsapir,

Lower Eyelid Retraction Repair: Dr. Ufuk Askeroglu, Dr. Umit Beden, Dr. Vreck, Dr. Steinsapir,

[Orbital Box Osteotomy - Giant Implants Team](#)

[Eye Color Change](#)

Product Sourcing

[Lumify whitening eyedrops](#)

Disclaimer:

The information provided here is for informational purposes only and should not be considered a substitute for professional medical or surgical advice. Any recommendations or opinions expressed are based on general knowledge and understanding and may not apply to individual circumstances. It is strongly recommended that you seek the advice of a qualified professional before making any decisions or taking any actions based on the information provided. Reliance on any information this analysis provides is solely at your own risk.

<https://www.instagram.com/giant.implants/?hl=en> <https://www.yeuxclairs.com/>



Testosterone Checklist

- Ideal Sleep With Circadian Rhythm
- High Egg Consumption
- Lots Of Fatty Meat Consumption
- Lots Of Wild Caught Fish Consumption
- Consume Well Sourced Beef Liver And Heart
- Minimizing Endurance Activity
- Proper Sunlight Exposure (1-2 hours if white, 3-4 if mixed, 5-6 if dark)
- Sun Exposure On Genitals

- High Intensity Training 2-3x A Week (not more than 30 mins per session)**
- Avoiding Toxic Chemicals (shampoos, bad food, toxic cleaning products, etc)**
- No Drug Use Whatsoever (no alcohol, vaping, etc)**
- Reducing Stress As Much As Possible**
- Proper Zinc And Magnesium Intake**
- Proper Iodine Intake**
- Proper Body Fat % (9-15%)**
- Limiting Blue Light At Night**
- No Cooking With Teflon Pans**
- Glass > Plastic Or Metal**
- Avoid Anything That Isn't: Meat, Seafood, Eggs, Raw Dairy, and Fruit at all costs, and again, raw milk and fruit are not completely optimal.**

Development



Artificial methods



IDEAL PUBERTY LIFESTYLE

FOOD

- No food restriction
- No coffee
- No alcohol
- No sugar
- No fat
- No artificial stuff

SLEEP

- Updates to never have to wake up to an alarm
- If you have early morning activities, go to bed earlier etc
- Get plenty of sun but in moderation to ensure you tan and repair hair
- No food, plenty (avoid) restriction
- No sugar
- No coffee
- No fat
- No alcohol

SHOES

- Updates to never have to wake up to an alarm
- If you have early morning activities, go to bed earlier etc
- Get plenty of sun but in moderation to ensure you tan and repair hair
- No food, plenty (avoid) restriction
- No sugar
- No coffee
- No fat
- No alcohol

SUN

- Get plenty of sun but in moderation to ensure you tan and repair hair

HEIGHT

- Updates to never have to wake up to an alarm
- If you have early morning activities, go to bed earlier etc
- Get plenty of sun but in moderation to ensure you tan and repair hair

WEIGHT

- Updates to never have to wake up to an alarm
- If you have early morning activities, go to bed earlier etc
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- No food, plenty (avoid) restriction
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- No coffee
- No fat
- No alcohol

Shoe Inserts

Shoe inserts are used to alter the way you walk. They can be used to correct posture and to make you look taller.

Maybe that people can alter their height by using shoes or inserts to give you more of your edge or to give you more of your own height.

For example, if you are 5'10" and you use a shoe insert that adds 1/2 inch to your height, you would then be 5'11 1/2" tall.

There are many different types of shoe inserts available.



Leg Lengthening

Leg lengthening is a surgical procedure that lengthens the bones of the legs.

It is a very painful and expensive procedure that can take a long time to recover from.

There are many different types of leg lengthening surgery available, each with its own risks and benefits.

The most common type of leg lengthening surgery is called the Ilizarov technique. It involves using a special device to break the bone and then slowly pulling the pieces back together.



AI's (keeping plates open)

Role of Aromatase Inhibitors (AIs) in Growth

Aromatase inhibitors (AIs) can be used during puberty to delay growth plate closure, extending the growth period and potentially increasing height. Aromatase is the enzyme responsible for converting testosterone into estrogen, and since estrogen triggers growth plate fusion, inhibiting aromatase helps maintain testosterone levels while reducing estrogenic effects on bone maturation.

Mechanism of Action

- AIs block aromatase, reducing estrogen production.
- Lower estrogen levels help keep growth plates open for a longer period, allowing more bone growth.

Clinical Evidence for Use in Growth Enhancement

Studies on AIs like anastrozole and letrozole in boys with delayed puberty or specific growth-related conditions suggest they can:

- Delay the fusion of growth plates.
- Increase projected adult height.
- Maintain or enhance testosterone levels, which may support other aspects of puberty.

Dosing and Estrogen Management

- Preferred AI: Aromasin (Exemestane) over Arimidex (Anastrozole) and Letrozole, primarily due to word of mouth from people I know, and the general heightmaxxing community.
- Target Estrogen Range: 20-40 pg/mL for those aiming to prolong growth plate openness.
- Recommended Dosage: 12.5 mg of Aromasin every other day should generally keep estrogen within this range for individuals not using exogenous testosterone.

Height + Bone Optimization In Puberty

Disclaimer

This guide is for informational and entertainment purposes only. The methods discussed involve advanced hormonal manipulation and should not be attempted without consulting a qualified medical professional. Misuse of hormones, HGH, or peptides can lead to serious health risks, including permanent damage. This is not medical advice, and I am not a medical professional. Prioritize safety and make informed decisions.

This is simply for those purely results-oriented.

METHOD 1: BASIC HGH BLAST

This is the foundation of any serious growth protocol.

Protocol:

- 3 IU of HGH every day (ED).
- (Optional) Add an Aromatase Inhibitor (AI) if you're concerned about estrogen interfering with growth plates.

Why It Works:

- HGH is a direct driver of vertical growth and tissue expansion.
 - Consistent daily use maximizes results without unnecessary complexity.
-

METHOD 2: THE IGF-1 STACK

Think of this as HGH on steroids—literally. By stacking HGH with IGF-1 LR3 and IGF-1 DES, you create a synergistic effect for enhanced growth potential.

Protocol:

- ~3 IU HGH ED
- 100mcg IGF-1 LR3 ED (*long-acting IGF-1 that stays in circulation for hours*)
- (Optional) 50mcg IGF-1 DES ED (*short-acting IGF-1 for rapid impact*)
- (Optional) Aromatase Inhibitor to manage estrogen levels.

The Science Behind It:

- HGH stimulates IGF-1 production in the liver, promoting growth.

- **Problem:** IGF-1 gets neutralized by insulin-like growth factor-binding proteins (IGFBPs), reducing effectiveness.
- **Solution:** Injecting IGF-1 directly bypasses this limitation, ensuring maximum activation of IGF-1 receptors (IGF-1R).

Pubertymaxxing Stack

- **Recombinant Growth Hormone (HGH):**
 - **Dosage:** 7.5 IU daily (Puretropin)
- **Androgens:**
 - **Androstanolone (DHT derivative):** 25-50mg transdermally daily
 - **Androsterone:** 10-50mg for neurological benefits and metabolic stimulation
- **Testicular Function & Fertility:**
 - **HCG:** 250-400 IU weekly to maintain testicular function and avoid desensitization of the Leydig cells.
- **Aromatase Inhibition:**
 - **Aromatase Inhibitor:** Optional, such as exemestane, to prevent estrogen conversion from testosterone and DHEA.
- **Also spam raw milk, eggs, And high-fat red meat.**

Glucosamine + Chondroitin

The stack:

1500mg glucosamine daily

1200 mg chondroitin daily

The Result:

- Keeps your spine decompressed resulting in you retaining your morning height
- Can result in anywhere from 1/4 - 1 inch height gain
- Don't use if you are still growing

Raw Milk To Height Correlation

(Credit to [Axios Amani](#))

Countries plotted from tallest to shortest alongside raw milk consumption. The correlation is obvious among the extremes, in the middle less so.

The second chart depicts that 17 of the top 20 countries in raw milk consumption are also in the top 20 tallest countries, which if you understand probably and statistics, this is an INSANELY high correlation.

Takeaway: Drink raw milk in development.

Best Common Shoes For Height



Interactive  5.1cm (2.01in)	Air Max 720  4.1cm (1.61in)	Tackhead  4.1cm (1.61in)	Air Max 2090  4.3cm (1.61in)
Disruptor 2  4cm (1.57in)	Scale Runner SN92  4cm (1.56in)	Air Max 200  3.9cm (1.54in)	Colorado  3.8cm (1.48in)
Colorado  3.8cm (1.48in)	3 Eye  3.7cm (1.46in)	Air Max 95  3.7cm (1.46in)	Turbo Shox  3.6cm (1.42in)
Air Max 180 Plus  3.5cm (1.38in)	All Star Lift Hi  3.5cm (1.38in)	Air Max 97  3.5cm (1.38in)	Air Max 270  3.4cm (1.34in)
Air Max Ltd  3.4cm (1.34in)	Air Max 1  3.4cm (1.34in)	RS-0  3.4cm (1.32in)	Classic Leather  3.3cm (1.3in)
Vapormax  3.3cm (1.3in)	Ultra Boost  3.2cm (1.26in)	Jazz  3.2cm (1.26in)	

Premium LL doctors, according to the LL forum: <https://llforum.org/>

Dr. Dror Paley - Usa

Dr. Robert Rozbruch - Usa

Dr. Donghoon Lee - Korea

Dr. Peter Thaller - Germany

Dr. Mustafa Gökhan Bilgili - Turkey

Dr. Tetsworth - Australia

Dr. Hiroyuki - Japan

Dr. Zang Jian Cheng - China

Dr. Antti Ritvanen - Finland

These doctors are the best orthopedists in those countries.

