

BECOME SUPERHUMAN



# B E C O M E SUPERHUMAN

## Official Resource Guide

Ben Greenfield's Top Tips for Performance, Recovery, Digestion, Brain, Sleep and Hormone Optimization

# ***INTRODUCTION***

This Official Resource Guide gives you instant access to every tool that Ben Greenfield recommends in his podcasts, blogs and articles. It's short, but jam-packed with practical things you can use for your body transformation or performance goals, and mean to be as a quick go-to resource for any goals you may have, such as detox, digestion, or hormone balance.

You can use these recommendations to become more Superhuman, and if you're subscribed to the free newsletter on Ben's website, he will deliver updates as he discovers new cutting-edge resources for you.

In the following pages, you'll find his recommendations for becoming Superhuman in the realms of Performance, Fat Loss, Recovery, Digestion, Brain, Sleep and Hormones. If you need help in customizing a particular protocol for your needs, you can [click here to hire Ben or any of the Greenfield Fitness Systems Coaches for a personal consulting phone call.](#)

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# **TESTING**

**Basic Recommended Tests To Ask Your Doctor For On A Blood Panel** - the standard tests most physicians run are typically NOT enough for becoming Superhuman and simply identify absence of disease, not optimal health!)

- **Complete Blood Count of Red Blood Cells (RBC's) and White Blood Cells (WBC's)**
- **Blood Lipids**
- HDL
- LDL
- Triglycerides
- Lp(a)
- ApoB
- **Basic Inflammation**
- hs-CRP
- **Thyroid & Blood Sugar**
- TSH
- Glucose
- HbA1c
- **Liver & Kidney Health**
- BUN
- Creatinine
- AST
- ALT
- Total Bilirubin

- Albumin
- Total Protein
- **Basic Nutrients**
- Vitamin D
- Calcium
- Sodium
- Potassium
- Chloride
- Carbon Dioxide
- Ferritin (serum)
- Total Iron Binding Capacity
- Folate
- Vitamin B12
- RBC Magnesium
- **Hormones**
- Dehydroepiandrosterone Sulfate (DHEA)
- Free Testosterone
- Testosterone
- Estradiol
- SHBG
- Metabolic Hormones Cortisol (blood)
- IGF-1 (Growth Hormone surrogate)
- Insulin

## Other Useful Tests

- [Gut Test](#)
- [DNA Test](#)
- [Cyrex labs assays](#) (the most accurate way to test for food allergies)
- Heart Rate Variability Testing – [“NatureBeat” app](#) for morning 5-minute check
- Another good one for daily "Zen" and "Vita" scores: recommend [a "Tinke" device by Zensorium](#).

## Recommended Testing Resources

- [WellnessFX](#) (good if you want a medical practitioner to oversee everything)
- [DirectLabs](#) (cheaper, but you need to know what you're doing or [have Ben walk you through it](#)).

- [Cardiochek](#) portable blood testing system for lipid testing/cholesterol.
- [Portable glucose monitor](#) for blood sugar.

## **Bundled Testing "Packages"**

- [Blood Sugar Lab Testing](#)
- [Cardiovascular Risk Blood Testing](#)
- [Complete Gut Testing](#)
- [Complete Thyroid Function Test](#)
- [Nutrient Deficiency Testing](#)
- [Sex Hormone Balance Test](#)
- [Wellness Complete Comprehensive Blood Test \(this includes everything\)](#)



## ***SUPPLEMENTS***

**Basic Supplement "Packs" Assembled  
by Ben Greenfield - click any for more  
info**

- [Endurance Pack](#) - UCAN Superstarch + NatureAminos + Vespa + X2Performance
- [Fat Loss Pack](#) - MPX100 + ThermoFactor + LeanFactor
- [Muscle Gain Pack](#) - DEEP30 Protein + NatureColostrum + NatureAminos
- [Recovery Pack](#) - NatureFlex + DEEP30 Protein + NatureAminos + Lifeshotz
- [Injury Pack](#) - Natureflex + Phenocane
- [Detox & Gut Healing Pack](#) - NatureCleanse + NatureColostrum + CaproBiotics + CapraZymes + Oregano
- [Anti-Aging Pack](#) - Lifeshotz + MPX100
- [Brain Pack](#) - TianChi + SuperEssentials Fish Oil

