

# “Marcus Aurelius Is Now A Dummy”

by

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You have to try the coffee enema in order to believe it. It simultaneously lifts you up and cools you off. Please watch this YouTube video: <https://www.youtube.com/watch?v=bznDjbQLzMo> After a coffee enema, it is as if the universe whispers in your ear "Youuuu know what this is about. Have you caught the drift?" Specifically, you will lean in to inspect the soft charm around your eyes as the X-Files theme song plays somewhere in the background. In seriousness, it is a big deal. To prevent caffeine overdose, for your first enema I advise one cup of room-temperature coffee and three cups of water.

This file intends to introduce you to multiple issues along the lines of the coffee enema, each of which was a diamond in the rough, a needle in a haystack, the culmination of a real-world spiritual odyssey. Nothing today was handed to me the way I will hand it to you, which I hope you remember as a favor even if you do not read it all.

First, however, I mean this to be taken seriously: you and I could begin manufacturing and marketing in an infomercial our bleeding-edge coffee enema, the Gnostic Colonic. "Because nothing rhymes with rectum!" "Who doesn't trust a Folgers man?" "We're in the enema business only because we deserve to charge you for it." - I couldn't resist. Feel free to skip around at any time. - "Experts are in charge. I am glad we had this conversation." "SCIENCE!" "For your unclean spirits!" "Heathen!" "Oh, you'd be surprised." "Would you know what you're doing without it?" "Dogma." "Do you k-n-o-w what this is?" "In lightning." "Need I pontificate?" "As a real-world solution, it's up there!" "Like any VIP, I scream into the phone: 'I INVENTED THE ENEMA!'" "Show no cowardice in the face of the enema." "Be the change you want to see in the world: start with an enema." "Your attorney practices discredited psychotherapy. Could she possibly be more ingenious than an enema?" "Wheeeewww! It's getting stuffy in here!"

After the coffee enema, the next leading issue I want to share with you is state-of-the-art Holosync meditation: <http://www.centerpointe.com/> An EEG machine often measures brainwaves on a scale of 0 to 40 hz. Separate readings can be taken for each hemisphere, the left and the right. Generally, individuals are either left-brain dominant or right-brain dominant. The Holosync pages present graphs of both hemispheres reflecting hemispheric dominance. Holosync meditation synchronizes brainwave activity on the same graphs. Synchronized graph readings may reflect something to the effect of "whole brain functioning." Regardless, meditating with Holosync can be equivalent to waking up refreshed from a satisfying night's sleep. Please discover the science of binaural brainwave entrainment for yourself. [NeurOptimal](#) biofeedback and [Alpha-Stim](#) electrical stimulation are similar but less exciting technologies.

There is sublime practicality to a daily smoothie. Consider this: bananas and spinach

are two foods known to be rich in potassium. If you ate two bananas and two (cooked) cups of spinach every day, on average you would consume 2,524 mg of potassium, which is only halfway to the 4,700 mg per day some consider sufficient. You might need yet another four servings of fruits and vegetables. Watch "Fat, Sick, and Nearly Dead" at <http://www.fatsickandnearlydead.com/> Now, a NutriNinja blender contains enough space for two bananas, one cup pre-steamed spinach or kale, coconut oil, [chia seed](#), probiotic kefir or almond milk till full, and both ginger and cinnamon to taste. From <https://herbalcom.com> cycle the use of ten-dollar-per-pound nutraceuticals, each neutral in taste: two tbsp. Cordyceps mushroom, three tbsp. Maca, two tbsp. Cacao, one tbsp. Noni, or one tbsp. Beet root. Also from <https://herbalcom.com> purchase a capping machine and empty gel caps in order to swallow tumeric, *Rhodelia rosea*, and ashwagandha, preferably cycled because tumeric with black pepper inhibits liver enzymes that should be given time to recover. At the end of the day, ten-dollar-per-pound nutraceuticals and morning smoothies are money in the economy.

Prebiotics and probiotics are essential to mental health. It is why they are now called "[psychobiotics](#)." In 2013 researchers coined the term "[psychobiotic](#)" for "a class of probiotic [...] bacteria ... capable of producing and delivering neuroactive substances such as gamma-aminobutyric acid [GABA] and serotonin, which act on the brain-gut axis." Specifically, bacteria in the gastrointestinal tract produce vitamin K2, as well as [the neurotransmitters GABA, acetylcholine, norepinephrine, serotonin, and dopamine](#). This is less impressive because the gut is an independent "second brain" full of its own neurotransmitters. [In 2019, this research was extended](#) to conclude that friendly flora affect mood even in perfectly healthy adults without mood disorders.

