

## Wellness at your Desk: Physical & Mental Health Tips for Busy Lawyers

Presenter: Stephanie Melnychuk

### Resources

#### Busyness and Stress

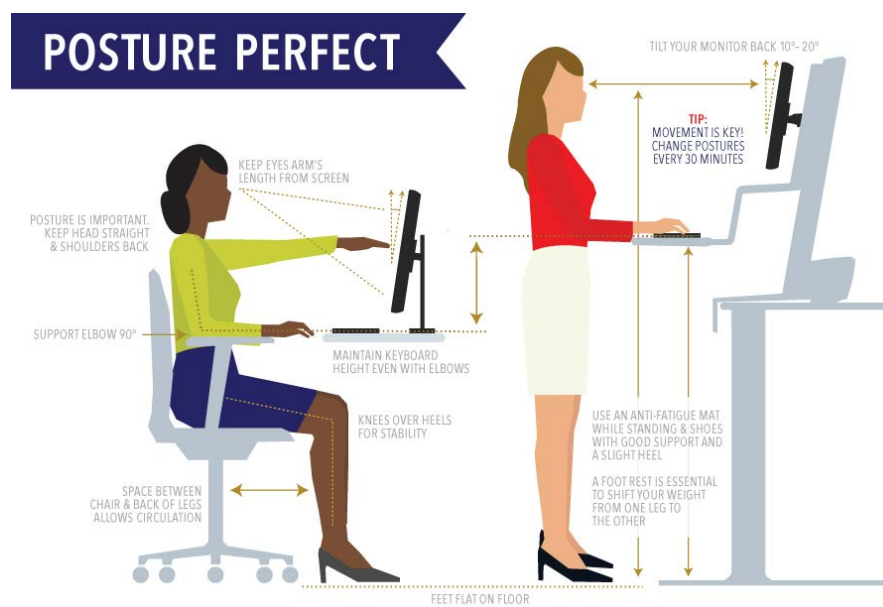
- “Lazy: A Manifesto” by Tim Kreider,  
[https://www.youtube.com/watch?v=WWyV\\_GaH7K0](https://www.youtube.com/watch?v=WWyV_GaH7K0)
- <https://patentable.com/wellness-at-your-desk-strategies-for-reducing-stress-and-improving-productivity/>

#### Physical Activity: Exercise

- 30-day kettle bell challenge: 75 reps (35 lb. kettle bell for women; 55 lb. kettle bell for men) and instructional video  
<https://www.youtube.com/watch?v=U67a4vVZ7ns&feature=youtu.be>
- Mobility exercises for the office: “Sit up Straight: Five of the Best Posture Exercises”  
<https://www.theguardian.com/lifeandstyle/2014/feb/07/five-best-posture-exercises>
- “The Dip: A little book that teaches you when to quit (and when to stick)” by Seth Godin

#### Physical Activity: Mobility

- “Deskbound: Standing Up to a Sitting World” by Kelly Starrett
  - “Becoming a Supple Leopard: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance” by Kelly Starrett
  - “Your Body Language Shapes Who You Are” by Amy Cuddy (TED, June 2012)  
[https://www.ted.com/talks/amy\\_cuddy\\_your\\_body\\_language\\_shapes\\_who\\_you\\_are](https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are)
- The Healthy Workstation (image from [www.ergotron.com](http://www.ergotron.com))



## Diet

- “The Bulletproof Diet: Lose Up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life” by David Asprey
- “Bulletproof: The Cookbook: Lose Up to a Pound a Day, Increase Your Energy, and End Food Cravings for Good” by David Asprey
- “4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman” by Tim Ferriss
- “How to Lose 20 lbs. of Fat in 30 Days... Without Doing Any Exercise” by Tim Ferriss (6 April 2007)  
<https://tim.blog/2007/04/06/how-to-lose-20-lbs-of-fat-in-30-days-without-doing-any-exercise/>

## Sleep

- Guided Meditations by Tara Brach  
<https://www.tarabrach.com/guided-meditations/>
- mySleepButton app  
<https://mysleepbutton.com/home/>