- [Sleep Pack](#) - TianChi + Natural Calm
- [Hormone Pack](#) – Natural Vitality Plant-Sourced Trace Liquid Minerals + SuperEssentials Fish Oil + Tianchi

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## **Performance - For Maintaining Metabolic Efficiency & Fat Burning During 2+ Hour Training Sessions**

-30-60 minutes prior: 1g sodium (i.e. a chicken boullion cube), 5-10 [amino acid capsules](#), 2-3 tablespoons [medium chain triglyceride oil](#) or [coconut oil](#), and 10-15 sprays [topical magnesium](#) on each limb.

-Every hour during 2+ hour workout: In addition to [Endurance Pack](#), 1 serving per hour [VESPA hornet juice](#)

-Immediately after: 8g [glutamine](#) (optional but significantly accelerates recovery) and a 20-25g portion of [DEEP30 protein](#) (whey) or [LivingProtein](#) (vegan)

-2-3 hours later on empty stomach: 4-6 [NatureFlex](#) capsules (proteolytic enzymes + amino acids).

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### **Performance - For Reducing Risk of Cramping, Limiting Muscle Burn & Maintaining Mineral Balance/Electrolytes During Training/Racing Season**

-1-2 servings [trace minerals](#) per day, and then double that during race week for any hot races

-10-15 sprays [topical magnesium](#) on legs, 30 minutes prior to hard workout or race

-1-2 capsules [Oxaloacetate](#), 30 minutes prior to hard workout or race

-Load With 1 Bottle [X2Performance](#) per Day for 7 Days Going Into Big Race

-2-4 weeks of 20-45 minute sauna sessions every 2-3 days leading up to hot race,

preferably wearing [Sweet Sweat](#) on torso, arms, legs.

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## **Performance - For Adding Muscle or Hard Weight Training Sessions**

-[ArmourBite Performance](#)

[Mouthpiece](#) (during hard lifts/hard intervals).

-20-25g portions of [DEEP30 protein](#) (whey) or [LivingProtein](#) (vegan) spread throughout day, at 0.7-0.8 grams per pound body weight.

-Creatine – 0.3g/kg bodyweight for 5-7 days followed by 5g/day. No need to cycle. Recommend [Kreaceps](#) capsules.

-Carnitine – 750mg-2,000mg/day – in 2 doses. Recommend [LifeShotz](#).

-Beta-Alanine – 2-5g, 30-60 minutes before exercise. Recommend [NOW Foods](#).

-Amino Acids – 10-20g every 60-90 minutes during exercise. Recommend [NatureAminos](#) (capsules) or [ThorneAminos](#) (powder)

-Daily serving of concentrated greens (to balance pH). Recommend [Enerprime \(capsule\)](#) as a low/no calorie blend [Supergreens \(meal replacement powder\)](#) as a calorie based blend.

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### **Performance - For Vegan/Vegetarian Athletes, Use The Following Daily**

-Creatine: Recommend [Kreaceps](#) capsules, 2-5g/day.

-L-Carnitine: [Brands vary](#) – 250-500mg/day.

-Spirulina: Recommend [RecoveryBits](#) – 25-50 per day

-Beta-Alanine: Recommend [NOW Foods](#), 1-2g/day.

-Liposomal Vitamin B12: [Brands vary](#) – 1-2 sprays per day.

-Vitamin D/Vitamin K Blend: Recommend [Thorne Vitamin D Complex](#)

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### **Fat Loss - For Stress Control/Cortisol Lowering**

-1 [TianChi](#) per day (Chinese Adaptogenic Herb complex) on empty stomach, preferably before exercise.

