



BECOMING WOLVERINE ADVANCED RECOVERY TECHNIQUES

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YES!

Welcome to the inside! I am so glad you made it. You're in for a real treat.

As far back as I can remember, my favourite superhero has been and wolverine. I mean his raw energy, adamantium claws and ability to self heal really do it for me. Not to mention how consistently shredded he is.



Now unfortunately I cannot surgically implant retractable adamantium claws into my hands. However, why could I not look and perform and recover like wolverine?

After years of experimenting, I was able to crack the code for all three of those.

The looking good and getting strong as hell is detailed in my bestseller, [the badass body blueprint](#).

The recovery portion? Well this is it.

In the world of recovery, there are many truths and lies, with the answer falling somewhere in between everything.

The techniques in here are not well known, yet devastatingly effective and turning you into wolverine (especially when combined with anabolic stretching.)

It will be divided into 3 sections: diet, training and supplementation.

Let's start with dieting.

Wolverine Recovery Dieting Techniques

Fasting

You've heard it everywhere. Fasting, or better yet, the voluntary abstinence of calories, has been said to be the gift from the gods. While not completely accurate, it does offer some amazing benefits, which are worth exploiting.

There are two types of fasts: daily fasts and purge fasts. Both have their place.

Daily fasts - 16/8 or 24 hour

Daily fasts are what they seem and happen every day. There are many popular techniques, however they usually fall into one of these 3 categories:

16/8 - Lean Gains

20/4 - Warrior Diet

24 hour - Eat Stop Eat

The benefits of fasting are backed by 100's of studies and years of evolution. Some of these benefits include:

—> **Decreased blood glucose levels** : By avoiding consuming any calories or macronutrients blood sugar levels will be reduced to normal. A perfect environment for fat loss.

—> **Decreased Insulin levels** : Again no food = stable insulin levels. When your insulin levels are stable you have smooth blissful energy as well as a fat burning storm. Remember that you cannot burn fat with high insulin levels.

—> **Increased insulin sensitivity**: Insulin sensitivity refers to how efficiently your body can clear glucose from the blood stream. Higher insulin sensitivity means that your body can manage the carbs it gets better and avoid storing them as fat. By constantly giving your body a break from food, intermittent fasting allows your insulin to reset and stay sensitive. This results in greater fat loss and amazing macronutrient partitioning.

—> **Increased lipolysis (fat breakdown)**: Lipolysis is a crucial step in the fat loss process, as it literally means the release of fat cells into your blood stream. When insulin levels are stable and there is no glucose coming into the body, the body must find fuel elsewhere and turns to fat stores. Our bodies are at a given time either storing fat -

feeding, or burning fat - fasting. Fasting allows fat to be released from holding and be available to burn for energy.

—> **Increased Human Growth Hormone levels:** As supported by scientific research, Human growth hormone, also known as the fountain of youth, helps in the process of burning fat, building muscle and increasing metabolism. Short term fasting creates a growth hormone response, resulting in nearly a 6x in growth hormone.

—> **Increased epinephrine and norepinephrine levels:** Collectively called catecholines, these hormones are released when the body is experiencing some sort of stress. When these hormones flood the blood stream, they draw out any excess glucose to burn as well as drawing out fat to burn. They make you feel alert and alive while also protecting muscle mass. Having these hormones elevated all the time would be terrible for your body - this is what happens when you follow any low cal or low carb approach for too long - but the little bursts of this hormone when your fasting does wonders for your metabolism, energy and body composition.

—> **Maintenance of skeletal muscle mass:** Fasting releases high levels of human growth hormone and catecholines. Both these hormones protect your muscle mass while your body burns fat for fuel.

—> **Decreased body fat and body weight:** Just read any of the above statements and you'll understand why this is incredible.

My go to fast is 16/8. I will usually eat between the hours of 2-10 (8 hours) and fast the rest of the time. During my fast, I simply drink black coffee and water.

Give it a go.

Purge Fasts

Once a month (almost), I have started doing what is called a purge fast. A purge fast is a 3 - 7 day long fast. Yes, you read that correctly. It's a difficult process but well worth the benefits.

Fasts these long accomplish few things, but important ones are worth noting.

1. Purge fasts eliminate any potentially cancerous cells from the body essentially cleaning you out via a process called autophagy
2. Purge fasts of 3 days minimum seem to reboot your immune system via stem cell regeneration.

So how does one do a 3 day fast?

My first one was a disaster, I quit after day 1. Then I came across Tim Ferris and his experiments with purge fasts. My world changed.

