The Power Of Novelty: Shake Up Your Routine For A Healthier Brain Transcript

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Novelty and Brain Stimulation

All right, so, tip number six is very powerful. This is all about novelty. What is novelty? Novelty is doing something different. Different? Why? Because our brain needs something. Needs to.

It needs input to do something different on a regular basis. The brain needs three things. It needs oxygen. It needs nutrients, but it needs stimulation.

And when we stimulate our body differently, regular on a regular basis, it creates a better results. So one way to create novelty is through not taking the same supplements every single day.

I think that we should take breaks every once in a while, like we do with peptides, right? We don't take the same peptide every single day. You typically cycle peptides should cycle supplements as well.

And then novelty will actually allow for the uptake of the supplements that you're on to be at a higher level when you do take them. Another way to create novelty is to do something different while you're maybe in the kitchen with your body where you're like, you know what?

Every time that I, you know, I need something, I'm going to spin to the left as I walk down, to my kitchen and I'll get something from my kitchen and I'll be spinning to the left, or, what I'll do is I'm going to take these, two little bags, and I'm going to juggle them in my hand.

I don't normally do that. It's something different that your body and your brain is not used to doing. That's what novelty is, right? That's why when you're working out, it's good to change up what you do.

Introduction to Sex and Longevity

Change up the various exercises to create novelty. So novelty is a very, very key element of living the longevity lifestyle. Now the next thing that we're going to talk about is, really an interesting topic. It's sex.

We're going to talk about sex and the implications that it has on longevity. It's very powerful. And I'll talk to you quickly about the benefits. But that's going to be tip number seven.

In, of of the ten, tips here that we have, so I, I can't wait for you to get the information on sex. I think it's very powerful.