Most of these doctors will quickly run you \$80,000 at the minimum; for example, take a look at Dr. Paley's pricing:

Bilateral Femur Lengthening (up to 8 cm): \$95,500

Bilateral Tibia Lengthening (up to 5 cm): \$106,000

Combined Tibia & Femur Lengthening (up to 10 cm total): \$191,500

Femur Lengthening Followed by Tibial Lengthening (up to 13 cm total): \$201,500

**Combined Tibia & Femur Lengthening with Repeat Procedures (up to 16 cm total):
\$275,000**

Bilateral Humeral Lengthening (up to 5 cm): \$87,500

Product Sourcing + Info

Shoe lifts + Height boosting shoes

Tallmenshoes in general has really good options for any height boost you are looking for:

<https://www.tallmenshoes.com/>

TallMenShoes 3.8 inch boost:

https://www.tallmenshoes.com/products/elevator-shoes-h71904/?US%2BSIZE=8&gclid=Cj0KCQiA7YyCBhD_ARIsALkj54qVkqW6UKHKhd-a6tQPPrTK8swyzZ1CGryjias8rV0cV48n2GtbD7AaAhvMEALw_wcB&utm_campaign=googleproducts&utm_medium=shopping%2Bengine&utm_source=elevator-shoes-h71904

Conzuri 3 boost inch timberland clone: <https://www.conzuri.com/products/cedars>

Conzuri 2.5 inch boost converse clone:

<https://www.conzuri.com/collections/2-5-boost/products/atlas>

Conzuri 2.5 inch boost basic sports shoe:

<https://www.conzuri.com/collections/2-5-boost/products/vanta-axels-2-5-boost>

Hard shoe lifts:

<https://www.amazon.com/Kaps-Self-Adhesive-Absorption-Tendonitis-Vegetable/dp/B0D22D116Z?gQT=1&th=1>

1.5 Inch shoe lifts:

<https://www.amazon.com/Shoe-Lifts-Heel-Height-Insoles/dp/B07VD9NXWV>

Jaw Development

#1 Nutrition:

If you've been going through the coursework, you've probably already learned a lot about the importance of nutrition, and when it comes to developing your jaw, it's no different.

Fatty meats, fatty fish, egg yolks, raw milk, raw cheese, and pretty much any fatty animal product will help provide your body with the nutrients it needs to synthesize hormones, supporting jaw development.

Raw milk and colostrum are superfoods for your bone development due to the IGF-1, calcium, and much more; prioritizing these as much as possible during development is optimal.

You can get raw dairy shipped to you from this site:

<https://frankiesfreerangemeat.com/collections/local-amish-dairy>.

#2 Sleep:

Again, you guys are bright individuals; you likely already understand the importance of sleep for developing any part of your body or bone structure.

Growth hormone is released during sleep, so it's crucial to ensure you have your sleep dialed in. Follow my entire sleep module to ensure your jaw develops appropriately.

The one caveat is that you could be a mouth breather without knowing it during sleep, so it's a good idea to use mouth tape to be safe.

#3 Posture

Proper tongue posture ("mewing") is simply a preventative measure, so it is indeed essential, but it is not the mechanism that will develop your jaw; mewing will merely help ensure you are not mouth breathing and offer the maxilla proper support, which in turn will allow it to develop properly.

Sitting up straight and practicing proper habits will also help prevent your development from being ruined; again, you can be mewing 24/7 with perfect posture, but if your nutrition is off, it doesn't matter.

Another misconception is that the "hardness" of foods is the most crucial part of developing your face. It matters to an extent, but out of these options, which kid do you think will have better bone development:

1. A kid that chews on hard vegetables
2. A kid that gets fed raw milk liver shakes

The correct answer is option 2; ultimately, having the hormones and actual building blocks to create bone is the #1 priority, so nailing your nutrition will do most of the heavy lifting.

If your food is hard to chew but nutritionally void, your results will be very poor.

#4 Sun

I've been over the sun a few times in the course, but again, avoid seed oils and eat naturally. The sun is far from your enemy but your best friend.

The red light from the sun will be excellent for your skin and anti-aging. You will develop a healthy and attractive tan, and the vitamin D from the sun will aid in proper testosterone and other hormones.

Again, slowly raise your sun exposure to build up a tan. Here are my recommended sun timelines for each skin tone:

White ~1-2 hours spread over your whole body daily

Mixed ~3 hours spread over your whole body daily

Dark ~4-6 hours spread over your whole body daily

Don't go right out of the gate getting 2 hours of sun per day if you are white. You may need to start at 15 minutes a day, for example, to build up your exposure.

Proper nutrition, sleep, habits, and sun exposure will naturally maximize your jaw and general development, as they are all linked. I hope you found this helpful.

-faceiq

Increasing Jaw Width

Ideally, in men we want the jaw width (measured at the gonions) to be 85-92% of the cheekbone width.

Typically a measure below 80% depicts a notably narrow jaw and is considered a moderately large flaw.

Method #1: Training Masseter Muscle

Now the caveat with this method is, that some people have poor masseter muscle insertions which can lead to a nonaesthetic result when the masseter muscles are overtrained.

Ironically I believe this to be the case with someone like Brett Maverick who actually sells jawline training gum. His masseters are just too bulky and make his jaw a bit wider than it should be.

Brad Pitt is another example of masseter muscles that simply were overtrained.

Getting some jawline gum or simply chewing and eating meat with your hands will develop your masseter muscles. If your jaw is notably narrow no harm will be done from intentionally trying to get bigger masseters, but if your jaw is already on the wider side that's when it can become less aesthetic.

Logistics:

Average Cost: \$10 - \$50 (for a pack of hard mastic gum or Falim gum)

Risk Level: Low to Moderate (Risk of TMJ issues, overuse can cause pain)

Reward Level: Low to Moderate (Works best for those with weaker masseters, but bone width remains unchanged)

Overall Value/ROI: 6/10 (Cheap and natural, but results are slow and limited)

Best for:

Those with narrow masseter muscles that can hypertrophy with chewing.

People who want a non-invasive way to enhance jaw width.

Those who don't mind slow results (takes months to see noticeable changes).

Not Ideal for:

People with already strong masseters (chewing won't make a big difference).

Those prone to TMJ pain or jaw tightness.

Anyone looking for bone width increase (this only enhances the muscles).

Maximizing Results:

Use hard gum like mastic or Falim gum.

Chew evenly on both sides to prevent asymmetry.

Limit sessions to avoid TMJ strain (e.g., 20-30 minutes daily).

Method #2: Jaw Filler

Best Fillers for Jaw Widening

Radiesse (Calcium Hydroxylapatite)

Best for: Adding structure and mimicking bone for a strong, defined jaw.

Pros: Lasts longer (~12-18 months), firmer consistency, stimulates collagen.

Cons: Not reversible.

Cost: \$600-\$1,200 per syringe (2-4 syringes typically needed).

Juvederm Voluma (Hyaluronic Acid)

Best for: Moderate jaw widening with a softer, more natural look.

Pros: Reversible, lasts 12-18 months, good volume retention.

Cons: Slightly softer than Radiesse, may require more touch-ups.

Cost: \$700-\$1,500 per syringe (2-4 syringes needed).

Sculptra (Poly-L-Lactic Acid)

Best for: Subtle, long-term jaw enhancement by stimulating collagen over time.

Pros: Gradual, natural-looking results that can last 2+ years.

Cons: Takes months to fully develop, not instant.

Cost: \$700-\$1,000 per vial (2-4 vials typically needed).

Logistics:

Procedure Name: Jaw Filler for Width & Definition

Average Cost: \$1,500 - \$5,000 (depending on filler type and amount)

Risk Level: Low to Moderate (Swelling, bruising, migration if done incorrectly)

Reward Level: Moderate to High (Stronger, wider jawline but temporary)

Overall Value/ROI: 8/10 (Good option if you want instant results without surgery)

Method #3: Jaw Angle Implants

Jaw angle implants are a surgical solution for increasing the width of the lower face by augmenting the jaw angles with solid implants. They provide permanent, structural enhancement, making them the best option for those wanting a significantly wider jaw.

Logistics:

Procedure Name: Jaw Angle Implants for Jaw Widening

Average Cost: \$7,000 - \$15,000 (varies based on surgeon, location, and implant type)

Risk Level: Moderate to High (Surgical risks include infection, asymmetry, implant shifting, and nerve damage)

Reward Level: High (Provides permanent, dramatic width enhancement)

Overall Value/ROI: 9/10 (Best option for permanent jaw width increase, but requires surgery and recovery time)

Best for:

People with narrow jaw angles who want permanent width.

Those willing to undergo surgery for a dramatic transformation.

People who want a sharper, more masculine, or chiseled look.

Not Ideal for:

Those looking for a non-surgical solution.

People who prefer subtle or temporary changes.

Those who don't want downtime (recovery takes weeks).

Maximizing Results:

Choose the right implant shape & size (custom implants give the best results).

Ensure your surgeon is experienced in facial implants.

Combine with chin implants or filler if more projection is needed.

Follow post-op care strictly to avoid complications. Increasing Jaw Width

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People who want a sharper, more masculine, or chiseled look.

Not Ideal for:

Those looking for a non-surgical solution.

People who prefer subtle or temporary changes.

Those who don't want downtime (recovery takes weeks).

Maximizing Results:

Choose the right implant shape & size (custom implants give the best results).

Ensure your surgeon is experienced in facial implants.

Combine with chin implants or filler if more projection is needed.

Follow post-op care strictly to avoid complications. Increasing Ramus Length

Ideally, we want the ramus to be 60-80% of the length of the mandible in men.

Typically you will be able to see visually if you have a short ramus, but if you are unsure this measurement will solidify it.

You can measure for free on photopea.com

Method #1: Jaw Angle Implants

While widening the jaw, jaw angle implants can also lengthen the ramus. This is a great option

Logistics:

- **Procedure:** A custom or stock implant is placed over the ramus through an incision inside the mouth or under the jawline, secured with screws if necessary.
- **Healing Time:** 4–6 weeks for initial recovery, full settling in 3–6 months.
- **Reversibility:** Can be removed if complications arise.

Average Cost:

💰 \$7,000–\$20,000

Risk Level:

⚠️ **Moderate** (Potential for infection, implant shifting, nerve irritation, asymmetry)

Reward Level:

★ **Medium-High** (Improves jawline definition and vertical projection but does not increase natural bone height)

Overall Value/ROI:

✅ **7/10** (Good for those wanting an instant aesthetic improvement but lacks true bone growth)

Best for:

✓ Individuals with weak jaw angles looking for more definition.

Those who want a non-invasive alternative to osteotomy or distraction osteogenesis.

People who want a reversible enhancement option.

