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Cellular Hydration
How to Properly Hydrate

• **Drink Enough Water**
  - Drink 1/2 your bodyweight in ounces per day
    (ex. 200 lbs = 100 ounces of water)

• **Eat an Adequate Amount of Hydrating FRUITS & VEGETABLES**
  - Celery, Carrots, Romaine Lettuce, Radish, Cauliflower, Spinach, Broccoli, Zucchini, Cabbage, Cucumber, Bell Peppers, Tomatoes, Watermelon, Kiwi, All Citrus (Lemon, Lime, Orange, Grapefruit, etc.) Cantaloupe, Peaches, Berries (Strawberry, Blueberry, Raspberry, Blackberry)

• **Increase your FIBER INTAKE**
  - Fruits and Vegetables are not only more hydrating but are also high in FIBER. Fiber is one of the most important ways by which your body manages water.
Hydration

- Taking Terrahydrite Humic Compounds: Terrahydrite increases hydration at the cellular level → allows more water to enter the cells.

Restore Supplement
Electrolyte Drinks

Electrolyte Mineral Droppers:
• *Daylite* or *Lyteshow*

Electrolyte Capsules:
• *Total Hydration Himalayan*

Electrolyte Drink Powders:
• *Laird Hamilton Hydrate*
  Coconut water powders
• *Ola Loa Electrolyte powder packets*
• *Ener-C* (not *Emergen-c* which contains isolated fructose and maltodextrin)

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Electrolytes Drinks/Powders to Avoid:

• Gatorade & Gatorade Powders: (contains 36 g of sugar, synthetic sugars, dyes)

• Powerade (synthetic sugars, dyes, etc)

• Pedialyte (artificial flavors, dyes, etc.)
Tips for Maintaining Healthy Digestion

• Hydration & Electrolyte intake
• Magnesium Supplementation: Magnesium Citrate is the most effective for relieving constipation.

➤ Calm Powder or Thorne Research Magnesium Citramate
@ 420 mg for men
@320 mg for women per day

• Fiber Intake
Tips for Maintaining Healthy Digestion

• Collagen & Bone Broth: Contains Proline, Glycine, & Hydroxyproline
  ➢ optimizes gut health (strengthens gut lining)
  ➢ improves immunity (boosts glutathione)
  ➢ improves skin & joint health
  ➢ enhances muscle recovery.

Collagen Powder: Bulletproof
Bone Broth: Kettle & Fire
Tips for maintaining healthy digestion

Eat Healthy Fats:
• Avocado
• Avocado Oil
• Olive Oil
• Coconut Oil
• Grass-Fed Butter/ Ghee

• Egg Yolks
• Coconut Milk,
• Nuts
• Seeds
• Salmon
• MCT oil

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Avoid:

• Pro-inflammatory omega 6 processed oils: ➢ canola, sunflower, safflower, soybean, corn
• Hydrogenated oils found in coffee creamers
• Processed foods
• Margarine
• Conventionally raised meats
Tips for maintaining healthy digestion

• Digestive Enzymes: Papaya, Mango, Kiwi, Pineapple, Green Banana

• Fermented Foods: Organic Fermented Dairy (Yogurt & Kefir)

• Increase HCL production in stomach: Apple Cider Vinegar, Biooptimizers HCL Breakthrough, Thorne Research Bio-gest. Take before each meal.
Importance of HCL

- HCL is considered one of the most important fluids (juices) in the body.
- Adequate HCL production in the stomach is vital for Digestion, Nutrient Absorption (B12), and for skin health.
- Low HCL leads to poor nutrient absorption (B12 deficiency), bloating, heartburn, & bacterial overgrowth.
Tips for maintaining healthy digestion

- Sprouted Seeds (Chia, Flax, Hemp = all high in FIBER)
- Top Herbs & Spices for Gut Health: Chamomile, Ginger, Peppermint, Turmeric, Bitter Melon. Drink Warm Teas
- Minimize or Avoid *Gluten: Instead choose vegetable starches (potatoes, squash, carrots, etc.), legumes (beans), wild long grain rice, quinoa, kaniwa

*Best supplement for breaking down gluten: Gluten Guardian

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Performance & Recovery

• Maintaining Cognitive/Physical Performance & Recovery can be very challenging → with inadequate sleep and poor nutrition.
Top Nutrients for Optimal Brain Function:

**Omega 3 (DHA):**
- Wild Fish
- Algal Oil
- Sardines
- Anchovies
- Herring
- Egg Yolk

- Oysters
- Sea Bass
- Tuna
- Grass-Fed Beef
Top Nutrients for Optimal Brain Function:

• Omega 3 supplements: North American Herb & Spice - Alaskan Wild Polar Power or Algal Oil supplement → Nordic Naturals Algal Oil.