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### **Fat Loss - For Appetite Cravings**

-[Nutiva Coconut Oil](#) - 2-3 tablespoons per day (fine to use for low heat cooking, or to just have spoonful).

-[Nutiva Coconut Manna](#) - add to protein shakes or smoothies for added fat to reduce cravings.

-[Miracle Noodle](#) as pasta/noodle substitute (zero calorie, zero carb).

-[EnergyBits](#) – 1-2 handfuls at night when you are craving food (get the ones called “RecoveryBits” as these are chlorella, which is better)

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## **Fat Loss - For Speeding Up Fat/Carb Utilization**

-Magnesium – recommend [Natural Calm](#), 400-600mg at night before bed

-Conjugated Linoleic Acid - eat [grass-fed beef](#) several times per week or [use CLA supplement](#)

-Vitamin B – eat grass-fed beef several times per week and/or use vitamin B complex like [Lifeshotz](#) 1x/day

-Whole Food Antioxidant – 1-2

scoops [SuperBerry or SuperGreens](#) per day as meal replacement and/or 1 [Lifeshotz](#)/day

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## **Fat Loss - For Eliminating Toxins and Heavy Metal Detox**

[-Metal Free Heavy Metal Detoxification Formula](#) - follow exact instructions on bottle

-6mg of [iodine per day](#)

-For limiting toxin/metal exposure, the following personal care/household products are “approved”:

[-Healthy Pet Foods Here's the Scoop!](#)  
[Natural Unscented Clay Clumping Litter](#)

[-Seventh Generation Chlorine-Free Diapers](#)

[-Bon Ami Polishing Cleanser, No Chlorine, Perfume or Dye](#)

[-Seventh Generation Free and Clear Dishwashing Detergent](#)



-Seventh Generation Free and Clear Natural Dish Liquid

-Tom's of Maine Natural Long-Lasting Deodorant Stick, Aluminum-Free, Unscented

-Bean Products Pure Cotton Shower Curtain

-Excell Home Fashions Ultimate Nylon Shower Curtain or Liner

-Carapelli Extra Light Olive Oil

-Magick Botanicals Fragrance Free Hairspray

-Dr. Bronners Magic Soaps Unscented Baby-Mild Pure Castile Soap

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## **Hormones - Testosterone Blend**

-Vitamin D3 (ideally test first) ~ 35IU/pound of body weight

-[Fish oil](#) – 2-4g/day or [cod liver oil](#), 1-2T/day

-[Magnesium](#) (400-800mg/day)

-[Brazil nuts](#) (for the selenium and fatty acids) – 3-4/day (get raw from health food store and keep frozen)

-[Grass fed beef](#) – several 6-8oz servings/week

-If you do not eat shellfish or use zinc regularly, also include 2-4 [Prostelan](#) capsules per day (this is a 5 Alpha Reductase inhibitor + Zinc)

And then use either:

-[D-Aspartic Acid](#) – 3g/day (approx 1 teaspoon) combined with [Myomin](#) (aromatase inhibitor) – 1000-1500mg/day

**OR**

-Use an herbal testosterone formula. Top recommendation is "[Aggressive Strength](#)".

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### **Hormones - Adrenal Fatigue/Overtraining Blend**

-1-2 [TianChi](#) per day on empty stomach

-2-3 servings per day [Trace Minerals](#)

-[Vitamin D3](#) ~ 35IU/lb

-4-6g [Vitamin C](#) per day

-Amino Acids – 5-10 [NatureAminos](#) per day

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### **Hormones - Estrogen Dominance Blend**

-Consider [progesterone cream](#) or [sublingual progesterone](#) but only accompanied by [hormone testing for progesterone](#).

-Do a detox by using the [items in the Detox Pack](#).