## Slowing Down

- <https://patentable.com/rest-and-recovery-to-improve-mental-performance-and-manage-stress/>

## Concluding Remarks

- “How to Resolve Internal Conflict” by Tony Robbins  
<https://tim.blog/2016/09/18/how-to-resolve-internal-conflict/>
- “Loving What Is” by Byron Katie

# BULLETPROOF<sup>®</sup> DIET ROADMAP

The Bulletproof<sup>®</sup> Diet Roadmap is your daily foundation for reaching a state of high performance, resilience, and vibrant health.

This research-based diet is designed to reduce toxic, health-sapping foods, and replace them with Bulletproof foods that fuel your body, feed your brain, keep you satisfied, and optimize performance.

This diet is easy to follow and allows for experimentation and variation. No calorie counting, no measuring. The foods are arranged in a spectrum so you can choose how bulletproof you want to become. The more you eat on the green side of the spectrum, the more you'll feel your brain, body, and hormones re-awaken as you effortlessly lose fat, enhance cognitive function, and help prevent diseases.



## HOW MUCH TO EAT

**Oil & Fats**  
servings 5-9  
calories 50-70%



**Organic Veggies**  
servings 6-11  
calories up to 20%



**Servings**

These are USDA defined servings. While eating Bulletproof foods, use this as a guide for ratios. Eat until you are satisfied. Listen to your body, and adjust amounts in these ranges.

**Fruit or Starch**  
servings 1  
calories up to 5%



**Protein**

servings 4-6  
calories up to 20%

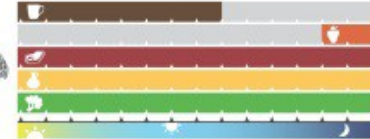
**Calories**

There is no target quantity of calories by design; as long as your diet is made of Bulletproof foods, the body will match calorie intake and energy used until optimal weight is achieved.

## WHEN TO EAT

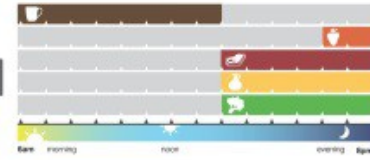
### The Simple Bulletproof<sup>®</sup> Diet

Designed to reduce body fat, enhance mental performance, and prevent disease while leaving you satisfied and energized. Eat when you're hungry, stop when you're satiated, and try not to snack. Target 50-70% of calories from healthy fats, 20% from protein, 20% vegetables, and 5% fruit or starch. For optimal results, follow the green portion of the diet and limit fruit or starch consumption to 1-2 servings per day in the evenings to avoid high triglycerides.



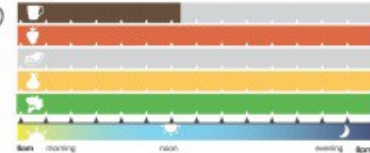
### Bulletproof Intermittent Fasting for Fat Loss and Focus

A biohack that makes it possible to lose fat, while increasing mental focus and energy, without cravings. You start by consuming a cup of Bulletproof<sup>®</sup> Coffee in the morning. The healthy fats give you a stable current of energy, and the ultra low-toxin Bulletproof<sup>®</sup> Upgraded Coffee Beans optimize brain function and fat loss. For optimal results, follow the green side of the diet in conjunction with this protocol.



### Bulletproof Protein Fasting

A biohack used occasionally to get a greater reduction in inflammation. About 1-2 times a week, limit your protein intake to 15-25g to help cleanse your stress-axis without muscle loss. To keep you full and energized, consume a cup of Bulletproof Coffee in the morning and have high fats and moderate carbs throughout the day. For optimal results, follow the green side of the diet and limit carbohydrates to the afternoon and evening.



