

# Mind Hacking for Health

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## Disclaimer

- **I'm not "that kind" of doctor**
  - Don't take health advice from your Java programmer friend
- **No scientific basis to anything I will say in this talk**
  - Just stories and handwaving
- **Seek medical advice before and during any of these madneses**
  - If any part of you hurts, stop



# Exercise, Sleep, Diet





# "Be Active Every Day" Scott Adams





# 40 Days Running Outside



## Some Numbers

- **6952 km tracked**
- **578 072 kcal burned**
- **81 runners started**
- **39 finished challenge**
- **Featured in STREAK RUNNERS INTERNATIONAL**
  - <https://www.runeveryday.com/news/archive/newsletterV18N4.pdf> - pg 9-11



# 15000 Push-Ups in 5 Months

[tinyurl.com/15k-pushups](https://tinyurl.com/15k-pushups)









## Some Numbers

- **794 signed up**
  - 390 finished 1000 in October (bronze)
  - 276 finished 2000 in November (silver)
  - 189 finished 3000 in December (gold)
  - 120 finished 4000 in January (platinum)
  - 91 finished 5000 in February (diamond)
- **At least 2 364 539 push-ups**
- **14th February I did 1000 push-ups in one day to catch up**
- **Result?**

# Heinz After 15000 Push-Ups





**25th February 2019**

**2017 annual rain in one day**

















# Sleep





## Some Tips

- **Make sleep a priority - get 7-8 hours per night**
- **Read "Why We Sleep" by Matthew Walker**
- **Wear blue-blocking glasses an hour before sleep**
- **Don't code late at night**
- **Get an Oura ring - [www.ouraring.com](http://www.ouraring.com)**



# Singleton Food Experiment

2000 kcal per day of *one* food

Opt-out at any time during day - be willing to "cheat"

Drink lots of water





## Day 1: Filet Steak

- 1.3 kg
- 4h to digest
- €23
- Notes
  - Guilty in the morning
  - Miserable by end of day
  - 1.8km walk lifespan desk



Oura: readiness 92, sleep 93, heart rate 53



## Day 2: Broccoli

- 5.8 kg
- 40m to digest
- €14
- Went to three shops
- Notes
  - Sore stomach by lunch
  - Bailed out after 1.6 kg
  - Even that is a LOT
  - This quantity is toxic
  - 2.6 km walk lifespan desk



Oura: readiness 91, sleep 92, heart rate 53



## Day 3: Apples

- 3.6 kg
- 40m to digest
- €9
- Notes
  - Energized and alert
  - Kept going until late
  - New go-to food for trips



Oura: readiness 82, sleep 88, heart rate 55



## Day 4: Chicken

- 1.8 kg
- 2h to digest
- €12.50
- Notes
  - Only finished half
  - Headache before noon
    - Dehydration?
  - Apple broccoli smoothie



Oura: readiness 83, sleep 80, heart rate 55



## Day 5: Carrots

- 4.8 kg
- 50m to digest
- €8.40
- Notes
  - Hard to eat in quantity
  - Struggled
  - Sweet when cooked



Oura: readiness 87, sleep 93, heart rate 50



## Day 6: Potatoes

- 2.3 kg
- 1h to digest
- €4.40
- Notes
  - Cheapest food
    - Normal potatoes €2
  - Hungry the whole day
  - Less calories than meat



Oura: readiness 71, sleep 76, heart rate 57



## Day 7: White Fish

- 1.8 kg
- 30m to digest
- €47
- Notes
  - Heartburn
  - Fishy BO
  - Really expensive
    - Digests quickly



Oura: readiness 79, sleep 89, heart rate 51



## Day 8: Cheddar

- 480 g
- 4h to digest
- €12
- Notes
  - Did not feel full
  - Finished half by lunch
  - 4km walk lifespan desk



Oura: readiness 80, sleep 89, heart rate 50



## Day 9: Yams

- 2.3 kg
- 1h to digest
- €8.40
- Notes
  - Microwaved is yammy
  - Filling and delicious
  - Better than potatoes
  - More expensive



Oura: readiness 83, sleep 83, heart rate 52



## Day 10: Almonds

- 330 g
- 3h to digest
- €5
- Notes
  - 8 hands of nuts
  - More than 100g is toxic
  - Gave up at 13:30
  - Ate 180/330g
  - 4.8km walk lifespan desk



Oura: readiness 80, sleep 84, heart rate 55



## Day 11: Banana

- 2.24 kg
- 30m to digest
- €5.40
- Notes
  - Not filling me up either
  - Nice for banana juice
    - Just water and banana



Oura: readiness 84, sleep 88, heart rate 54



## Day 12: Brown Rice

- 2 kg (550g uncooked)
- 1.5h to digest
- €2.10
- Notes
  - Hard to eat by itself
    - Liquidized with water
  - Gave lots of slow energy
  - Combined with apples, broccoli & carrots, magic
  - 9km walk lifespan desk



Oura: readiness 77, sleep 79, heart rate 52



## Day 13: Nutella

- 360 g
- ? to digest
- €3.20
- Notes
  - Didn't actually do this
    - Tasted vile



Oura: readiness 83, sleep 94, heart rate 49



## Conclusion of Singleton Food Experiment

- **I know what works *for me***
  - **Sweet potatoes**
  - **Broccoli (in moderation)**
  - **Apples (as many as I like)**
  - **Carrots**
  - **Brown rice**
  - **Chicken breast**
  - **Lots of water**



## Upcoming Diet Sprints - Once Every 2 Months

- **For 10 days, I will eat this**

- **Broccoli 5.8 kg (2000 kcal) - have 580g daily**
- **Apples 3.6 kg (2000 kcal)**
- **Brown Rice 2 kg (2000 kcal)**
- **Carrots 4.8 kg (2000 kcal) - have 480g daily**
- **Chicken 3.6 kg (4000 kcal)**
- **Sweet Potato 2.3 kg (2000 kcal)**
- **Olive Oil 0.75 kg (6000 kcal)**
- **Water 45 liters (0 kcal)**

**Note: Customized for Heinz Kabutz. Might not work for you. First diet sprint is 11-20 June 2019.**

- **41% carbohydrates, 37% fat, 21% protein, 45g fiber**

- **2.3kg food per day**