-[Vitamin B /antioxidant complex](#) – 1 packet per day

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## **Hormones - Sexual Performance**

-L-Arginine – vasodilator, 3-5g, 60-90 min pre-sex w/ small amount of carbs. Recommend [Citruvol by Millennium Sports](#) (use 50% discount code MSTBG09)

-[Horny Goat Weed](#), 300-500mg, daily

-[Chinese Adaptogenic Herb](#) complex – 1-2 hours prior, empty stomach

-[Yohimbe](#), 300-500mg, 1-2 hrs prior

-Some anecdotal evidence that 1 teaspoon [Pine Pollen powder](#) 1-2 hours prior may also have some effect

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## **Recovery - Basic Workout Recovery**

- 1 [TianChi](#) per day (Chinese Adaptogenic Herb complex) on empty stomach
  - 20-25g portions of [DEEP30 protein](#) (whey) or [LivingProtein](#) (vegan) post-workout
  - 4-6 [NatureFlex](#) 2x/day on empty stomach for any hard workout days
  - 1 daily serving of [SuperBerry](#)
  - 1 daily serving of concentrated greens (to balance pH). Recommend [Enerprime](#) for lower calories option, [Supergreens](#) for meal replacement option, or cycling between the two.
  - Only if you [test iron](#) and it's low, daily use of [Iron Bisglycinate](#).
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## Recovery - Injuries

- 10-15 sprays [topical magnesium](#) rubbed into injured area, 2-3x/day

-4-12 [Phenocane](#) per day

-9-12 [NatureFlex](#) per day

-1-2 daily serving of [SuperBerry for antioxidants](#).

-Only choose the EAT foods off the [Superhuman Food Pyramid](#)

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## **Recovery - Bone Healing/Density**

-9-12 [Natureflex](#) a day

-1-2 servings [liquid trace minerals](#) per day

~35IU [Vitamin D](#) per pound body weight

-400-800mg [magnesium](#) per day, preferably before bed

[-Vitamin K2](#) – 50-100mcg per day

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## **Gut Healing Protocol/Heartburn**

-1-2 capsules [HCL with Pepsin](#) immediately prior to meal (may need to work up to more, stop if burn)

-1-2 serving [organic bitters](#) immediately prior to meal

-1-2 servings [NatureCleanse](#) per day

-1-2 servings [bone broth](#) or [organic gelatin](#) per day

-Follow the [SCD Diet protocol](#)

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## **Detox - Basic Cleanse**

-[Metal Free Heavy Metal Detoxification Formula](#)-follow spray instructions on bottle, use for 30-60 days

-[Liposomal Glutathione](#) - 2-3 sprays under tongue and hold for 20-30 seconds, use for 30-60 days

-6mg of [iodine per day](#) – use for 30-60 days

-[Oral magnesium](#) in supplemental form before bedtime (around 400-600mg/day, or until you get loose stool)

-[NatureCleanse](#) – 4-6 p per day, use for detox maintenance and always take with a large glass of water

-Use [Squatty Potty](#) for any bowel movements

-[Coffee Enema](#) 1-2x/week for 1 month

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## **Detox - Alcohol/Hangovers**

-4 [Phenocane](#) before & after drinking

-[Liposomal Glutathione](#) - 4-5 sprays under tongue and hold for 20-30 seconds, before drinking

-1 [electrolyte tablet](#) for every drink



-If you tend to get constipated when drinking, 3-4 [NatureCleanse](#) with glass of water prior to drinking

## **GEAR**

### **Performance - Swimming**

-Any of the teachings/DVD's from [SwimSmooth](#) (including the excellent [SwimSmooth book](#))

-[Finis Freestyle Paddles](#) (teach you how to use your hand properly during catch phase of swim stroke)

-[Finis Agility Paddles](#) (teach a natural hand position)

-[PT Paddles](#) (teach you how to use your forearms by forcing you to swim with closed hands)

-[Zoomer Z2 Fins](#) (teach you how to kick properly)

-[Swim Snorkel](#)

-[Finis Tempo Trainer Pro](#) (teaches you rhythm and cadence in the water)

-[Underwater Mp3 Player](#)

-[Vasa Swim Ergometer](#)

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## **Performance - Cycling**

-Any of the [Sufferfest](#) videos

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## **Performance - Running**

-[ElliptiGo](#) for run training without impact.

