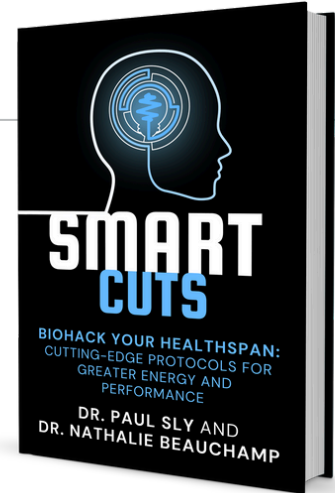


SUGGESTED Interview Questions

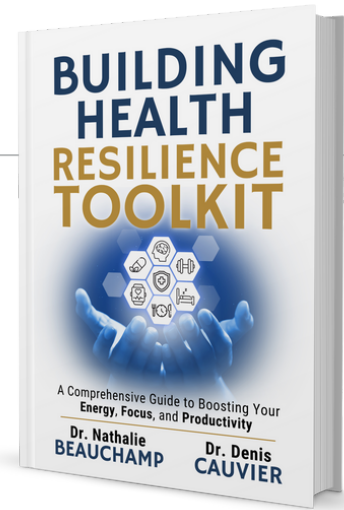


SmartCuts—Biohack Your Healthspan



- Proper hydration and nutrition are foundational to health. Can you share some specific protocols that people can easily incorporate into their daily routines?
- In the section on Sleep, Rest & Recovery, you emphasize the importance of restorative rest. What are some of the key biohacks you recommend for improving sleep quality, and how do these contribute to overall health?
- There are so many different types of exercise—what do you recommend for people in the 40s and beyond?
- Many people struggle with finding the time or motivation to exercise consistently. Do you have any tips for overcoming these barriers and making movement a daily habit?
- The book mentions several biohacks for optimizing neurotransmitter balance. Can you elaborate on how diet, exercise, and supplementation can influence key neurotransmitters like serotonin, dopamine, and GABA?
- What are your top tips for influencing how we age?
- You outline several daily non-negotiables for maintaining optimal health. Can you discuss some of these habits and their significance in the broader context of biohacking?
- There's a lot of excitement around potential anti-aging interventions like senolytics, rapamycin, and NAD boosters. Which of these do you think holds the most promise based on the current research, and why?
- If you could sum up the top 3-5 most important things the average person can do to slow aging and promote healthy longevity based on our current knowledge, what would they be?
- Why is social connection and community so important to our health and longevity?
- From sleep trackers to red light therapy panels, technology plays a significant role in modern biohacking. What are some of your favorite gadgets mentioned in "SmartCuts," and how do they enhance healthspan?
- What are your top 3 biohacks for someone who maybe isn't into gadgets and tech?

Building Health Resilience Toolkit



- In your book, you cover various aspects of health and wellness. How do mindset and habits lay the foundation for building health resilience?
- Brain health is crucial for productivity and decision-making. What strategies do you recommend for optimizing brain function and cognitive performance?
- Many professionals struggle with sleep due to their demanding schedules, frequent travel, and jet lag. What are some key strategies for improving sleep quality and recovery?
- Your book is not just about physical health, but also mental and emotional well-being. What's the connection between health resilience and leadership, and how can your strategies help professionals become better leaders?
- Hormone imbalances are often overlooked in the mainstream conversation about health. What are some common signs that one's hormones may be out of whack, and what's the first step in addressing these imbalances?
- Many people underestimate the impact of chronic stress on their physical health. Can you explain some of the long-term health consequences of unmanaged stress and how your strategies can help mitigate these risks?
- You discuss the fascinating link between gut health and mental health in your book. Can you explain this connection and share some strategies for supporting a healthy gut-brain axis?
- There's a lot of confusion around vitamins and supplements. How can individuals determine which supplements are right for them?
- Oftentimes, people view exercise as an all-or-nothing proposition - either they go to the gym for an hour or they don't bother at all. How can someone shift their mindset and incorporate more movement throughout their day?
- You discuss the power of mindfulness and meditation for managing stress. What advice would you give to skeptics who think these practices are too "woo-woo" or time-consuming?
- Your book is full of strategies for building resilience in health. If you had to choose, what are the top 3 areas someone should focus on for the maximum impact to their health?

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