Not Ideal for:

✗ People prone to **implant rejection or infection risks**.

✗ Those looking for a **permanent bone-based change** without reliance on implants.

Maximizing Results:

- ◆ Choose custom implants for the best fit and symmetry.
Ensure experienced surgeons perform the procedure to minimize risks.
Follow post-op care (soft diet, avoiding pressure on the jaw).
- ◆ Combine with fat loss or soft tissue adjustments for a sharper look.

Method #2: Distraction Osteogenesis for Ramus Lengthening

Logistics:

- **Procedure:** The surgeon makes a controlled cut in the ramus and installs a distraction device. Over several weeks, the device gradually pulls the bone apart, allowing new bone to form in the gap.

- **Healing Time:** 3–6 months for full bone consolidation.
- **Reversibility:** Permanent once the bone heals, but hardware can be removed after consolidation.

Average Cost:

💰 \$20,000–\$40,000

Risk Level:

⚠️ **Moderate to High** (Risks include infection, nerve damage, improper bone formation, or device failure)

Reward Level:

★ **Very High** (Achieves true bone growth, making it the most natural and permanent option for ramus lengthening)

Overall Value/ROI:

✅ 9/10 (Best for those wanting legitimate vertical mandibular growth rather than just an implant-based solution)

Best for:

- ✓ Individuals with vertically deficient mandibles who need actual bone elongation. Those looking for a permanent, natural increase in ramus length.
- ✓ People who are patient and willing to undergo months of gradual expansion.

Not Ideal for:

✗ Those who want instant results (this process takes months).

People who cannot commit to wearing an external device and follow strict aftercare.

✗ Those with high risk of infection or poor bone healing (e.g., smokers, diabetics).

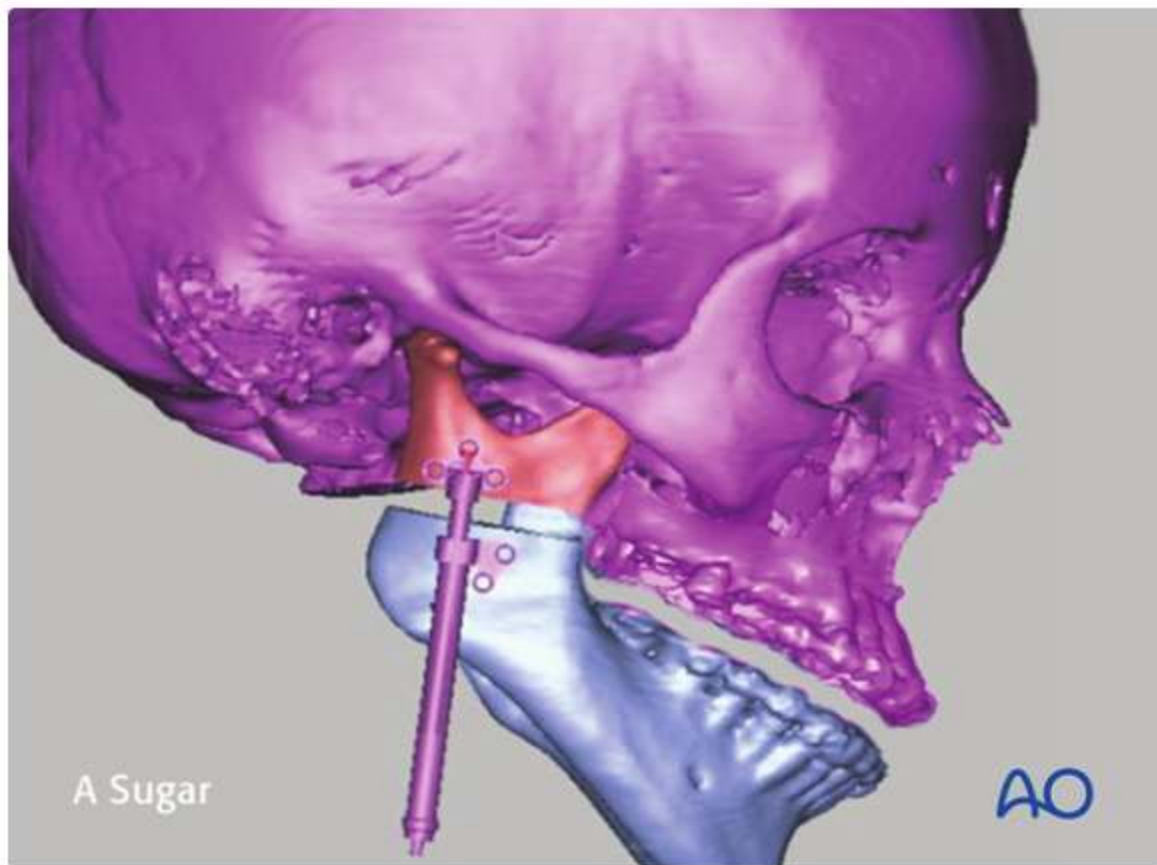
Maximizing Results:

- ◆ **Choose a highly skilled maxillofacial surgeon for precise cuts and distraction control.**

Follow activation schedules strictly (usually 1mm/day) to ensure even bone growth.

Maintain proper nutrition (high in protein, calcium, and vitamin D) for optimal healing.

- ◆ **Consider adjunctive procedures (like masseter muscle training) to enhance overall facial aesthetics.**



Fixing Jaw Recession

Step 1: diagnosis

We have a few ways to assess whether a jaw is recessed. Typically, I believe it's pretty clear just visually, but I've found the best objective way is through the facial convexity measurements.

Generally, we want the facial convexity, which considers the browridge, maxilla, and chin to be at least 166 degrees for all ethnicities, and 168-176 degrees ideally.

Measure your face for free: <https://www.photopea.com/>

The closer we get to this range of values for convexity, the more we see drastic improvements in aesthetics

Step 2: Fixes

- 1. Double jaw surgery (bimax) is the best overall solution for jaw recession. It can correct issues such as downgrowth, a flat jaw, or a generally recessed jaw. Many jaw surgeons offer free online consultations where they'll map out a plan and show you a concept of how your jaw will look post-surgery. If you ever want my opinion on a surgery plan, feel free to message me—I'll take a look.**

Here are some great double jaw surgery before-and-afters:

- 2. Genioplasty is a great solution for when you have good jaw proportions but simply a small mandible (the body of your jaw) For example, this was a great genioplasty case; he had an acute gonial angle and proper jaw angle from the side but just needed more projection.**

This guy got a genioplasty, which did indeed improve his looks, but a double jaw surgery could have added more height to his jaw and yielded a far better result:

What he got vs what he needed:

About 95% of the time, double jaw surgery is the correct approach to fixing jaw issues. In rare cases where everything is fine except for chin projection, genioplasty is recommended.

In some cases, a surgeon may opt for both double jaw surgery and genioplasty if a significant movement is needed.

Occasionally, contouring or downgrafting may also be required, but it's best to leave these specifics to the surgeon performing and designing the procedure.

Top jaw surgeons

Dr. Raffaini (The best in the world):

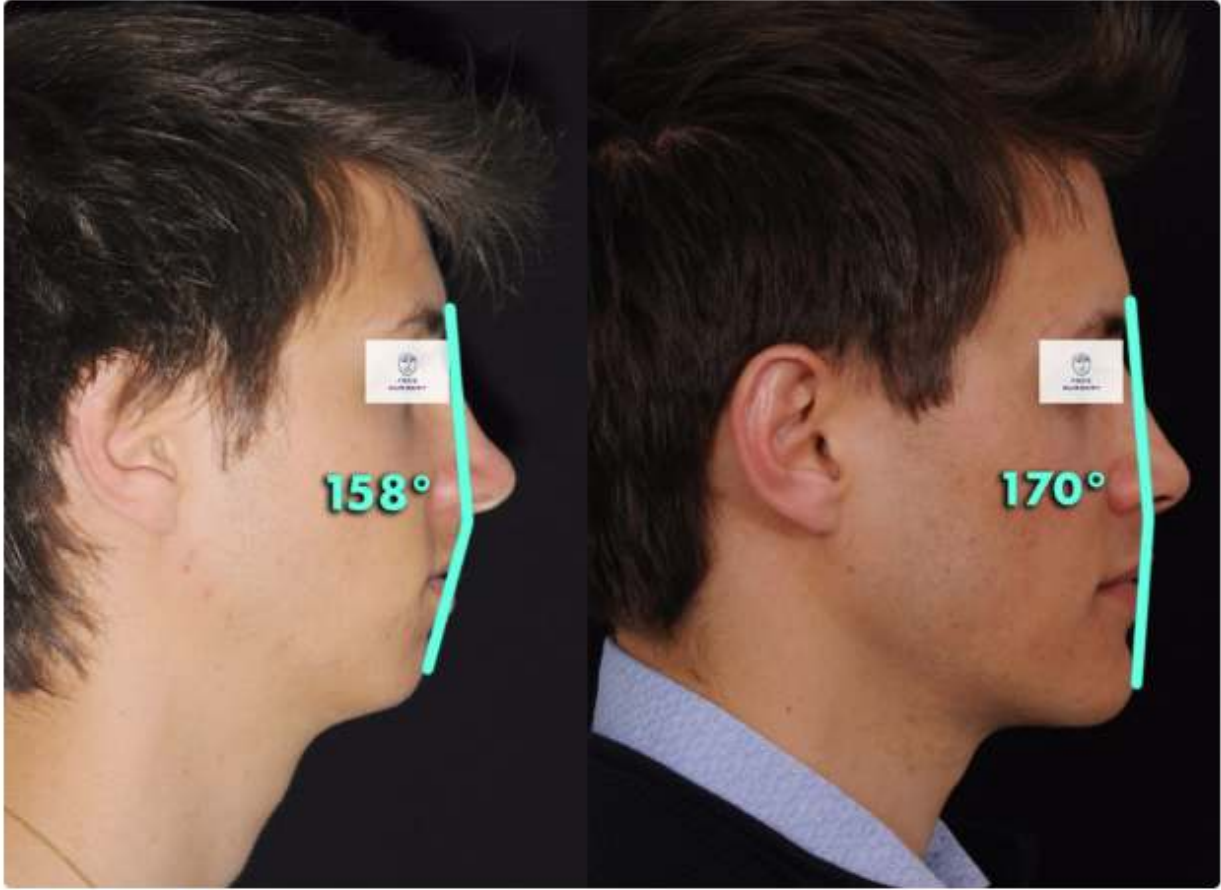
https://www.instagram.com/face_surgery_parma/?hl=en

Dr. Ramieri: <https://www.instagram.com/dr.maxilloroma/reels/>

Dr. Pagnoni: https://www.instagram.com/yourface_surgery/?hl=en

Dr. Eren Pera: <https://www.instagram.com/drerenpera/?hl=en>

Remember, there are plenty more great jaw surgeons, and many are often undiscovered, so if you are considering jaw surgery, do further research and book consultations with a few names to get an assessment and discuss a plan.