On an applied level, there are four steps to feeling tremendously better in only a couple of weeks. You don't need to read anything else about probiotics. First, the off-label use for a colonoscopy prep kit is to "wipe out" much of the microbial community in your gut, including dysbiotic flora. A colonoscopy prep affords you a clean slate. Before my colonoscopy, my intestine was full of [3+ bad yeast in this report](#). Second, kefir water and Kombucha tea are superior general-purpose probiotics. Third, the prebiotic fibers FOS and GOS are sold as [Bimuno](#) and [inulin](#). Both bimuno and inulin uniquely feed bifido- strains of bacteria, which is associated with a prescription-strength anxiolytic ("anti-anxiety medication") effect. Unfortunately, on 25 grams of inulin daily, the flatulence requires weeks to subside. After trying a course of the inulin, the subreddit /r/HumanMicrobiome recommends adding [20 grams of psyllium husk and 20 grams of green-banana-flour](#) for a total of 60 grams of prebiotic fiber for its "pro-cognitive, pro-memory, and pro-mood" effects, to which they attest from personal experience. Fourth, the only probiotic on the market proven to increase dopamine and serotonin is *Lactobacillus plantarum* [PS128](#) marketed by the US subsidiary [SOLACE](#). In my experience, PS128 was as effective as any anti-depressant.

After these four steps, the goal is to introduce as many beneficial strains of bacteria into your gut as possible. *Lactobacillus reuteri* [reverses social deficits in autistic mice by way of oxytocin](#). The instructions for how to make [L. reuteri oxytocin yogurt](#) are one of the most overlooked gems on reddit.com/r/HumanMicrobiome. *Lactobacillus brevis* [produces brain growth hormone](#). Likewise, *Lactobacillus helveticus* is as potent as citalopram as an antidepressant, as it raises levels of neurotrophic factors such as BDNF. Something like a

natural SNRI, it affects serotonin and noradrenaline, as well as regulating circadian rhythms. *L. helveticus* is in the probiotic Jarro-Dophilus EPS, a thirty day supply of which is \$25 with free shipping on Amazon, the best \$25 I have spent on probiotics. Appropriate gut bacteria [reduce levels of distress](#) and also [alter emotional recognition](#). Two, only two, select strains of probiotics were proven to [lower re-hospitalization rates](#) for patients with bipolar disorder by a factor of three. If given the funding, I could cut it by another factor of three.

The strongest probiotic on the market is [Coconut Cult yogurt](#), with manyfold more total bacteria than any other probiotic, although it has only 15 different strains of bacteria, four being non-human and unique. You would hope to colonize permanently after that many bacteria through your system for a month. If that doesn't do it, it's a lost cause. Next, both kimchi and sauerkraut are a preeminent health foods for being both probiotics with numerous different strains of bacteria as well as prebiotics that feed those bacteria with digestible carbohydrates. The next best probiotic is [kefir](#), either milk or water. Homemade kefir contains 42 different strains of bacteria. Kefir from the store originally fermented the milk with all 42 strains, but then killed them by way of pasteurization, only to add 16 of the 42 back again artificially. Least desirable, most yogurt in the stores contains only a handful of strains of bacteria. Other, credible experts on Reddit recommend avoiding fermented foods altogether, and they have [published their own guide to probiotics rooted in trial-and-error](#). The argument in favor of fermented foods is that cultures with the greatest number of individuals who live past the age 100 tend to eat fermented foods daily.

If you fed your brain methyl-B12, methyl-folate, p5p, sulbutiamine, N-acetyl L-tyrosine, acetyl L-carnitine, vitamin D3, krill oil, CDPcholine, and uridine mono-phosphate, your raw intelligence would be measurably enhanced. There is no reason to be behind the times on bio-identical vitamin B12. I once gave methyl-B12 to a recovering alcoholic who said "My brain tickled forever! I can only describe it as 'Whoah! Whoah! Whoah!'" The proof is in the pudding. Try it yourself.

Likewise, [10% of the population suffer from a pyrrole disorder that strips vitamin B6 and zinc from the body](#). They should notice immediately the co-enzyme version of vitamin B6, p5p, especially when combined with zinc and the amino acids L-tyrosine or L-phenylalanine. It will be difficult to imagine a day when you do not wish to supplement with the bio-active version of B6. In addition to vitamin B6, zinc is another co-factor for the conversion of L-tryptophan to 5-HTP to serotonin to melatonin. For this reason, zinc [modulates sleep](#), in addition to its other benefits for [memory etc](#).