Here's how I do them now, after stealing some of Tim's techniques:

1. Make the fast Thursday dinner to Sunday dinner (for the next tip)
2. Sleep in as much as possible the days you are fasting - let sleep do some of the work for you.
3. Eat last meal on Thursday around 6/7pm
4. Schedule and insane amount of work for the three days. This will help keep your mind off the absence of food.
5. We need to get into ketosis as fast as possible. Upon waking the first day, consume exogenous ketones such as bulletproofs brain octane fuel
6. Use black coffee to blunt hunger
7. Walk, a lot. Tough exercise is not your friend in a purge fast. Walking will do the job and help supercharge your recovery
8. Drink lots of water - double what you are used to. Make sure to add some salt to a few of your glasses to keep minerals balanced.
9. Every day of fasting consume up to 4 table spoons of exogenous ketones or heavy fat (coconut cream)
10. Break your fast with a damn delicious meal Sunday night

Give it a go and let me know your thoughts!

Wolverine Recovery Training Techniques

Training in this sense is not weight lifting or cardio. Rather it's using your body in different manners to achieve a specific result. In this case, super recovery.

Hyperthermic conditioning

Calculated heat exposure or hyperthermic conditioning has been shown to double growth hormone, massively increase prolactin (plays a major role in wound healing) and decrease DOMS (delayed onset muscle soreness.) It also has been shown to increase endurance by 32%.

Here's how I do it.

Post workout I simply sit in a 80 degrees Celsius sauna for 20 minutes post workout. I try do them after every training / stretching session but at minimum hitting the sauna 2 times a week.

NoFAP

By far the weirdest technique I have come across, NoFAP is the voluntary abstinence of Porn, masturbation and sex (for a period of time). Sounds like it sucks, right?

Well it does, until it doesn't.

Research has shown that heavy porn use can change the neural pathways of the brain causing addiction, hormonal changes, and sexual dysfunction. When more and more 22 year old men are having problems getting it up, something is fundamentally wrong.

The process of "fixing" this is called rebooting. The rebooting process is intended to restore these neural pathways to factory settings, so to speak.

Rebooting is a personal process with no single correct approach. We challenge our users to abstain from pornography, masturbation, or even sex altogether for a period of time. Rebooting the brain by abstaining from these behaviors has freed many users from porn addiction and porn-induced sexual dysfunction.

However, what comes out of rebooting is just short of life changing. The community calls it Nofap superpowers. These include:

1. Confidence boost

2. Increased sexual interest from others
3. Creative mojo
4. Social acuity
5. Reduced Anxiety and Shame
6. More Free Time
7. Sexual Function
8. Super recovery - attributed to testosterone enhancing benefits of nofap.
9. Extreme will power
10. Lazer focus

Ya, you need to stop watching porn, now. It's fucking awful for you. For all the science and geek speak, pick up this book - [Your Brain On Porn.](#)

I promise you won't go back after reading the horrors porn causes and then experiencing the superpowers of not doing it.

Contrast Showers

Also known as hydrotherapy, Cold showers have been around for centuries, with Spartan warriors taking a cold shower each day to jolt them into reality.

A cold shower can raise testosterone levels, lower levels of cortisol, boost your immune system, and increase your mental toughness.

Cold showers also work as a form of "cardio, as you'll quickly find your heart pumping to warm your limbs. Cold showers have even been used to treat mild symptoms of depression and some hypothesize cold showers may be beneficial in the treatment of Chronic Fatigue Syndrome.

At the very least, a cold shower will wake you up.

Another side benefit of cold showers is cold water does not dry your skin. Your skin will be softer and more hydrated after getting out of a cold shower.

Having taken cold showers and contrast showers, I've learned contrast showers work more effectively for me.

Contrast showers have been shown to help you recover from hard workouts, as the

increase the circulation of lymphatic fluid and improve blood flow. Contrast showers also improve blood circulation and reduce feelings of stress.

When taking a contrast shower, start off by running warm to hot water. Run the hot water over your body for 30-60 second. Then switch the water all the way to cold. For 30-60 seconds, remain under the cold water.

Switch back between hold and cold water 3-5 times, finishing with the water set to cold.

[I wrote an entire article about it here.](#)

Meditation

Almost every single successful person I have ever had the great fortune of meeting practices some form of meditation on a daily basis.

Meditation is essentially a mind bath. It helps cleanse all the crap that's built up in our day to day lives. It allows us to gain altitude over our lives - to see our life from a 30,000-foot view. Meditation allows us to regain control over our hectic lives. By taking one step back, meditation allows us to leap three steps forward.

The best way I have found to start meditating consistently is by using an app called Headspace. Headspace provides daily 10 min plus audio recordings that guide you along a meditative process. It's free for the first ten days but once you start you'll get addicted to the feeling.

Another option if you can't possibly find ten minutes extra per day is to follow the program 3-minute meditations by my friend Adam Michael Brewer.

It is doable, realistic, time-friendly and all-inclusive and will provide you with physical, mental and emotional harmony.