2. **Genioplasty** is a great solution for when you have good jaw proportions but simply a small mandible (the body of your jaw)

For example, this was a great genioplasty case; he had an acute gonial angle and proper jaw angle from the side but just needed more projection.



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Palatal Expansion

Guide

What are palatal expanders?

Palatal expanders are orthodontic devices that are used to widen the upper jaw (maxilla).

They work by applying gentle but constant force to separate the two halves of the maxilla at the midpalatal suture.

In children, the suture is still soft and flexible, which makes it easy to expand.

-In adults, the suture is more fused, which requires stronger force (MSE) or surgical assistance (SARPE).

Reference: <https://doi.org/10.1007/s11325-020-02140-y>

Why Would Someone Need a Palatal Expander?

A palatal expander is more than just an appliance that is used to straighten teeth. It is often prescribed to address a mix of functional, health-related, and aesthetic concerns that all trace back to the width of the maxilla.

Maxillary expansion changes the way that the teeth, bones, and airway interact with each other, which has a host of functional as well as aesthetic benefits.

Dental / Orthodontic Reasons

When the maxilla is too narrow, the upper teeth may not align properly with the lower teeth or there may not be enough space to fit all teeth naturally. This creates a host of problems functionally.

- **Crossbite Correction:** - A narrow upper jaw can cause the upper back teeth to fit inside the lower back teeth instead of overlapping them properly. - This misalignment puts strain on the teeth, gums, and jaw joints, and can cause uneven tooth wear over time. - Expansion repositions the upper teeth outward so the bite is balanced and functional.
- **Narrow Dental Arch:** - Some people naturally have a “V-shaped” or constricted arch that makes their smile look narrow and can crowd teeth forward or backward. Ideally, one would want a “U-shaped” arch. - Expanding the palate creates a broader “U-shaped” arch, making more space for teeth to sit evenly.
- **Crowding & Space Creation:** - Without enough jaw width, permanent teeth may overlap, twist, or erupt out of alignment. - Expansion can create space naturally, often avoiding the need to extract healthy teeth just to make room.
- **Preventive Orthodontics:** - In growing children, expansion can prevent severe crowding or misalignment before all permanent teeth erupt, making later orthodontic treatment simpler and faster.

Breathing & Airway Reasons

The maxilla not only holds the upper teeth but also forms the bony floor of the nasal cavity, so its width plays a key role in how much space the nasal passages have for airflow. When the maxilla is narrow, the nasal cavity can be constricted, making it harder for air to pass through. Widening the maxilla with a palatal expander increases nasal cavity volume, reduces airflow resistance, and can make nasal breathing easier and more efficient.

- **Narrow Nasal Airway:** - A constricted palate can lead to a smaller nasal cavity, which increases resistance to airflow. - By widening the palate, the nasal passages also expand, often improving nasal breathing.
- **Chronic Mouth Breathing:** - Mouth breathing can be both a symptom and a cause of jaw narrowing. - Expansion helps open the nasal airway, making it easier and more comfortable to breathe through the nose.
- **Snoring & Sleep-Disordered Breathing:** - In some patients, especially children, a narrow palate can contribute to snoring or mild obstructive sleep apnea. - Expansion can improve airflow at night, sometimes reducing these symptoms and improving sleep quality.
- **Overall Health Impact:** - Better nasal breathing can improve oxygen intake, sleep quality, focus, and even athletic performance over time.

Aesthetic Reasons

Maxillary width influences not just the smile, but the entire midface appearance. Because the maxilla forms the central foundation for key facial structures such as the cheeks, nose, and upper lip, its size and position affect how full or flat your face appears.

A wide and anteriorly projected maxilla contributes to an attractive smile and overall facial harmony. Conversely, a narrow or underdeveloped upper jaw can lead to a constricted smile, flattened cheeks, and a detriment to facial aesthetics.

- **Narrow Smile:** - A constricted arch can leave “dark spaces” at the corners of the mouth when smiling (known as buccal corridors). - Expansion broadens the arch so more teeth show, creating a fuller and more attractive smile.
- **Flat or Underdeveloped Midface:** - The maxilla supports the cheeks, lips, and nose. - Widening the palate can subtly improve facial harmony, support the upper lip, and give a less “collapsed” appearance.
- **Youthful Facial Proportions:** - Broader dental arches are often associated with a younger, more balanced facial structure, and expansion can help restore these proportions

How do they work?

Step 1 - Diagnosis & Planning

- Assessment of jaw width, bite alignment, facial profile, and airway space.
- Diagnostic tools: impressions or digital scans, intraoral and facial photographs, panoramic and cephalometric X-rays, sometimes CBCT scans for a 3D view.
- Appliance choice based on age, suture maturity, and treatment goals:
 - Tooth-borne (anchored to molars/premolars) 5 - Bone-borne (MSE/MARPE) (anchored with mini-implants in the palate)
 - Surgically Assisted (SARPE) (used when sutures are fused in mature adults)

At this stage, the orthodontist will carefully determine whether your midpalatal suture can be opened with orthodontic force alone or whether surgical help is needed. They will also consider functional needs like correcting a crossbite, creating space for crowded teeth, or improving airway function. Planning is highly individualized, and this step is the foundation for a safe and predictable expansion.

Step 2 - Fitting

The fitting appointment is often straightforward for tooth-borne devices, but bone-borne expanders require a brief procedure to place the implants. The orthodontist ensures the appliance sits snugly without rocking and provides cleaning instructions, since food can easily get trapped around the hardware.

- Tooth-borne: Metal bands cemented to selected molars/premolars, connected by a rigid expansion screw in the middle of the palate.
- Bone-borne (MSE/MARPE): tiny titanium implants (TADs) placed in the hard palate under local anesthesia, with the expander anchored directly to bone.
- Surgically Assisted (SARPE): combines both teeth and bone anchorage for greater stability. Appliance adjusted for comfort and checked to avoid gum or tongue irritation.

Step 3 – Latency Period (sometimes)

This short waiting period is mainly for comfort. It gives the palate's connective tissues a chance to adapt before active force is applied. It's not mandatory but

can reduce early discomfort, especially in adults or when using more rigid bone-borne appliances.

- Duration: usually 1-2 days for bone-borne expanders - Purpose: allows for tissues to adapt and for initial inflammation to subside
- Often skipped in children, where sutures are more pliable.

Step 4 – Activation (Turning the Screw)

Activation is where the real movement begins. The screw in the center of the appliance gradually pushes the left and right halves of your upper jaw apart. The forces are steady and controlled to avoid trauma, and the orthodontist may adjust the schedule based on your age, bone density, and treatment goals.

- The standard rate is 1-2 turns per day (0.25mm for each turn)
- Turns made with a small key inserted into the screw's hole - Common sensations are pressure in teeth, roof of the mouth, nasal bridge, or cheekbones, and occasional mild headaches are common

Step 5 – Force Transmission

- Tooth-borne: force moves from the appliance → teeth → alveolar bone → palatal bone → midpalatal suture. More likely to tip teeth outward if not monitored.
- Bone-borne: force moves from appliance → implants → palatal bone → suture. Produces more skeletal change and less tooth movement.

The difference here is structural: tooth-borne expanders rely on teeth as “handles,” which can cause dental side effects, while bone-borne expanders bypass the teeth entirely, applying force directly to the skeletal structure.

Step 6 – Sutural Separation

When the suture begins to part, the first visible clue is often that space between the two central incisors.

This gap is temporary: it will often close naturally during retention or with braces, but it’s an important indicator of real skeletal change rather than just tooth movement.

- Opening starts anteriorly, and progresses posteriorly
- This often creates a visible midline gap between the upper front teeth, which is a sign that the skeletal separation is a success.

Step 7 – Expansion Phase

The expansion phase is short compared to retention, but it’s critical. Your orthodontist will monitor the progress regularly, sometimes adjusting the turning schedule to prevent overexpansion or dental strain.

- The typical goal is 6-10mm of widening
- This takes usually between 1 to 3 weeks of turning. The gap between the suture halves is initially filled with soft connective tissue

Step 8 – Retention Phase

This is the “healing” stage.

The connective tissue in the gap slowly converts into new bone through a process called ossification.

Stability is the priority here: the expander acts as an internal splint to hold the two halves of the palate in place until the bone is fully mature.

- The appliance remains in place without turning for 3-12 months
- This allows bone to mineralize and harden in the new position
- Early removal risks relapse, where the maxilla will narrow again

Step 9 – Appliance Removal

Removal is quick and painless compared to the fitting. The next phase of treatment will keep the width stable and continue to align your teeth into the new, broader arch.

Long-term retention is important because even well-healed expansion can relapse slightly without maintenance.

- Performed once imaging or clinical assessment confirms bone stability
- Retainer, braces, or clear aligners are used to maintain the results

- This is sometimes followed by additional orthodontic work to refine the bite

Pros

- Corrects crossbite and prevents crowding if the palate is expanded early. In many cases, this is preferable for aesthetics.
- Enhances facial aesthetics by preventing mouthbreathing (opposite of mewing) and improving airways.

There is strong literature supporting the idea that it impacts maxilla and mandible growth:

“Results suggest that solving maxillary hypoplasia and, therefore, premature contacts are likely to have allowed mandibular repositioning and condylar growth. RME is a safe and effective solution that can substantially improve maxillary and mandibular symmetry in growing patients affected by JIA with TMJ involvement.”