• MCT oils - Bulletproof → add to coffee or warm tea
Top Nutrients for Optimal Brain Function:

- **B Vitamins:**
  - B12 (Sardines, Lamb, Salmon),
  - B6 (Turkey, Pistachios, Tuna, Beef, Sunflower Seeds)
  - B9/Folate (Legumes, Asparagus, Egg Yolk, Spinach, Avocado)

- **L-theanine** - derived from Green tea boosts cognitive function and improves focus and mood. Drink warm green tea between meals or take by supplement.

- **Additional nutrients:** Choline, Iron, Magnesium
Top Nutrients for Skin Health:

Combat Sun Damage

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Top Nutrients for Skin Health

- **Hydroxyproline** - found in Collagen (Bulletproof, Vital Proteins)

- **Vitamin C**: Citrus Fruits (Lemon, Lime, Orange, Grapefruit), Kiwi, Mango, Papaya, Bell Pepper, Berries, Watermelon, Guava, Broccoli. Or **Vitamin C supplement** → Ola Loa Electrolyte Packets, Ener-C, Buffered C-Salts powder Thorne Research.
Top Nutrients for Skin Health

• Antioxidants:
  ➢ Green Tea
  ➢ Omega 3: Chia, Flax, Hemp, Wild Salmon, Grass Fed Beef, or from supplementation (Fish Oil/Algal Oil)
  ➢ Brightly colored fruits and Vegetables: Watermelon, Blueberries, Tomatoes (Lycopene) Citrus Fruits, Oranges, Carrots (carotenoids), Leafy Greens, Cocoa

• Herbs & spices
  ➢ Ceylon Cinnamon, Ginger, Turmeric
Nausea & Sea Sickness:

- Ginger: Ginger Chews (Thrive Market Organic Ginger Chews) or Ginger Tea
- Peppermint Tea
- Chamomile Tea
- B6 Rich Foods
  - Sunflower Seeds, Pistachios
- Licorice Root Extract
Optimal Course of Action

- **Omega 3 supplement**
- **Utilize instant coffee:** Add hot water and preference of laird hamilton creamer + mct oil + cinnamon.
- **Breakfast:** Minimize simple sugars and eat a satiating meal composed of healthy fats and protein (Collagen powder + mct oil with a protein bar + OR Ample Meal Replacement Shake).
- **Lunch:** Wrap with protein (canned seafood) + avocado + 1 hardboiled egg + primal kitchen avocado oil mayo + leafy greens.
- **Snack:** Chomps grass fed beef jerky + apple or Bar or Green Tea
- **Pre – dinner Digestive:** HCL breakthrough
- **Dinner:** Crew Meal
- **Post Dinner before bed:** *Magnesium* and Chamomile Tea
Eat well & Perform Better
Thrive Market: Online food delivery service discounted prices from what you would find at Whole Foods or Mother’s. Offers almost all of the foods below with the exception of a few where you have to go to direct site or Amazon.
www.thrivemarket.com

Coffee:
Best Instant Coffee: Mount Hagen Freeze Dried Instant Coffee (Organic/Plain)
Best Instant Coffee w/Creamer: Laird Hamilton Instafuel (Instant Coffee, Coconut Milk, Coconut Sugar).
Best Non-Dairy Coffee Creamer: Laird Hamilton Superfood Creamers (Coconut Milk Based)

Meal Replacements:
- *Ample Foods Meal Replacement (Powder form): Ample offers original, ketogenic, and vegan formulas rich in superfoods, probiotics, fiber, and is derived from organic ingredients ---> to optimize energy, glycogen replenishment, digestion, blood sugar, and satiety. Ample has 400 (female) calorie and 600 (male) calorie options. Mix with water and drink. Great quick breakfast
- **North Bay Trading Co.: Freeze Dried Wild Rice, Vegetables, Soups, Fruits, Beans, Lentils, etc.)**
- **Mother Earth Products (Organic): Dehydrated and Freeze Dried Foods**

