

# Master Program\_ Optimization of Anabolic and Catabolic Metabolism (AMPK - Mtor)

- Biohacking at the cellular level for maximum health and performance -

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**"WE DIDN'T REINVENT THE WHEEL – WE MADE IT MOVE FASTER AS IT HAS BEEN OPTIMIZED OVER MILLIONS OF YEARS; THAT'S BIOHACKING."** – Gabriel Pesa

This program is aimed at the lazy and those who have tried almost everything and it didn't work. Even disciplined people have noticed that for some time things do not work as smoothly and well as they have been until now.

Why? Because nutrition and nutrition is corrupted. Today, biohacks are needed to counterbalance what is happening worldwide with our diet and health.

It is a program that is extremely advanced in essence but simplified to be easy to apply by those interested.

The simple fact that this program exists and I offer it proves that the Universe always finds balance and always offers solutions.

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# 1 INTRODUCTION

## Optimization of anabolic and catabolic metabolism mechanisms (AMPK/Mtor)

**"WE DIDN'T REINVENT THE WHEEL – WE MADE IT MOVE FASTER AS IT HAS BEEN OPTIMIZED OVER MILLIONS OF YEARS; THAT'S BIOHACKING."** – Gabriel Pesa

### 1.1 What is this advanced protocol?

- For this protocol to work, 4 things are needed.
  - **NOT JUST ANY WATER, NOT JUST ANY AMINO ACIDS, NOT EVERY OIL AND NOT EVERY SUPPLEMENT WORKS. GREAT ATTENTION HERE.** Most of them don't work. That's the truth.
  - They are simple at first glance but very complex in their existence and all 4 are needed. ATTENTION. All 4. We don't have any simpler than that yet.
- 1. QUALITY WATER.** Water to hydrate you, not to dehydrate you (See very important explanations in the water and hydration section). On top of that, we introduced Infopathy technology that adds a lot of coding to the water you consume that eliminates the need to swallow dozens of supplements. That's biohacking.

*It is very difficult for me to explain the simplest thing on which the entire functionality of the body depends.*

*If you don't have water, everything spoils.*

*It is in vain to turn to all the solutions in the world for the various problems, if you do not solve the root cause:*

*Intracellular hydration.*

*It doesn't matter if you have digestive problems, or hormonal problems, or neural problems, or your hair falls out or your skin breaks; They all stem from a lack of quality water for the body to use. If your body has water, amino acids, and fat, it repairs everything.*

*Does what I'm saying here make sense?*

*What's not clear is that we should be 65-70% water?*

*What? Don't we have 70% hydration? NOT. It would be good if at least 60% had... but...*

*Most of us are under 55% water. And that's stupid and miserable.*

*You have no idea how big problems there are in your blood and lymph.*

*What about intracellular, systemic communication and regeneration or antiaging?*

*Our bodies struggle to survive.*

*People don't understand that it's a waste of resources, energy and money to do anything if you don't have quality water in you.*

*The biggest problem of internal functionality is the lack of chemical communication between systems, and this is done in liquid medium.*

*Even nerves and thus communication efficiency depend on electrolytes in interstitial water or intracellular water; So again we come to the water.*

*It's all about water, and now all water is bad.*

**2. ESSENTIAL AMINO ACIDS** – The basic building blocks with which the body can build what it needs.

Don't worry about what, you give what it needs and does because it's been programmed for millions of years. We have at our disposal the best amino acids on the planet. Let's use them.

**3. OMEGA 3 POLYUNSATURATED FATS (DHA AND EPA)** – If you don't lubricate a machine, it breaks down. The same thing with our body. ATTENTION. We don't need every fat, and especially not every omega 3 oil works. Great attention here. Omega 3 oils of plant origin are not ok. We have the best unoxidized fish oil in the world. It's part of the protocol.

**4. SPORT OR MOVEMENT.** Without movement, nothing works in the universe. Nothing. If you don't move, you die. That's the gist. There's no need to sport performance folks. It requires minimal movement.

**If there's one thing that fixes everything, it's movement.** I'm not kidding.

- The basic principle for systemic balancing is to optimize INPUT-OUTPUT (What you introduce into the body – What you remove from the body). You will see that the main problem is actually what you eliminate, or more correctly, what you do not eliminate
  - If what you introduce doesn't give you something extra – you have a problem
  - If you don't eliminate what weakens you – you have a problem.
  - The idea is that if you don't eliminate, you have to burn or convert what you consume into energy; A phenomenon that for some reason has many limitations today, and this protocol is exactly what it is working in.
  - Energy is the key to cellular or systemic (body) regeneration.
  - In addition, we have added here over 30 years of experience in nutrition and biohacking.
- This protocol is only a basic step towards regulating anabolic/catabolic metabolism, increasing muscle mass as the main consumer of calories, and rehydrating the body.
  - Direct side effects:
    - Burning excess fat
    - Elimination of systemic acidity that is the general cause of major imbalance of the body. This process can take a lot of time, but everything is done step by step.
    - Everything is connected with excess acidity that is not eliminated in time. Over the years, the body loses the ability to eliminate acidity and the systems that deal with this process become increasingly inefficient. Hence the chain degradation.