Reference: <https://pmc.ncbi.nlm.nih.gov/articles/PMC7230922/>

- It is generally a cheap and cost-effective method of expanding the maxilla and widening the skull in some cases, as seen below:

Cons

- With post-pubertal development, the suture within the maxilla begins to fuse, resulting in non-surgical palatal expanders being required. If one were to deploy a non-surgical palatal expander on a developed person, it may result in tooth tipping (exactly what it sounds like)

Reference: <https://doi.org/10.1186/s12903-023-03589-5>

- **After treatment, orthodontics will be required to correct the gap that will be created in the teeth**

- **Segmental Lefort 1, a variation on the traditional Lefort 1 technique, divides the maxilla into multiple segments, allowing for independent movement of different parts of the dental arch. Electing this may be a better alternative to palatal expansion for adults.**

- **If the “retention stage” is not completed, relapse can occur, resulting in one’s teeth shifting back to the way they were prior to treatment.**

My Overall Summary/Take

Palatal expanders are orthodontic appliances designed to gradually widen the upper jaw (maxilla) by separating the two halves at the midpalatal suture.

They work by applying steady and gentle force over time, stimulating new bone growth in the gap that forms between the two palatal bones.

Expansion is typically most effective in children and teens because their sutures are still flexible and not fully fused, which allows for easier separation

and faster bone regeneration. In adults, the suture has usually fused, and the palate is more rigid, making expansion slower and sometimes requiring either a stronger bone-borne device anchored with mini-implants or surgically assisted rapid palatal expansion (SARPE) to achieve the necessary skeletal changes.

Orthodontists may recommend expanders to correct crossbites, where the upper teeth fit inside the lower teeth; to create additional space in a crowded dental arch without resorting to tooth extractions; to improve nasal airway function by widening the nasal passages and facilitating easier breathing; and to enhance facial harmony by improving the symmetry and proportion of the upper jaw.

The treatment process begins with a thorough diagnosis, including an oral exam, digital scans, dental impressions, and sometimes CBCT imaging to evaluate jaw width, bite, and airway dimensions.

Once the treatment plan is set, the expander is fitted and bonded either to the molars (tooth-borne), directly into the palate using small screws (bone-borne), or using a hybrid approach.

The activation phase follows, during which the patient or caregiver uses a key to turn a central screw according to a prescribed schedule—often once or twice daily—placing gradual outward pressure on the palatal bones.

This mechanical force separates the suture, often resulting in a temporary gap between the front teeth called a diastema, a sign that skeletal expansion is occurring. After the desired width is achieved, the appliance remains in place during the retention phase, usually for 3 to 12 months, to allow new bone to

form and stabilize the expansion. Benefits of palatal expanders include improved bite alignment, increased space for proper tooth eruption, reduced need for extractions, improved nasal airflow, and a more balanced facial structure.

Potential drawbacks include initial 11 discomfort or pressure, headaches, minor speech changes, difficulty eating during the adjustment period, aesthetic concerns from the temporary midline gap, risk of relapse if retention is inadequate, and, in adults, the possible need for surgery.

With proper care and follow-up, palatal expansion can be a highly effective component of orthodontic treatment, contributing to both functional and aesthetic improvements that are permanent.

Should You Train Your Masseter Muscles?

I often see people within the community ask:

“Should I chew mastic gum to get a sharper jawline?”

The truth is: it depends entirely on your bone structure, the position of your masseter muscle, and the width of your jaw relative to your cheekbones.

1. Identify Your Masseter Height (High vs Low Set)

There are two broad types of masseter placement:

High Set Masseter Muscle

- **Sits closer to the cheekbones**

- Has a shorter vertical distance between the cheekbone and jawline
- Usually gives a more angular look

If you have a high set masseter, you're generally safer to train.

Low Set Masseter

- Sits closer to the lower border of the mandible
- When hypertrophied, it often creates an obtuse jaw frontal angle

If you have a low set masseter, training can easily make your jaw look heavier or sag lower.

2. Step Two: Compare Jaw Width to Bizygomatic Width

This is where we look at your facial ratios.

Your bigonial width relative to your bizygomatic width tells you whether your jaw is structurally narrow or wide.

If you need your ratios measured, you can use <https://www.faceiqlabs.com/> and use code skool if you aren't in already.

If your jaw width is < 86% of your bizygomatic width as a man, then:

You have a narrow jaw.

And in this case, training your masseter muscles can be beneficial IF you have a decent masseter muscle insertion.

But remember: narrow jaw + low masseter insertion = a jaw that will typically look worse.

If your jaw width is > 92% of your bizygomatic width

Your jaw is already very wide.

At this point, do NOT train your masseter under any circumstances.

If your jaw is between 86% and 92%

This is where masseter insertion becomes the deciding factor:

- **With a high insertion, you can train lightly**
 - **With a low insertion, it's better to leave it.**
-

5. How to Train (If You Actually Should)

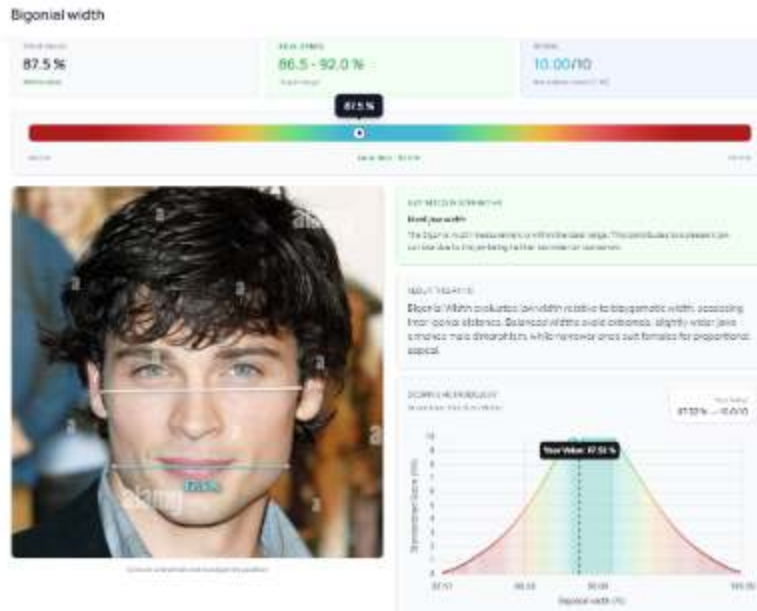
- **Use mastic gum, not cheap artificial gum.**
- **Short sessions (5 to 10 minutes)**
- **No grinding or asymmetric chewing**
- **Start with 2 to 3 sessions/week**
- **Stop instantly if you notice the width increasing in the wrong area**

Final Takeaway

Carefully assess your jaw to cheekbone width and your masseter muscle insertion before you start chewing mastic gum with the goal of a wider jaw.

And ensure you carefully monitor your progress and stop immediately if you notice asymmetry or an unesthetic result.





Resources

Measure your face for free: <https://www.photopea.com/>

Top jaw surgeons

Dr. Raffaini (The best in the world):

https://www.instagram.com/face_surgery_parma/?hl=en

Dr. Ramieri: <https://www.instagram.com/dr.maxilloroma/reels/>

Dr. Pagnoni: https://www.instagram.com/yourface_surgery/?hl=en

Dr. Eren Pera: <https://www.instagram.com/drenerpera/?hl=en>

Augusto Parry

Ariel Rad

Remember, there are plenty more great jaw surgeons, and many are often undiscovered, so if you are considering jaw surgery, do further research and book consultations with a few names to get an assessment and discuss a plan.

Resources + Info

Remember, skin is simple, and the natural procedures of life will reward you with great glowing skin:

- Get a healthy amount of sun**
- Follow the optimal diet**
- Use beef tallow for skincare if needed**
- Get shower filter if needed**

Collagen + Elasticity Treatments: (Again, proceed with caution; some can cause issues for select individuals)

- Retinol/Tretinoin**
- Vitamin C Serum**
- Microneedling**

Unoptimal Vs. Optimal Skin Undertones

The ideal skin undertone can be achieved via a healthy amount of sunlight + following the indicated diet (Follow the diet course if you haven't already remember looks = health.)



Anti Hairloss Diet Protocol

-Raw Animal Fat (Raw Butter is great too)

-Raw Beef

-Raw Royal Jelly With Meat (increases protein bioavailability in a context meaningful for rapid hair regrowth)

-
- Avoid excessive organs and everything listed on the heavy metal exposure tier list.
 - Eat once per day until satiated

- have 20-33% of your plate being fat in total mass, the rest protein along with a bit of raw royal jelly

Heavy Metal Exposure Tier List

Remember, heavy metal detoxification is the root cause of hair loss, as I explained in the previous lessons, so it is extremely important to mitigate your heavy metal exposure.

Refer to this tier list to ensure you cut out as many bad habits and exposures as possible.

Tier 1 – AVOID AT ALL COSTS LOL

- Contaminated drinking water (lead, arsenic, cadmium, etc.)
 - Seafood (especially large predatory fish: tuna, swordfish, shark – mercury)
 - Rice and grains from arsenic-contaminated soil
 - Cigarette smoke & secondhand smoke (cadmium, lead, arsenic)
 - Occupational exposure in mining, smelting, or battery manufacturing
 - Jobs (depends on which one but most still have aluminum salts)
 - Supplements or pills
-

Tier 2 – High Risk but More Context-Dependent

- Leafy greens, vegetables, or fruits grown in polluted/industrial areas
- Old plumbing (lead pipes, solder, faucets)
- Industrial/urban air pollution (near factories, highways)

- Occupational exposure in welding, construction dust, or e-waste recycling
 - Gun range exposure (lead bullets, inhalation of dust)
-

Tier 3 – Moderate Risk

- Cosmetics & skin-lightening creams with mercury
 - Traditional/folk medicines (Ayurvedic bhasmas, Chinese herbal remedies)
 - Tattoos with heavy-metal pigments
 - Poor-quality cookware (aluminum, copper, ceramic glaze leaching)
 - Dental amalgam fillings (small but chronic mercury exposure)
 - Imported toys or jewelry with unsafe alloys/lead-based paint
-

Tier 4 – Lower but Documented Risk

- Dust from renovation of older buildings with lead paint
 - Contaminated dairy or meat (from polluted environments)
 - Pesticide/fertilizer residues with trace metals
 - Certain wines or beers (if equipment is contaminated)
 - Burning treated/painted wood (arsenic, lead inhalation)
 - Piercings with unsafe alloys
-

Tier 5 – Rare / Edge Cases

- Volcanic ash inhalation (region-specific)
- Accidental ingestion of fishing sinkers or bullets (children/accidents)
- Wild mushrooms bioaccumulate metals

- Polluted recreational waters (swimming in contaminated lakes/ivers)
- Ayurvedic metallic ash remedies (niche, not mass exposure)

Topical Remedy's

Some people may think these topical and holistic remedies sound like BS, so I will explain exactly how they work biochemically and then the protocols themselves.