Snacks:
- **Beef Jerky: Chomps Grass-Fed/Grass Finished Beef Jerky: Amazon or Thrive Market**
- Prosciutto
- **Beef Jerky: Paleo Valley Grass-Fed/Grass Finished Beef Jerky: Amazon**
- **Siete Chips: Grain-Free, Gluten Free, and free of hydrogenated oils and omega 6 oils, free of processed table salt.**
- Granola (grain & gluten free): Go Raw granola
- Granola (grain & gluten free) Paleo Granola
- Granola (grain & gluten free) Julian Bakery
- Hummus: Majestic Hummus - Whole Foods or Mother’s Market
- Dulse or Dulse Flakes (seaweed): high in fiber, antioxidants, & minerals (add to salads or eat as snack)
- Raw Nuts & Seeds (Preferably sprouted): Buy Raw Nut butters with no oil or processed salt added.
- Super Fat Nut Butter Packets: made from Macadamia Nut, Almond & Coconut Butter
- Justin’s Nut Butter Packets (Mother’s, Whole Foods, Sprouts)
- Almond Flour Crackers (Stonemill): Mothers, Whole Foods, Thrive Market
- Hu Crackers (Gluten Free & Grain Free): Mothers, Whole Foods, Thrive Market
- Raw Macadamia Nuts, Brazil, & Walnuts - All anti-inflammatory and are high in healthy fats to keep you satiated and blood sugar stable.
- Dark Chocolate Bars: HU chocolate bars - contain no processed ingredients (no soy lecithin) and high in cacao → high in polyphenols (antioxidants).

Bars:
- Perfect Bars (need to be refrigerated)
- Bulletproof Collagen Bars (Best when frozen)
- Elemental Bars (need to be refrigerated)
- Genuine Health Protein Bars (Plant Based)
- Keon Bar
- Larabar
- Rx Bar
- Dang Bars

Collagen Powders (Hydrolyzed Collagen Peptides)
- Bulletproof collagen
- Vital Proteins Collagen
- Primal Kitchen Collagen
- Ancient Nutrition Collagen

Best Condiments:
- Primal Kitchen Avocado Oil Mayonnaise (Chipotle)
- Primal Kitchen Dressings (ie. Cashew Based Ranch Dressing): Caesar, Thousand Island, Balsamic, Honey Mustard
- Organic Mustard (Annies or Thrive Brand) and Ketchup (Annies or Thrive Ketchup) found on Thrive Market
- Thrive Organic Salsa

Bread: Sprouted Wheat & Rye
- Dave’s Killer Sprouted Wheat
- Ezekiel (sprouted wheat bread and sprouted wraps)
- Alpine Valley
- Bavarian Rye Organic Sprouted Bread

Canned Seafood:
- Wild Planet Sardines & Anchovies
- Wild Planet Canned Salmon
- Wild Planet Tuna
Gluten Free & Grain Free Options:
- Coco Nori
- Thrive Market Coconut Wraps
- Wrap Original Wraps (Vegetable Based Wrap)
- Banza Pasta (Chickpea Based): This brand has all different cuts of pasta and is a great swap for processed flours. Buy on Thrive Market or find at whole foods or mothers.
- Siete Chips, Siete Tortillas, Siete Wraps: Chips: Cassava Root based & Tortillas are made with almond flour, cassava flour, coconut flower, and chia

Almond Milk:
- Califia Almond Milk
- Pacific Foods Almond Milk
- New Barn Almond Milk

Best Teas:
- Four Sigmatic
- Tulsi Tea

Breakfast Ideas:
- Blueberry Yogurt: 1 cup plain full fat yogurt + 1 tbsp. hemp/chia/flax + 1 tbsp. Chopped almonds + ½ cup frozen blueberries + 2 tbsp. Vanilla collagen + pinch of cinnamon
- Ample Powder Drink: Mix with water and enjoy with 1 piece fruit or handful nuts
- Egg Wrap: 2 hard-boiled eggs + ½ avocado + 1 tbsp. Hemp seeds + diced tomato or tbsp. Salsa + wrap in choice of tortilla or optimal choice: Coconut Wrap, or Vegetable Wrap or as a breakfast sandwich in Bavarian rye bread or Dave’s killer bread.
- Collagen Drink: Mix 2 scoops collagen + water or almond milk + 1 tbsp. MCT oil + 1 bar + 10-12 macadamia nuts