-Wear [110% Play Harder](#) socks or calf sleeves during long runs (use code GREENFIELD & get 10% discount and free shipping).

-[Mini bands](#) (for training glutes/core).

-[Heart rate monitor](#) for tracking zones

-[Yurbuds](#) + [small .mp3 player](#)

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## Performance - Home Gym

-[GymStick](#)

-[FIT10](#)

-[MostFit Suspension Strap](#)

-[Perfirmer](#)

-[Mini bands](#)

-[Stability Ball](#)

-[Elastic Exercise Tube](#)

-[Adjustable Dumbbells](#)

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## Performance - Power/Speed Development

-[CNS Tap Test app](#) to track nervous system performance

-[Power Sled](#)

- [TNT Power Cable](#)
  - [Adjustable Plyometric Box](#)
  - [Weighted Vest](#)
  - [Agility Ladder](#)
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## **Performance - Balance Development**

- Use [Gunnar glasses](#) if heavy computer/phone/TV use to protect eyes.
  - Use [airtube headset](#) to protect ears.
  - [Stability Ball](#)
  - [Balance disc pillows](#).
  - [Mini-trampoline](#) or [Vibration Platform](#)
  - [Mini bands](#) (for ankle range-of-motion).
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## **Performance - Range-Of-Motion & Flexibility:**

-1-2x/week full body session with [Rumble Roller](#).

-Travel with [Myorope](#) or [MuscleTrac](#).

[-Resistance Stretching DVD](#)

[-Athlete's Guide To Yoga DVD](#)

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## **Fat Loss - Faster Metabolism**

-Wear [110% Play Harder](#) pants and tights with ice for 20-60 minutes per day (use code GREENFIELD & get 10% discount and free shipping).

-Wear [CoolFatBurner](#) vest for cold thermogenesis and enhanced calorie burning while working on computer, sitting around, etc.

[-Treadmill desk](#) or [standing workstation](#)

[-kyBouncer Mat](#)

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## **Fat Loss - Eliminating Toxins**

-For limiting toxin/metal exposure, the following personal care/household products are “approved”:

[-Healthy Pet Foods Here's the Scoop!](#)  
[Natural Unscented Clay Clumping Litter](#)

[-Seventh Generation Chlorine-Free Diapers](#)

[-Bon Ami Polishing Cleanser, No Chlorine, Perfume or Dye](#)

[-Seventh Generation Free and Clear Dishwashing Detergent](#)

[-Seventh Generation Free and Clear Natural Dish Liquid](#)

[-Tom's of Maine Natural Long-Lasting Deodorant Stick, Aluminum-Free, Unscented](#)

[-Bean Products Pure Cotton Shower Curtain](#)

-Excell Home Fashions Ultimate Nylon Shower Curtain or Liner

-Carapelli Extra Light Olive Oil

-Magick Botanicals Fragrance Free Hairspray

-Dr. Bronners Magic Soaps Unscented Baby-Mild Pure Castile Soap

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## **Fat Loss - Tracking & Testing**

-BodyMetrix handheld ultrasound body scanning device

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## **Recovery - Workouts**

-1-2x/week full body session with Rumble Roller

-1-2x/week 15-20 minute soak in magnesium salts



-Every day post-workout: 10-15 sprays [topical magnesium](#) on inner thighs and upper back

-Wear [110% Play Harder](#) full leg compression tights with ice for 30-60 minutes after hard workouts/races (use code GREENFIELD & get 10% discount and free shipping)

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## **Recovery - Injuries**

-[Home handheld low level cold laser unit](#), circle around area for 10-15 minutes, 1-2x/day

-[Home electrostimulation unit](#), 1-2 sessions of 15-20 minutes per day, recommend MarcPro