## 1.2 What are the main problems in this situation?

### MAIN ISSUES:

Slow burning, or slow metabolism, is mainly caused by 3 factors:

- **1. Excess carbohydrates** (sugars and other grains, alcohol and food additives) that are not burned due to a slow or inefficient metabolic rate: Result: fat deposition (The human body, if it does not burn, automatically deposits carbohydrates as fat because it does not have the ability to store sugar)
- **2. Lack of muscle** and enough movement to help burn excess carbohydrates.
  - Or, as the case may be, insulin/leptin resistance due to non-functional receptors
  - Or combinations of the two along with other individual co-factors.
- **3. Low hydration;** most often below the minimum level of 55%

## 1.3 What are the solutions offered by this systemic and holistic approach?

### SOLUTIONS:

- **1. Regulation and optimization of insulin and glucagon curves** by optimizing insulin receptor functions.
  - **2; Acceleration of burning by increasing muscle mass**
  - **3. Optimization of hydration through** hydration protocol and informational programs encoded in water through Infopathy technology.
- All procedures and protocol steps are synergistically linked. The more of these things you manage to do, the stronger and more spectacular the effect. There is nothing set in stone. But understanding the basics is key to learning how to claim your body and find a way of life for the future that doesn't bring you into a state of imbalance (illness).

## 1.4 What do you have to do in a nutshell?

- **1. Swallow the advanced key add-ons** that optimize the mentioned functions and adjust the systems
- **2. Consumption of structured** water and water coded through special Infopathy programs for this protocol
- **3. Movement:** at least one hour of walking per day or activity that moves the main muscles
  - **Bonus:** Breathing exercises

- Any other sports activity will have exponential multiplicative effects on the effectiveness of this protocol. If it's extra, it's getting better and better.

## 1.5 Frequently Asked Questions (FAQ)

### 1.5.1 Do you need an advanced or special nutritional regimen?

**Answer: No**

- Everyone, depending on their health, may have personal restrictions or personalized nutrition.
- This program does not address in this direction, but provides the general rules of common sense in nutrition that are useful for every man.
- Respecting them will bring extra efficiency, but it is not a condition. Everyone will decide what the goal is and how much they are willing to follow from the basic rules
- Personalized nutrition can be integrated into this protocol upon request.
- Each case may have particularities that are discussed separately and individually.

### 1.5.2 Do I need special monitoring?

**I recommend monitoring blood sugar and possibly ketones**

- Each depending on the state of health, may have a slower or more advanced metabolic rate
- As metabolic rate increases, the program may be slowed or suspended totally or temporarily.
- These details are discussed directly and personally with me or with the nutritionist / specialized staff.
- At the beginning of the program, a basic scan will be performed to determine the baseline level of hydration and many other factors/systems.
- Another useful recommendation is to monitor urine acidity and hydration levels. It is optional but useful.

### 1.5.3 Do I need special supplements for this type of protocol? YES

- These are key elements that, together with structured water, will determine the desired transformations.
- Even if they seem simple, they work exactly in the way they are offered and only in the optimized form I recommend. Not every form of supplement works
- I tested them for years until I came up with something that works under current conditions of nutrition, stress and consumption.
- On a case-by-case basis, there may be additional recommendations depending on each. Those will be listed separately.

### 1.5.4 Are ancillary procedures considered vital in the protocol?

**NO**, but they can help you enormously to optimize systems faster

### 1.5.5 How strict do I have to keep the protocol and how much?

You decide.

- The more you do, the sooner you'll see the effects. Consciousness is key.
- After the effects occur, everyone will decide how long to follow this protocol.
- Everyone has their own resistances and everyone has their own cravings, big or small. I say see what will happen after 2-3 weeks.
- The minimum required to see significant effects is 21 days.

The steps and procedures will be provided in the simplest form to facilitate the understanding and application of these procedures.

## 2 PREPARATION FOR PROTOCOL

Preparing for the protocol is the key to success, and this preparatory part is essential to start off on the right foot. By reading and informing yourself about the basic stages and rules, you will be prepared to go through each stage successfully.

Because this protocol will be customized according to your metabolic needs and goals, the following 1 to 1 meetings will be required to:

- **0 consultatie initiala;**
- **An overall assessment;**
- **3 interstitial scanari;**
- **Personalized general information;**
- **Special remarks** for carrying out such other **analyses** or **assessments** as may be necessary on a case-by-case basis;

You also need to read and assimilate the general rules of nutrition that we have called "Common Sense Rules". Integrating as many rules into your life as possible will be key to the success of the protocol. This process may take a little time, but it's essential to re-educate your eating habits.

Before starting the protocol, it is necessary to order the necessary add-ons and INFOPATHY technology. In addition, it is important to order a blood glucose meter/ketometer to monitor blood sugar and ketone levels. If you don't have all the necessary supplements, you can start with hydration and applying the basic rules until you gather everything you need.

Finally, you will find all the necessary nutritional protocols in the additional appendices. If you have any questions or concerns, do not hesitate to consult me. Surely you have found many programs that promise spectacular results at an affordable price, but you have to ask yourself what you are really paying. In this case, the price of the program reflects the real value you receive, namely knowledge, information and information programs personalized and adapted to your needs.

### 3 PROGRAM COSTS

This is a program that can be implemented as many times as you want. It is an investment in knowledge and experience that very few people on the planet have access to. It is a master program. It's an investment in yourself and only you can decide if you deserve it or not. The decision is yours. All details and steps will be sent following individual assessments.

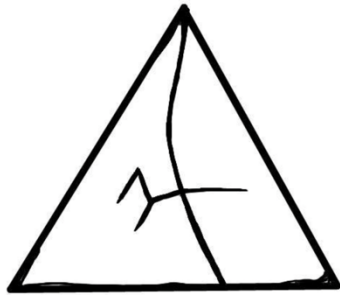
#### **The price of this program is 900 euros plus VAT (Payment details will be communicated later for those interested)**

- The price does not include necessary supplements or instruments (Infopathy technology, Blood glucose meter / Ketometer, etc.)
- The price of the program reflects the knowledge, information and information programs that will be made available, which represent intellectual property.
- A confidentiality agreement will be made available with the program for approval.

### 4 CONTACT

For more details on a preliminary consultation

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