Firstly, the mechanisms of how heavy metals induce balding:

1. Oxidative stress

Heavy metals induce oxidative stress, which damages the skin cells and follicle cells responsible for growing healthy hair. Over time, this stress causes the follicles to shrink and weaken.

2. Mineral imbalance

Metals like lead and cadmium displace essential nutrients such as zinc, copper, and magnesium. Those minerals are vital for enzymes that protect against damage and for building keratin, the protein that makes up hair. Without them, hair growth suffers.

3. Inflammation and scarring

Heavy metals trigger inflammatory pathways in the scalp. That creates a cycle of swelling and, eventually, scarring or fibrosis. When the tissue around the follicles stiffens and blood flow drops, hair growth slows or stops.

4. Direct toxicity

Some metals (like mercury and cadmium) directly attach themselves to proteins inside the follicle, disrupting the signals those cells need to grow hair. This is like short-circuiting the follicle's wiring.

5. Binding to DHT-transporting proteins (Large cause)

Cadmium, mercury, lead, and other heavy metals have a strong binding affinity for DHT-transporting proteins such as Albumin and SHBG, which is why restricting DHT often stops hair loss, as when we have far less or almost no DHT, fewer of these transporting proteins bound to heavy metals must be delivered to the scalp.

Next, how the topical application of raw animal fats helps with balding

1. Rebuilding the scalp's barrier

Raw fats, such as butter or marrow, are rich in saturated fats, cholesterol, and natural phospholipids.

When applied, they can blend into the scalp's oils and follicle walls, helping strengthen the barrier. This makes the follicles less vulnerable to oxidative damage and prevents them from drying out.

2. Delivering key nutrients

These fats carry fat-soluble vitamins straight to the skin:

-Vitamin A (retinol) helps keep scalp cells turning over properly and supports healthy hair cycling.

-Vitamin K2 improves blood vessel health in the scalp and may help prevent microcalcification that chokes off follicles.

-Compounds like CLA and omega-7 calm inflammation and blunt damaging pathways triggered by heavy metals.

3. Blocking metals at the surface

Some components in marrow and phospholipids can weakly bind to toxic metals like

lead or cadmium. This doesn't pull them out of the body, but it may reduce how directly they interact with the follicles at the scalp surface.

4. Fighting inflammation naturally

Oleic acid, palmitoleic acid, and short-chain fatty acids found in raw fats can transform into anti-inflammatory molecules. These help settle down irritation and protect follicles from ongoing inflammatory damage.

5. Mimicking natural sebum

Human sebum is made of triglycerides and cholesterol esters (raw fats look a lot like this). By applying them, you're basically giving your scalp a "top-up" of what it naturally produces, helping restore a healthier, more protective scalp environment.

Proof that you can quickly change hair mineral composition with dietary intervention:

<https://www.frontiersin.org/journals/nutrition/articles/10.3389/fnut.2021.708069/>

Now, Topical Protocols:

The general topical protocols will involve applying raw fats to the affected area of the scalp.

The primary mechanism, which I covered earlier, is the binding affinity to heavy metals and delivering essential nutrients in concentrated forms directly to the scalp, thereby aiding in healing.

The Protocol:

Regardless of which fat you choose to apply to your scalp, I recommend applying it before bed and letting it soak in overnight.

Putting a towel on your pillow is a good idea.

Option #1: Raw Bone marrow (*Best Option*)

Applying a generous amount of raw bone marrow on the scalp daily before bed is the #1 option, undoubtedly.

Aajonus Vondenderplantz had numerous case studies using this specific method to reverse hair loss in his clients and even trigger hair regrowth.

The more time we can have raw fats on the scalp, the more heavy metals are being detoxified, and the more topical nutrient absorption is occurring.

Option #2: Raw butter (*Still a good option*)

The protocol follows the exact same procedure as with the bone marrow. The nutrient profile of raw butter is a tad worse than that of bone marrow, considering our goals.

Option #3: Raw Fermented Coconut Cream (*Still a good option*)

The protocol follows the exact same procedure as with the bone marrow.

Aajonus had a recipe where he also mixed in an ounce of aloe vera along with the raw fermented coconut cream. If you can, this is even better.

STOP SHAMPOO, do this instead

Wash your hair with 1-2 egg yolks instead of using shampoos that contain contraindicated ingredients such as parabens, metals, and sulfates.

Sun Exposure + Grounding

The sun:

- improves blood flow to the scalp
(<https://www.nature.com/articles/s41598-022-13399-4>)
- produces infrared rays that penetrate the scalp, stimulating the release of nitric oxide
- acts as a vasodilator (increased blood flow to the scalp)
<https://pmc.ncbi.nlm.nih.gov/articles/PMC5356216/>

Grounding:

- reduces inflammation <https://pmc.ncbi.nlm.nih.gov/articles/PMC4378297/>
 - reduces ROS + increased mitochondrial function
<https://febs.onlinelibrary.wiley.com/doi/full/10.1002/2211-5463.70062>
 - Improves blood pressure (helps blood flow to the scalp)
<https://thoracickey.com/grounding-and-the-cardiovascular-system/>
 - Neutralizes free radicals <https://pubmed.ncbi.nlm.nih.gov/18047442/>
-

Bottom Line:

There are numerous mechanisms by which grounding to the earth and getting sun exposure can help lower systemic inflammation, improve blood flow to the scalp, and upregulate antioxidant levels to assist in defending against heavy metals.

Simply: Eat the diet I suggest for curing hair loss, which consists of raw meat, raw butter, and raw royal jelly in 1 meal per day outside in the sunlight while grounding.

This will give you the best chance at reversing this unnatural disorder.

Hot Bath Heavy Metal Detox

Lymphatic Bath Detox Protocol:

- Length: 45 minutes
- Between 38-45 degrees Celsius (~100-110 degrees F)
- If you use tap water to fill the bath (most people will have to), add:

3 tablespoons raw vinegar

3 cups raw milk

2 tablespoons sea salt

to the water and let it sit for atleast 15 minutes to neutralize as many of the toxins as possible.

Consume raw milk while in the bath or any form of raw animal fat.

Shower Filter

Use this shower filter to eliminate heavy metals from your water (this one has the best ROI)

https://www.theshowerheadstore.com/products/metal-shower-head-filter?srsltid=AfmB0orGPs-a56_abEozOqfx4yZ7FJnrC6sijdrvGZN8Y8o_yPaOdjS0

Sources

Good indication of the danger of cadmium in relation to hair loss:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC4639951/>

Useful source for how heavy metals can also induce alopecia

<https://pmc.ncbi.nlm.nih.gov/articles/PMC7325209/>

Not causal proof, but an association between hair loss and serum heavy metal concentration:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC5996622/>

Proof that you can quickly change hair mineral composition with dietary intervention:

<https://www.frontiersin.org/journals/nutrition/articles/10.3389/fnut.2021.708069/>

Cadmium binding to SHBG

<https://www.mdpi.com/2305-6304/11/7/589?>

Artificial But Ultimate Hairloss Stack

READ THE REAL CAUSE OF BALDING FIRST.

THIS IS FOR THOSE BEYOND SAVING NATURALLY.

For those who want to stop and even reverse hair loss completely:

1. Dutasteride: 0.5mg every 2 days.
2. RU58841: 100mg topical daily.
3. Minoxidil Foam (5%): Twice daily.
4. Estrogen Gel: Small amounts for regrowth synergy.

Facial Hair

When we look at the data, typically clean shaven or short stubble are the most attractive hair styles to women.

In this data set, a clean-shaven look was overwhelmingly the top choice. However, due to the scoring method, short stubble was ranked first by factoring in the third-choice preferences.

Generally, both a clean-shaven look and short stubble are ideal, but clean-shaven seems to have a slight advantage.

Studies suggest that a stubble length of 4-5mm is ideal. It's important to avoid the awkward transition phase between short stubble and a full beard.

A longer stubble length reduces facial definition, giving a rougher look that appears less clean and refined.

It's also crucial to avoid stubble that is too short, as it often looks worse than being clean-shaven. Instead of a defined stubble, it creates an unaesthetic beard shadow.

In the case of recession:

It's important to note that all of this becomes irrelevant if you have a recessed jaw. In such cases, growing a beard can help mask the recession.

Ideally, if you suffer from improper jaw development, double jaw surgery is the best solution to improve both your appearance and health. However, a beard can serve as a temporary fix.

Indicated Styles

Ideal hairstyle recommendations (show to your barber or stylist)

Remember, we want medium-long lengths for that perfect balance of a full head of hair that is still masculine.

Highlights

Tasteful blonde highlights are a great way to further enhance your hair. When done correctly, they can make your hair look thicker and your overall look more striking.

1. Who Should Get Blonde Highlights?

✓ Best for:

✓ Lighter hair colors (brown, dark blonde, dirty blonde, light brown) – Looks natural and blends well.

✓ Short to medium-length hairstyles – Looks best with textured, layered, or tousled styles.

✗ Not Ideal for:

⊘ Very dark or black hair (unless going for a bold, high-contrast look).

Thin or balding hair – Can make thinning more noticeable.

Overprocessed hair – If your hair is already damaged, bleaching can make it worse.

2. Types of Blonde Highlights for Men

3. How to Get Blonde Highlights (Salon vs. DIY)

◆ Salon Highlights (Best for Natural, Professional Results)

✓ Cost: \$100–\$250 depending on stylist and location.

✓ Process: Stylist applies foils, balayage, or cap method for even blending.

✓ Best for: A natural, professional look with controlled color placement.

◆ DIY Blonde Highlights (Cheaper, But Riskier)

✓ Cost: \$20–\$50 for bleach + toner kits.

✓ Process: Use a highlighting cap or freehand painting.

✓ Best for: Experimenting or low-cost lightening.