More, DL-phenylalanine is composed of two isomers: D-phenylalanine and L-phenylalanine. L-phenylalanine converts to both L-tyrosine and the alertness neurotransmitter PEA. D-phenylalanine [inhibits an enzyme that breaks down endorphins](#), leading to a higher baseline level of endorphins.

There is a genetic issue known as the [MTHFR polymorphism](#) in which up to 50% of the population does not convert completely the synthetic chemical folic acid into the usable form, methyl-folate. Methylation reactions account for [5% or less of human biochemistry](#). Methyl-folate is marketed as an adjunct to SSRIs as if it assists the synthesis of serotonin. In conjunction with methyl-B12, methyl-folate also contributes to the conversion of the stress marker homocysteine to a useful compound, SAMe, which is named the "one-carbon cycle."

[SAMe affects multiple neurotransmitters including serotonin and is itself functionally equivalent to an SSRI.](#) In short, individuals with the MTHFR polymorphism are folate impaired and produce only jinxed levels of serotonin. Consequently, they are prone to thickheaded, stiff-necked rationalizations of their inferior serotonin levels. Luckily for everyone, the vitamins B12, B9, and B6, above, are each a methyl-folate version of that vitamin. A bottle of [Swanson's Activated B-Vitamins](#) costs only \$12 for two months (\$8 on sale), although the inclusion of methyl-B12 is a little misleading because it still must be taken sublingually, which is to say "under the tongue."

Both Ancestry.com and 23andMe.com will sequence your DNA. Unfortunately, their default genetic reports are not very insightful. SelfDecode and other 3rd party sites take the same DNA results and produce much more insightful reports. For instance, my Introductory Report confirmed that I am genetically predisposed to have a 20% to 35% impaired ability to produce methyl-folate from dietary folate. I am also genetically predisposed not to absorb B12 from my diet. Consequently, I know that my one-carbon cycle is limited by folate and B12, both of which are easy to supplement.

I am in no way affiliated with SelfDecode.com or SelfHacked, although I never fail to learn something from their reports. SelfDecode just recently started selling a \$250 package that includes DNA sequencing and every DNA report. In contrast, I spent \$200 on the Health and Ancestry Report from 23andMe, learning very little about my genetics in relation to health other than my genes code me to weigh about 6% more on average. Beyond the \$200 for DNA sequencing, I then spent another \$180 for SelfDecode reports. For instance, the biggest red flag in my Minerals Report is iron. This lines up with my functional medicine lab, which revealed low iron as well. For the \$19 price of the Minerals Report, I learned that my low iron is genetic.

Some doctors believe in a contemporary crisis of iodine consumption and attendant sub-optimal thyroid function, <https://www.westonaprice.org/health-topics/modern-diseases/the-great-iodine-debate/> This is the premise of the much less reader-friendly Iodine Project at <http://theiodineproject.webs.com/> Nearly every cell in the body interacts with thyroid hormone, but the RDA for iodine is the least to consume. 12.5 milligrams of iodine in the form of Lugol's 5% Solution facilitate optimal thyroid function. Twentieth-century medical doctor and Nobel laureate Albert Szent Györgi said "When I was a medical student, iodine in the form of KI [potassium iodide] was the universal medicine. Nobody knew what it did, but it did something and did something good." I share Györgi's expertise. Pages 111 through 121 of Roman Nowak's book "Fixing Thyroid Problems" explain how to make years of daily iodine drops for \$20. Nowak believes that long-term iodine deficits must be remedied with up to 50 milligrams of iodine daily for three months. In the same way that SSRIs take time to build up, I continually felt better each week while taking 50 milligrams of iodine daily. 200 micrograms of selenium are recommended as an adjunct to the iodine. In an overabundance of caution, you may want before and after blood panels taken pursuant to pages 119, 124, and 125 of Amy Meyers's book "The Thyroid Connection." After one year of 12.5 mg of iodine in the form of Lugol's 5% Solution daily, my TSH was finally outside of normal limits. I dropped down to 6 mg once per week.

My friend was diagnosed with hypothyroid. Her endocrinologist had her on supplemental hormone. I had her add selenium and 12.5 to 50 mgs of iodine in the form of Lugol's 5% solution. She was taken off her supplemental hormone completely. Given that  $n=1$ , endocrinology is willing to pathologize a diet low in iodine and selenium as an intrinsic medical condition. To outward appearances, hypothyroidism appears to be Big Pharma science that keeps insurance paying for visits and pharmacies. Were I to attempt this on another friend, I would have them look up transdermal iodine insofar as oral iodine is a potent antimicrobial that is fully capable of wiping out beneficial bacteria in the gut.