-[Home PEMF unit \(Earthpulse\)](#), hold North Pole against area for 15-20 minutes, 1-2x/day

-10-15 sprays [topical magnesium](#) rubbed into injured area, 2-3x/day

-Wear [110% Play Harder](#) compression with ice over injured area for 20-30 minutes up to 3x/day (use code GREENFIELD & get 10% discount and free shipping)

-Sleep with [magnet](#) taped or placed over injured area

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## **Detox - Air/Water Filters**

-Home central structured water filter (at [GreenfieldNaturals.com](#) code BEN15 for 15% discount)

-[Hepa air filter](#) installed in home and office.

-Use of [Superhuman Entrainer](#) drops when traveling.

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## **Detox - Food Prep**

- [Blender](#) for blending preparation
  - [Omega](#) masticating juicer
  - [Excalibur dehydrator](#) for countertop food prep
  - Cookbook "[Nourishing Traditions](#)" by Sally Fallon
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## **Detox - Miscellaneous**

- Highly recommend 2-3x/week use of [inversion table](#).
  - Daily use of [infrared Biomat](#)
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## **Brain - Mind Tools**

- Cranial Electrotherapy Stimulation - [MindAlive CES Light Therapy Device](#)

-Pulsed Electromagnetic Field Therapy for alpha brain wave stimulation – recommend [EarthPulse](#)

-[HeartMath emWave2](#) for heart-brain connection and cohesion training - 10-15 minutes 2-3x/week

-[Stress Doctor app](#) by Azumio for relaxation, breathing and breath control

-[NatureBright Sun Touch](#) for light therapy/seasonal affective disorder/depression

-[Sunrise Alarm Clock](#) for light therapy/seasonal affective disorder/depression

-[Free .mp3 downloads](#) for stress relief and for body scans

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**Brain - Blocking Electromagnetic Radiation**

-Install "[Flux](#)" on computer so it dims at night

-Wear blue light blocking glasses, especially for evening computer use. Recommend [Gunnar](#), or [Irlen](#).

-Install [low blue light bulbs](#), and put [blue light blocker screen](#) on computer

-If traveling, use a [grounding mat or grounding bedspread](#) (stand on for 20 minutes and use in bed at night after arriving at destination)

-Use dirty electricity filters in main rooms of house ([recommend Greenwave filters](#))

-Use airtube headset on phone (recommend "[Envi airtube](#)")

-Install [low blue lights](#) in home

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**Sleep (Testing/Tracking)**

-[Beddit](#) Sleep Tracking System

-Alternatives to Beddit: [SleepTime app by Azumio](#), [MotionX app](#)

-Wearable sleep tracking devices: [FitBit](#) or [Jawbone UP](#)

-Track and measure sleep with [Oura Ring](#)

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## **Sleep - Sleep Enhancing Tools**

-Install "[Flux](#)" on computer so it dims at night

-Wear blue light blocking glasses, especially for evening computer use. Recommend [Gunnar](#).

-Install [low blue light bulbs](#), and put [blue light blocker screen](#) on computer

-[PZizz iPhone app](#) for quick naps

-[White Noise app](#) for loud settings (dogs, kids, etc.)

-[Dream Essentials](#) contoured face mask and fitted ear plugs

-["The Delta Effect"](#) CD's/mp3 downloads

-Pulsed Electromagnetic Field Therapy for enhancing deep sleep cycles – recommend [EarthPulse](#)

-[NatureBright Sun Touch](#) for morning light therapy

-[Sunrise Alarm Clock](#) for waking

-If traveling in Europe or Asia (not USA because it is wired differently), use a [grounding mat or grounding bedspread](#) (stand on for 20 minutes and use in bed at night after arriving at destination)

-For jet lag, try "[No-Jet-Lag](#)" exactly as recommended on product instructions

-Improve the way you sleep with [Delta Sleeper](#)

-Beat jet lag and insomnia with the [HumanCharger](#)