✗ Risk: Over-bleaching, orange/yellow tones, uneven application.

4. Choosing the Right Shade of Blonde

5. Maintenance & Aftercare

⚡ Purple Shampoo (e.g., Fanola No Yellow, Olaplex No. 4P) – Keeps blonde cool-toned and prevents brassiness.

Deep Conditioning (e.g., Olaplex No. 3, Shea Moisture Masque) – Prevents dryness from bleach.

Avoid Excess Heat – Bleached hair is more fragile, so minimize blow-drying and straightening.

⚡ Touch-Ups Every 6–8 Weeks – To maintain brightness without over-processing.

6. Should You Get Blonde Highlights?

◆ Get them if: You want a fresh, modern, or surfer-like look that enhances your facial features and hair texture.

◆ Avoid them if: You have super dark hair, thinning hair, or don't want to deal with maintenance.

Blonde highlights work best when done subtly and blended well—they shouldn't look streaky or overdone. If executed correctly, they can add contrast, make your hair look thicker, and upgrade your overall aesthetics.

Base Hair Color	Best Highlight Shades
Dark Brown/Black	Honey Blonde, Caramel, Ash Blonde
Medium Brown	Golden Blonde, Warm Blonde, Ash Blonde
Dirty Blonde/Light Brown	Platinum Blonde, Ice Blonde, Beige Blonde
Natural Blonde	Lighter Blonde or Platinum for contrast

Product Sourcing

Follow the real cause of balding guide before even considering the synthetic hair loss methods!

Dutasteride: Can get on all-daychemist dot com

Minoxodil:

https://www.googleadservices.com/pagead/aclick?sa=L&ai=DChcSEwiy5piZquCLAxU9NQgFHc9CEWMYABAIGgJtZA&co=1&gclid=EAlaIqobChMIIsuaYmargiwMVPTUIBR3PQhFjEAQYASABEgIBfvD_BwE&ohost=www.google.com&cid=CAASJeRotXdarzmnu8i6aQzBjozC-ESlqjhBqW_Qd5wDJerbryZdAzU&sig=AOD64_06QrA_Vp-_t9p7_nAq2kLah8euhQ&ctype=5&q=&ved=2ahUKEwimoJSZquCLAxVul4kEHeJeBkQQww8oAnoECAQQCw&adurl=

Estradiol Gel For Hairloss:

https://www.googleadservices.com/pagead/aclick?sa=L&ai=DChcSEwjCi7bEquCLAxVwRP8BHVxUJXgYABAMGgJtZA&co=1&gclid=EAlaIqobChMIwou2xKrgiwMVcET_AR1cV CV4EAQYASABEgJQP_D_BwE&ei=1IG-Z_rIF_DWptQPgauEoA4&ohost=www.google.com&cid=CAASJeRob1AZW19EePuNbro4rIbR7-hW91uOKz-r0IWQv-ivr91V3FM&sig=AO

D64_1XgZVQtEQVYI1X0Y4b039KJ7eePw&ctype=5&q=&sqi=2&ved=2ahUKEwj6gqzEq
uCLAxVwq4kEHYEVAeQQ9aACKAB6BAgJEBE&adurl=

Product Sourcing

Tinted Lipbalm:

https://www.amazon.com/Burts-Bees-Moisturizing-Pomegranate-Extracts/dp/B000W16BDW?source=ps-sl-shoppingads-lpcontext&ref_=fplfs&psc=1&smid=ATVPDKIKX0DER

Teeth Whitening

Your teeth play a huge role in your overall attractiveness. A bright, white smile signals youth, health, and good hygiene, instantly making you look more appealing. Yellow or stained teeth, on the other hand, can age your face and reduce facial harmony.

1. Professional vs. At-Home Teeth Whitening

2. Best Whitening Methods for Maximum Results

Best Overall (Fast & Effective) – Professional Whitening

- Results: 8–10 shades whiter in one session
- Procedure: A hydrogen peroxide or carbamide peroxide gel is applied, sometimes activated with a laser or LED light
- Best for: Instant results (photoshoots, events, etc.)

✔ Best for Long-Term Whitening – Custom Trays

- Results: 5–8 shades whiter over 2–3 weeks
- Procedure: Dentist makes a custom tray that fits your teeth perfectly, ensuring even application of whitening gel
- Best for: Sustained whitening & touch-ups

✔ Best Budget Option – Whitening Strips

- Results: 3–5 shades whiter in a month
 - Procedure: Use Crest Whitestrips or similar products for 30 minutes a day
 - Best for: Affordable, gradual whitening
-

3. Pro Tips for Maintaining White Teeth

⊘ Avoid Staining Foods & Drinks:

● Coffee, tea, red wine, dark sodas, and cigarettes stain teeth over time. If you consume them, use a straw and rinse your mouth afterward.

🦷 Use a Whitening Toothpaste (for Maintenance):

Brands like Sensodyne Whitening or Colgate Optic White help prevent new stains.

💧 Rinse After Eating Acidic Foods:

Acidic foods weaken enamel, making teeth more prone to stains. Rinse with water after eating.

🦷 Get Regular Dental Cleanings:

A professional cleaning every 6 months removes plaque buildup, keeping your teeth naturally whiter.

4. Teeth Whitening Mistakes to Avoid

✗ **Overusing Whitening Strips – Can cause sensitivity & gum irritation**

Using Cheap, Unregulated Whitening Kits – Many online kits contain dangerous levels of peroxide

Whitening With Cavities or Gum Issues – Can cause pain and uneven whitening

✗ **Brushing Too Hard After Whitening – Your enamel is weaker for a few hours post-treatment**

Final Recommendation: The Best Approach

- ◆ **Best for Fastest Results: In-office whitening (1 session)**
Best for Maintenance & Affordability: Custom trays + whitening strips
- ◆ **Best for Long-Term Whitening: Avoid staining foods + whitening toothpaste**

A white smile instantly enhances your facial appearance and makes you look healthier, cleaner, and more attractive. If you invest in looksmaxxing, teeth whitening should be a priority.

Fixing Lip Color

If you follow my diet, you will naturally get great lip color due to the iron content in meat, but for an alternative:

- **Brush your lips with a toothbrush daily to exfoliate and stimulate blood flow.**

- Use a tinted lip balm (completely undetectable). Burt's Bees in Pomegranate is a great choice.

https://www.amazon.com/Burts-Bees-Moisturizing-Pomegranate-Extracts/dp/B000W16BDW?source=ps-sl-shoppingads-lpcontext&ref_=fplfs&psc=1&smid=ATVPDKIKX0DER



Fixing flared ears with

hairstyle

Remember, a longer hairstyle, shown to be more indicated for attractiveness, can also assist in covering your ears if they are flared.

Otoplasty is still one of the highest-value procedures since it is relatively cheap for the long-term results that come with it, but a longer hairstyle is also a great choice.

Ian Sommerhalder's hairstyle works quite well.

Surgery info

Otoplasty (corrects flared ears)

Average Cost: ~\$4000

Risk: Low

Reward: Medium-High

Overall Value/Return on Investment: Great

Commissuroplasty (Widening the Mouth)

Average Cost: ~\$3,500 to \$7,000

Risk: Low to Medium

Reward: High (improved symmetry and functionality, aesthetic enhancement)

Overall Value/Return on Investment: Good

Rhinoplasty (Reshaping the Nose)

Average Cost: ~\$5,000 to \$10,000

Risk: Medium (due to anesthesia, potential for revision, and healing variability)

Reward: High (can greatly enhance facial harmony and boost confidence)

Overall Value/Return on Investment: Good

Lip Lift (Shortens the distance between the nose and upper lip)

Average Cost: ~\$3,500 to \$7,000

Risk: Low to Medium (minor scarring, overcorrection, or dissatisfaction with results are possible)

Reward: High (creates a youthful appearance and improves lip proportion and smile aesthetics)

Overall Value/Return on Investment: Great

Facial Filler for Nasolabial Folds (Smooths out lines from the nose to the corners of the mouth)

Average Cost: ~\$600 to \$2,000 per syringe (typically 1–2 syringes needed)

Risk: Low (bruising, swelling, or allergic reaction; rare complications like lumpiness or vascular occlusion)

Reward: Medium-High (immediate improvement in facial appearance and youthful look, though results are temporary)

Overall Value/Return on Investment: Good (non-invasive with minimal downtime, but requires touch-ups every 6–12 months)

Training Your Neck for a Wider Neck (Strengthening and Building Neck Muscles)

Average Cost: Free to low cost (if done using bodyweight exercises or basic gym equipment)

Risk: Low (risk of strain or injury if exercises are done improperly or with excessive weight)

Reward: Medium-High (increased neck muscle mass can enhance appearance, provide greater strength, and improve posture)

Overall Value/Return on Investment: Good (low cost with potential for noticeable results, especially if combined with overall strength training)

Facelift (Surgical procedure to tighten and lift facial skin for a youthful appearance)

Average Cost: ~\$7,000 to \$15,000

Risk: Medium (complications can include scarring, infection, nerve damage, or unsatisfactory results)

Reward: High (long-lasting improvement in facial appearance, enhanced youthful look, and improved self-confidence)

Overall Value/Return on Investment: Great (significant, lasting results with high potential for aesthetic and psychological benefits)

This is for you if:

- You're sitting between 10–20% body fat
- You're in good metabolic health
- You need to shed fat quickly
- You can commit strictly for a short window (max 3 weeks)

 **Ultimate Getting Lean Protocol Explained**

Prioritize Protein (A Lot of It)

Protein intake is key for controlling hunger, preserving lean muscle, and maximizing fat loss.

Recommended protein intake:

- **Low activity: ~0.75g per pound of body weight**
- **High activity: ~1.25g per pound of body weight**

Important: Never drop below 0.75g per pound; lowering compromises muscle retention and synthesis.

Why protein works:

- **Harder to convert into body fat compared to dietary fat or carbs**
- **Stimulates satiety hormones like peptide YY**
- **Naturally reduces cravings and improves diet adherence**

 **Keep Fat Intake Moderate**

Aim for fat grams to be at least 50% of your protein intake (in grams).

- **Supports hormone balance and micronutrient sufficiency**
- **Prevents energy crashes, poor recovery, and mood swings**

 **Carbs: Keep Them Near Zero**

For best results, keep carbohydrates minimal. A strict carnivore or zero-carb diet is ideal.