Given that genetic information is so valuable, we might wonder about the continued validity of any nutritional supplement for anyone, including iodine. The concern is that your individual biochemistry trumps anything to be said in general. Thankfully, it is easy to get an objective reading on your individual biochemistry today. SelfHacked runs a Lab Test Analyzer service, where you can get doctors orders for a full-spectrum of blood labwork including every thyroid lab. It is easy to get your blood drawn at LabCorp and have the Lab Test Analyzer interpret the results. If you take personal ownership of this issue, troubleshooting the hotspots in your own labs, you will thank me for recommending supplemental iodine to optimize your personal biochemistry.

After ten days of supplementation with carbon 60 olive oil (<https://futurealchemy.com/shop/carbon-60-olive-oil-buckminsterfullerene/>), I noticed a distinct, calm (anxiolytic), clearheaded, optimistic sense of well-being (euthymia). According to the preliminary jargon tossed around by a former NASA scientist, it could be 170 times more powerful than vitamin C. Only a few days after I started taking it, I had to increase the resistance on the elliptical machine a few points because it no longer felt like I was pushing myself. I had to push myself 30% harder to get the same runner's high. I may or may not be getting the benefits of exercise, because those benefits might require oxidative injury for a homeostatic injury/repair cycle. All this is consistent with many other anecdotal reports on the Internet. Anecdotal reports and marketing pages are as far as the Internet has progressed with this avant-garde supplement. The mechanism of action could be similar to [vitamin C's role in depression](#). Hydrogen-rich water is thought to potentiate carbon 60 manyfold, and the health benefits of hydrogen-rich water are outlined by this presentation of impressive medical research: <http://youtu.be/oMqfxDBaalE>

In today's supermarket, products are marketed as "gluten free" with such abandon that the issue is diluted. This video discusses the latest science of gluten: <https://vimeo.com/193580900> There exists a single-cell lining in the gut that is semi-porous. Its function is to keep toxins out and to permit nutrients in. Gluten rips holes in this lining, permitting more toxins and even undigested food into the bloodstream. That undigested food must be [attacked by the immune system in a response called inflammation](#). A constant state of immune system arousal will eventually cascade into autoimmune disorders. [Restore for Gut Health](#) enhances the integrity of this single-cell lining of the gastrointestinal tract. This integrity calms the immune system that was otherwise attacking invaders. In the end, even consumers with sub-clinical responses to gluten will think clearer and feel better on Restore.

Credible studies demonstrate that boron increases free testosterone in men by 30% in only one week. Roman Nowak rants in the book "Fixing Thyroid Problems" that mainstream medicine has maligned boron as toxic, when, in fact, minimal doses of boron normalize multiple hormones including free testosterone and vitamin D3. Nowak claims that boron is to the parathyroid what iodine is to the thyroid. [Other research demonstrates that boron is associated with mental clarity](#). The LD50, lethal dose, of boron is equivalent to table salt. Also in its favor, boron is cheap as dirt. AnabolicMen.com compiles the research on this page, <https://www.anabolicmen.com/boron-testosterone/> beginning with this study: <https://www.ncbi.nlm.nih.gov/pubmed/21129941>

You might believe that green vegetables are the healthiest of all foods. However, spinach and kale, for example, have anti-nutrients that interfere with iodine metabolism. Just as significant as vegetable juice, I noticed an uncommon, healthy luster in my entire family's skin after they switched the milk in the fridge pursuant to the books "[The Untold Story of Milk](#)" and "[Devil in the Milk](#)." Human breast milk, goat milk, and certain breeds of cattle are each A2 milk. A1 milk in the supermarket is different from raw (unpasteurized), grass-fed, A2 milk in multiple respects: protein composition, healthy saturated fat, minerals, and the digestive enzymes usually denatured by pasteurization. Sellers of raw, grass-fed, A2 milk can be found at [realmilk.com](http://realmilk.com). A word of caution, however. I did a comprehensive stool analysis with [digestivehealth.center](http://digestivehealth.center), who is a thought-leader in the body's microbiome. My gut was highly, highly inflamed. Among other contributing factors, I frequently skipped meals to drink milk. My anti-inflammatory diet eliminates gluten and dairy. I do feel 10% better on an anti-inflammatory diet. After diet, the next step was a colonoscopy. The doctor who performed the colonoscopy said that most patients would take two years of an anti-inflammatory diet to reduce inflammation as much as I did in six weeks. The protocol for reducing inflammation by two years in only six weeks is Restore for Gut Health, bone broth, and the butyrate from ghee in my smoothie.