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**BOOKS ([click here to see books written by Ben](#))**

- ["A Philosopher's Notes"](#)
- ["Devil In The Milk"](#)
- ["Perfect Health Diet"](#)
- ["Magnesium Miracle"](#)
- ["Primal Body, Primal Mind"](#)
- ["The Amen Solution"](#)
- ["Wheat Belly"](#)
- ["Super Health Diet"](#)
- ["Disconnect: Truth About Cell Phone Radiation"](#)
- ["Coconut Oil Miracle"](#)
- ["Lights Out: Sleep, Sex & Survival"](#)
- ["Good Calories, Bad Calories" & "Why We Get Fat"](#)



- ["Food Politics" & "Why Calories Count"](#)
- ["Art & Science of Low Carbohydrate Living"](#)
- ["Stay Young & Sexy With Bioidentical Hormone Replacement"](#)
- ["The Edge Effect"](#)
- ["The Art and Science of Low Carbohydrate Performance"](#)
- ["Zapped: Why Your Cell Phone Shouldn't Be Your Alarm Clock and 1,268 Ways to Outsmart the Hazards of Electronic Pollution"](#)
- ["Kalish Method"](#)
- ["Better Baby Book"](#)
- ["Rich Food, Poor Food"](#)
- ["Thanks: New Science of Gratitude"](#)
- ["Primal Connection"](#)
- ["Real Food Recipes for Training & Racing"](#)
- ["Swim Smooth Book"](#)
- ["Warrior Cardio"](#)
- ["Becoming A Supple Leopard"](#)

*If you need help in customizing a protocol specific to your needs, you can [hire Ben for a personal consulting phone call.](#)*

## ***THE AUTHOR***



Ben Greenfield is New York Times bestselling author, a nationally recognized authority in sports nutrition, endurance sports training, fat loss, wellness and human

performance.

He offers a free blog and podcast, which you can access by [clicking here](#), and also offers personal, one-on-one nutrition and exercise consulting services to anyone, anywhere in the world, via [Greenfield Fitness Systems](#).

## ***OTHER BOOKS BY BEN***

[Beyond Training](#) teaches you how to overcome common health-related training issues while optimizing your workouts so you can look, feel, and perform like a champion. It's about mastering endurance, health and life.

[Get Fit Guy's Guide To Achieving Your Ideal Body](#) teaches you how to find your unique body type, and gives you a custom workout and nutrition plan for your best look.

[Tri-Ripped](#) gives you the best of both worlds – a lean, muscular body and the power to swim, bike and run faster.

[Fueling Myths Exposed](#) tells you the real truth about fueling your body, and teaches you proven exercise nutrition techniques.

[Weight Training For Triathlon](#) is a cutting-edge, step-by-step gym workout guide to developing swim, bike and run power.

[Low Carbohydrate Diet For Triathletes](#) is perfect for losing weight and eliminating carbohydrate cravings, even if you're very active.

[Shape21: The Complete 21 Day Lean Body Manual](#) is a complete nutrition and exercise guide to fat loss.

[Triathlon Dominator](#) is a Half-Ironman to Ironman triathlon training plan that allows maximum results in minimum time.

[Marathon Dominator](#) is a marathon training plan that gets you 100% ready for your marathon with just 4 running days a week.

[Bulletproof Knee IT Band Friction Fix](#) completely eliminates the pain on the outside of your knee, forever.

[Top 12 Resistance Training Routines For Triathletes](#) has 12 incredibly efficient gym circuits to get fast results for triathletes.

[Run With No Pain](#) is a step-by-step guide to eliminating low back pain in runners, cyclists, swimmers and active individuals.

[100 Ways To Boost Your Metabolism](#) teaches you tips and tricks to burn calories like a wildfire.

[How To Qualify For Kona](#) teaches you how to get to Ironman Hawaii to race triathlon world championships on the big island.

[How To Change Your Life With Magnesium](#) teaches you how to use a common mineral to maximize health and performance.