If you do include plants, keep them very limited and low in toxins, such as:

- **Cucumber**
- **Avocado**
- **Sauerkraut**

I generally recommend avoiding plants on this protocol for optimal results.

👉 Check the next page for simple, actionable meal examples tailored to your weight.

1 2 3 4 Easy To Follow Guide

Macronutrient Targets

As outlined in the protocol, your daily intake should roughly be:

- **Protein: 0.75 – 1.25g per pound of body weight**
 - **Fat: At least 50% of your protein intake (in grams)**
 - **Carbohydrates: 0 – 10g max per day**
-

Foods Perfectly Balanced for This Protocol


These options naturally fit the fat-to-protein ratio we want

- **85/15 or 90/10 Ground Beef**
- **Top Sirloin**
- **Chicken Thighs (skin-on)**
- **Ground Turkey (85/15)**
- **Wild Salmon**
- **Pork Loin**
- **Duck Breast**

My favorite is 90/10 ground beef, cooked with a small portion of butter or raw.

For tracking your macros, here are some guidelines based on these ratios for various body weight ranges

Going towards the high protein and low-fat range will maximize fat loss

 **160 lb Male**


- **Protein: 131g – 211g**
- **Fat: 66g – 105g**
- **Carbs: 0g – 10g**

Example day of eating: 2.3 pounds of 90/10 ground beef

170 lb Male

- **Protein: 139g – 224g**
- **Fat: 70g – 112g**
- **Carbs: 0g – 10g**


Example day of eating: 2.5 pounds of 90/10 ground beef

 **180 lb Male**

- **Protein: 148g – 238g**
- **Fat: 74g – 119g**


- Carbs: 0g – 10g

Example day of eating: 2.6 pounds of 90/10 ground beef

 190 lb Male

- Protein: 156g – 251g
- Fat: 78g – 125g
- Carbs: 0g – 10g

Example day of eating: 2.75 pounds of 90/10 ground beef

 200 lb Male

- Protein: 164g – 264g
- Fat: 82g – 132g
- Carbs: 0g – 10g

Example day of eating: 2.75-3 pounds of 90/10 ground beef

FacelQ's notes

- Don't go beyond 3 weeks continuously.
- For sustainability, you can use this approach a few times per week instead of daily, known as "fat cycling."
- Stick toward the higher protein end if training hard or working a physical job.
- Keep fat no lower than half your protein intake
- Stay under 30g carbs, ideally close to 0g for fastest results
- Adjust day-to-day based on hunger, energy, and output

Extreme Fat Loss Protocol (Extremely Effective)

DISCLAIMER: THIS IS NOT HEALTHY

What to Eat on Eating Days

Find the body weight closest to you and eat the corresponding amount of **90/10 ground beef** throughout the day; this is all you will eat on eating days:

140 lb Male

Example day: 2.0 – 2.2 pounds of 90/10 ground beef

160 lb Male

Example day: 2.3 pounds of 90/10 ground beef

170 lb Male

Example day: 2.5 pounds of 90/10 ground beef

180 lb Male

Example day: 2.6 pounds of 90/10 ground beef

190 lb Male

Example day: 2.75 pounds of 90/10 ground beef

200 lb Male

Example day: 2.75 – 3 pounds of 90/10 ground beef

Eating & Fasting Schedule

- Core routine:
 - Eat normally for 2-3 days
 - Fast completely for 1 day (no "calories")

- **Frequency:**
 - Ideally, fast once every 3 days (most balanced)
 - Can reduce fasting to once per week for a healthier approach
 - Do not fast more than 3 times per week to avoid metabolic damage
 - **Refeed days:**
 - Eat your prescribed amount of ground beef
 - If needed, add a bit more to avoid extreme hunger that hurts your progress
-

Using Caffeine on Fasting Days

- **Dosage:**
 - 100 mg caffeine within 1 hour of waking
 - Another 100 mg dose 4–6 hours later
 - **This protocol prioritizes results, but it is not healthy**
-

Important Reminder

This is an aggressive fat loss strategy, not designed for long-term health. Use carefully and monitor your body's response.

I wouldn't recommend doing this more than 2 weeks.

Unlike most other protocols, if followed strictly, you can expect rapid fat loss.

Complete Sleep Checklist

- **Completely dark room (get a blackout shade if necessary) (eyemask works too)**
- **Low-volume fan on**

- **Weighted blanket**
- **No electronic devices**
- **Cooler temperature (64-67 degrees F)**
- **No food or drink 3 hours before bed**
- **Blue light glasses on 3 hours before bed**
- **Silk Pillowcase**
- **No stimulents consumed ever**
- **Ear Plugs**
- **Morning sunlight exposure**
- **Morning Sprinting + Grounding**
- **Follow Ultimate Sleep Stack (if necessary)**
- **Sleep mask**

If you nail this checklist, you **will** have **perfect** sleep.

<https://www.youtube.com/watch?v=Y-a8LwHLfKo> **Morning Routine for**

Optimal Sleep:

- **Get Sunlight Exposure:** Aim for 15-30 minutes of natural sunlight within the first hour of waking to reset your circadian rhythm.
- **Stay Hydrated:** Drink electrolyte water as soon as you wake up to kickstart metabolism and avoid dehydration that could disrupt sleep.
- **Exercise:** Starting the day with a bit of sprinting is indicated. Add in some grounding too if you see fit.
- **Eat a Proper Breakfast:** If you consume breakfast, follow my dietary recommendations to not spike your blood sugar and remain in a balanced ketogenic state.
- **Avoid Stimulants:** For optimal sleep, it's essential to eliminate caffeine and other stimulants. Caffeine, for example, has a half-life of 6 hours, meaning that

a quarter of the caffeine you consume will still be in your system 12 hours later, which can interfere with your sleep.

- **Set a Consistent Wake-Up Time: Keep your wake-up time consistent, even on weekends, to strengthen your sleep-wake cycle.**

Food And Drink

What you consume before bed can significantly impact your sleep quality. Here's how to optimize your nighttime nutrition routine:

Hydration Tips:

- **Limit Liquids: Avoid drinking 3 hours before bed (trust me)**

Timing Matters:

- **Finish Meals Early: Similar to your liquid consumption, don't eat for at least 3 hours before bed**

By being mindful of hydration and meal timing, you can improve your sleep quality and wake up feeling refreshed.

Blue Light Glasses

Blue light from screens can disrupt melatonin production, making it harder to fall asleep. Blue light glasses help by:

- **Blocking Disruptive Blue Light**
- **Reducing Eye Strain**

When to Use:

- **3 Hours Before Bed**

Blue light glasses are a simple, effective tool for better sleep and comfort.

[Here are the ones I use](#)



Ear Plugs

The Benefits of Using Earplugs for Better Sleep

- **Noise Reduction**
- **Improved Sleep Stages**
- **Consistent Sleep Cycle**

For optimal results, choose earplugs that fit comfortably and provide effective sound insulation, allowing you to sleep undisturbed and wake up refreshed.

Here are the ones I use



Silk Pillowcase

The Benefits of a Silk Pillowcase for Better Sleep:

- Gentler on Skin (Helps prevent wrinkles)
- Less Hair Damage
- Temperature Regulation (Silk naturally adjusts to your body temperature)

By investing in a silk pillowcase, you not only improve your sleep but also protect your skin and hair from unnecessary damage, making it a simple yet luxurious sleep upgrade.

The one I use



Stimulants

For the best sleep quality, it's essential to avoid stimulants like caffeine, nicotine, and certain medications.

- Caffeine blocks adenosine, the neurotransmitter that helps you feel sleepy, disrupting both sleep onset and quality. Even caffeine consumed in the afternoon can affect sleep more than 12 hours later, as caffeine has a half-life of 6 hours.
- Nicotine stimulates adrenaline, raising heart rate and making it harder for your body to relax, leading to difficulty falling asleep and reducing deep sleep.
- Certain medications, like decongestants and some weight-loss drugs, can also act as stimulants, interfering with your ability to unwind at night.

Ideally, avoid these stimulants in general, but at the minimum, at least 12 hours before bedtime to promote restful sleep

.Prioritizing this will help your body naturally transition into sleep, improving both sleep duration and quality.

The Half-Life Issue

I briefly touched on the half-life of caffeine in the stimulant section, but I will elaborate a bit more here.

The core issue with the half-life and quarter-life of these stimulants is that they stay in your system far beyond the initial "jolt" of energy you may receive.

For example, having a cup of coffee at noon means that at midnight, a quarter of the caffeine you consumed is still in your system, disrupting REM sleep.

Here are the half and quarter-lives of popular stimulants:

Caffeine:

- Half-life: 4-6 hours

- Quarter-life: 10-12 hours

At the very least, avoid caffeine 12 hours before bed, and ideally, don't consume it at all.

Nicotine

- Half-life: 1–2 hours
- Quarter-life: 1.5–3 hours

Negligible sleep disruption, though it's still better to avoid it if possible.

Amphetamine (e.g., Adderall)

- Half-life: 9–14 hours
- Quarter-life: 13.5–21 hours

An absolute *KILLER* to your circadian rhythm, REM sleep, and sleep in general. Avoid at all costs.

Modafinil (Provigil)

- Half-life: 12–15 hours
- Quarter-life: 18–22.5 hours

Another killer to your sleep and hormone production. Avoid.

Methylphenidate (e.g., Ritalin, Concerta)

- Half-life: 2–3 hours (for immediate-release), 3–4 hours (for extended-release)
- Quarter-life: 3–4.5 hours (for immediate-release), 4.5–6 hours (for extended-release)

It's a fairly non-offensive ADHD medication. On a proper diet, you will typically notice ADHD symptoms resolve, but 100% use Ritalin over Adderall.

The Ultimate Sleep Stack

For when you NEED to sleep:

L-theanine:

- **Dosage: 100–400 mg, taken 30–60 minutes before bedtime.**

Magnesium Glycinate

- **Dosage: 200–400 mg, taken 30–60 minutes before bedtime.**

Melatonin

- **Dosage: 0.5–5 mg, taken 30–60 minutes before bedtime.**

Don't rely on this sleep stack too often – the goal is to naturally achieve restful sleep. However, it's a great option when you need a little extra help in a pinch.