## WHAT TO EAT

	Servings: 6-11	Servings: 5-9	(2-3 servings of nuts & legumes and dairy count towards total fat servings)	Servings: 4-6	Servings: 1	(choose either 1 starch or 1 fruit)								
	<b>Beverages</b>	<b>Organic Veggies</b>	<b>Oil &amp; Fats</b>	<b>Nuts, Seeds &amp; Legumes</b>	<b>Dairy</b>	<b>Protein</b>	<b>Starch</b>	<b>Fruit</b>	<b>Spices &amp; Flavorings</b>	<b>Sweeteners</b>	<b>Cooking</b>			
<b>BULLETPROOF</b>	<ul style="list-style-type: none"> <li>coffee made from Bulletproof<sup>®</sup> Upgraded Coffee Beans, high quality green tea, diluted coconut milk, mineral water in glass</li> <li>filtered water with lemon/lime, green tea</li> <li>tap water with lime/lemon, water with muddled fruit, fresh brewed iced tea - unsweetened, fresh nut milk</li> </ul>	<ul style="list-style-type: none"> <li>asparagus, avocado, bok choy*, broccoli*, Brussels sprouts*, cauliflower, celery, cucumber, fennel, olives</li> <li>cabbage*, collards*, kale*, lettuce, radishes, spinach*, summer squash, zucchini</li> <li>artichokes, butternut and winter squash, carrots, green beans, green onion, leeks, parsley</li> <li>eggplant, onion, peas, peppers, shallots, tomatoes</li> <li>beets, mushrooms, pumpkin, raw chard, raw collards, raw kale, raw spinach</li> <li>corn (fresh on the cob)</li> <li>all other corn except fresh, canned veggies, soy</li> </ul> <p><small>*These items should be cooked. Refer to the cooking chart for the most Bulletproof way of preparing these veggies.</small></p>	<ul style="list-style-type: none"> <li>Bulletproof<sup>®</sup> from Oolong, Bulletproof<sup>®</sup> XCT<sup>®</sup> Oil, Bulletproof<sup>®</sup> Upgraded Chocolate, Bulletproof<sup>®</sup> Upgraded Cocoa Butter, pastured egg yolk*, lard oil, grass-fed red meat fat and marrow, avocado oil, coconut oil, sunflower lecithin</li> <li>fish oil, grass-fed butter and ghee</li> <li>palm oil, palm kernel, raw macadamias, virgin olive oil, pastured bacon fat</li> <li>factory chicken fat, softflower, sunflower, canola, peanut, soy colza/seeded, corn, and vegetable oils, heated nuts and oils, flaxseed oil</li> <li>margarine and other artificial trans-fats, oils made from GMO grains, commercial lard</li> </ul>	<ul style="list-style-type: none"> <li>coconut</li> <li>almonds, cashews, chestnuts, hazelnuts, macadamias, pecans, walnuts</li> <li>peach/alts, pine nuts, sprouted legumes, Brazil nuts, garbanzo beans, hummus, dried peas, most legumes (dried beans and lentils), peanuts, flaxseed, chia seed</li> <li>soy, soy nuts, corn nuts</li> </ul> <p><small>Unroasted organic nuts are best. Roasting destroys omega-3 oils. Nuts also should only be eaten in moderation and should be soaked or dehydrated.</small></p>	<ul style="list-style-type: none"> <li>organic grass-fed butter, coconut</li> <li>non-organic grass-fed ghee or butter, organic grass-fed cream</li> <li>organic grass-fed full-fat raw milk or yogurt</li> <li>non-organic grass-fed ghee or butter, organic grass-fed cream</li> <li>grass-fed butter</li> <li>skim or low-fat milk, take butter, pasteurized non-organic milk or yogurt</li> <li>all cheese, powdered milk, factory dairy, dairy replacers, condensed or evaporated milk, conventional ice cream</li> </ul> <p><small>Dairy protein is a major source of energy and information. Test yourself to see what works. There is no best or worst anyway, and butter quality is too broad to fit in a pattern.