[You can pick it up here](#)

Diaphragmic breathing

People are stressed out! Ever-increasing responsibilities, pressure and a 24/7 society take their toll by negatively affecting our metabolic, neuroendocrine and immune systems. This stress affects the way we breathe, constricting us to short, shallow breaths; resulting in physical and neurological imbalances due to poor oxygen consumption.

Thankfully, breathing retraining is very simple and effective. By practicing diaphragmic breathing techniques, you can reduce anxiety, bring your entire body back into balance and flood your system with much-needed oxygen.

Lie down flat and place one hand on your belly and one hand on your stomach. Relax all your muscles and begin breathing deeply. Pull air into your belly first and then into your chest.

If done correctly, you'll feel the hand on your stomach rise for the first two-thirds of the breath; your chest and that hand will rise for the last third of the breath. Make sure your exhalation lasts twice as long as your inhalation. I do a count of four seconds in, eight seconds out. Do this for 5 minutes.

This is one of those times where I don't advise "pushing it." Enjoy the process of relaxation.

Walking

It is very clear by now that while the Anabolic stretching 2.0 system is incredibly effective, it is also demanding and taxing. Furthermore it is not the end all be all of recovery. Because of that, it's necessary that we do more to facilitate recovery than just leave the gym and hit the couch.

Instead, AS uses a very mild form of active recovery. Simply, I want you to walk. After every single weight training workout for 10 minutes, and at some point on every off day, I want you to walk for 30-60 minutes.

Whether it's on a treadmill, or outside or in circles around your office; Just do it. You can also ride a bike or jump some rope. Just 10 minutes of slow, easy movement and 30-60 on off days.

The idea is blood flow. After intense exercise, the single best thing you need to do is keep the body moving. So you must walk or ride or whatever, but just move. **That's mandatory.**

In addition, you're going to wake up after your first anabolic stretch and be a bit sore, and when that happens, take a walk.

Do some bodyweight squats. The more blood you get to those muscles that are sore, the faster they'll recover. So if your arms are sore just bang out a few push ups or just do some very light weight bicep curls.

My point is, help your body heal, don't just lay around and wait to magically feel better.

Wolverine Recovery Supplementation Techniques

For this section, I wanted to get away from the typical supplements and go for the ones most people miss. The under the radar supplements that the elite quietly use.

Ur Spray

If you haven't already heard about the physique enhancing benefits of this all natural dietary supplement newcomer, get ready to experience incredible body recompositioning, fat burning, muscle building and anti-catabolic effects.

No need for horse pills, horrible tasting drops or messy creams. Ur Spray is an easy-to-use topical spray that simultaneously cuts fat and increases lean muscle. The high-purity ursolic acid in Ur Spray is delivered in an ultra-soluble form, providing a higher absorption rate with sustained release, thus giving better results than nearly any other ursolic acid supplement on the market.

This is one of the only under the radar, legal supplements I have found that has profound results. [You can learn more here.](#)

Natural Testosterone Boosting

If there is one thing that wolverine consistently displays, it's very high testosterone levels. He's aggressive, assertive, strong and a downright badass. Ironically, more testosterone has been linked to faster/better recovery. Other than the supplements found in the man supplement bible, here are a few that will help dramatically make a difference.

Blue Ice Royal Butter Oil / Fermented Cod Liver Oil Blend: 2 Capsules upon waking and 2 capsules before bed.

Vitamin D: 3000 to 5000 IU upon waking and before bed (6000 to 10,000 IU per day) until your reach blood levels of 55ng/ml. Can test this at home if you like. Or just ask your doctor for this easy test.

Brazil nuts: 3 nuts upon waking up and 3 nuts before bed.

Lunar

Sleep is one of the most overlooked principles when it comes to recovery. This supplement is the best, non habit forming, sleep aid I have found on the market.

According to polling conducted by the National Sleep Foundation, 43 percent of Americans between the ages of 13 and 64 say they rarely or never get a good night's sleep on weeknights. Sixty percent say that they experience a sleep problem every night or almost every night. This is not good.

Sleep insufficiency has been linked to auto crashes, industrial disasters, and medical and other occupational errors.

It increases the mortality and the risk of chronic diseases like hypertension, diabetes, depression, obesity, and cancer, and it reduces quality of life and productivity.

Inadequate sleep can even slow weight loss, lead to weight gain and muscle loss, and reduce testosterone levels.

And that's the reason I recommend LUNAR.

Research shows its natural, safe, and non-habit-forming ingredients help you fall asleep faster, enjoy longer and deeper sleep, and wake up feeling rested and rejuvenated, not groggy and lethargic.

[You can pick it up here.](#)

The other thing you can do to improve sleep is to pick up [my anabolic sleep system](#) manual. Inside you'll find the most cutting edge sleep enhancing routines a former insomniac (myself) uses to get 8 hours of blissful sleep every night.

[You can pick it up here.](#)