</small></p>	<ul style="list-style-type: none"> <li>Bulletproof<sup>®</sup> Upgraded Whey, Bulletproof<sup>®</sup> Upgraded Collagen Protein, Bulletproof<sup>®</sup> Collagen<sup>®</sup>, grass-fed beef and lamb, pastured eggs* (and gelatin/collagen)</li> <li>low-mercury wild fish such as anchovies, haddock, patoka sole, sardines, sockeye salmon, summer flounder, trout</li> <li>pastured pork, clean white chicken*, pastured duck and goose</li> <li>factory-farmed eggs*, pastured chicken and turkey</li> <li>high-mercury or farmed seafood, rice and pea protein</li> <li>soy protein, wheat protein, beans, cheese and other pasteurized or cooked dairy (except butter)</li> </ul> <p><small>*When protein should be cold processed and ultra-fine microfiltered (UFP). People who are sensitive to casein should use lactase on casein-based.</small></p>	<ul style="list-style-type: none"> <li>pumpkin, butternut squash, sweet potato, yam, carrot</li> <li>white rice, cassava, taro, plantain</li> <li>resistant starch powder (potato starch, plantain flour, Hi-maze<sup>®</sup> starch)</li> <li>black rice, wild rice, brown rice, banana, fresh or frozen organic corn on the cob</li> <li>potatoes (white, purple, new)</li> <li>buckwheat, oats, quinoa</li> <li>wheat, corn, millet, other grains, potato starch, corn starch, gluten-free powders</li> </ul> <p><small>Eat very few starchy foods—and if you eat them, eat them in the evenings. Eat 3 to 7 times, take one day total rest. See the intake and eating times chapters about.</small></p>	<ul style="list-style-type: none"> <li>avocado, blackberries, coconut, raspberries, lemon, lime, raspberries</li> <li>blueberries, pineapple, strawberries, tangarine</li> <li>grapefruit, pomegranate</li> <li>apple, apricot, cherries, figs, honeydew, kiwifruit, lychee, mandarin, orange, peach, pears, plums</li> <li>bananas, dates, grapes, guava, mango, melons, papaya, passion fruit, persimmon, plantain, watermelon</li> <li>cantaloupe</li> <li>raisins, dried fruit, fruit leather, jam, jelly, canned fruit</li> </ul>	<ul style="list-style-type: none"> <li>Bulletproof<sup>®</sup> Upgraded Chocolate Powder, Bulletproof<sup>®</sup> Vanilla<sup>™</sup>, apple cider vinegar, clove, colostrum*, ginger*, potassium, sea salt</li> <li>lavender, organic, rosemary, thyme, turmeric</li> <li>all-spice, cinnamon, cloves*, prepared mustard with no additives</li> <li>mustard seed, onion, table salt</li> <li>black pepper*, conventional chocolate*, garlic*, nutmeg*, paprika*</li> <li>miso, tamari, tolu</li> <li>commercial dressings, spice mixes and extracts, MSG, yeast, caseinate, textured protein, bouillon and broth, hydrolyzed gluten, anything labeled enzyme modified flavoring or seasoning</li> </ul>	<ul style="list-style-type: none"> <li>xylitol, erythritol, stevia</li> <li>sorbitol, maltitol and other sugar alcohols</li> <li>non-GMO dextrose, glucose, raw honey</li> <li>maple syrup, coconut sugar</li> <li>white sugar, brown sugar, agave, cooked honey</li> <li>hucosa, fruit juice concentrates, high-fructose corn syrup</li> <li>aspartame (NutraSweet<sup>®</sup>), sucralose (Splenda<sup>®</sup>), acesulfame potassium</li> </ul>	<ul style="list-style-type: none"> <li>raw or not cooked, lightly heated</li> <li>steamed at darts, UV oven, convection baked or baked at 320°F or below</li> <li>simmered, boiled, poached, lightly grilled (not charred)</li> <li>sous vide, slow cooking</li> <li>broiled, barbecued, microwaved</li> <li>stir fried</li> <li>burnt, blackened, charred, deep fried</li> </ul>	<b>BULLETPROOF</b>	<b>SUSPECT</b>	<b>TOXIC</b>

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