

PEAK™



Cheat Sheet

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PEAK.IE

6 BIG DOMINOS

1. Sleep
2. Nutrition
3. Exercise
4. Light
5. Mindfulness
6. Smart Drugs





“Early to bed and
early to rise
makes a person
healthy, wealthy
and wise

SLEEP ACTION POINTS

- Block out blue light after 7pm
- Go to bed earlier (9-10pm)
- Sleep in a dark cool room
- Take a magnesium bath / supplements

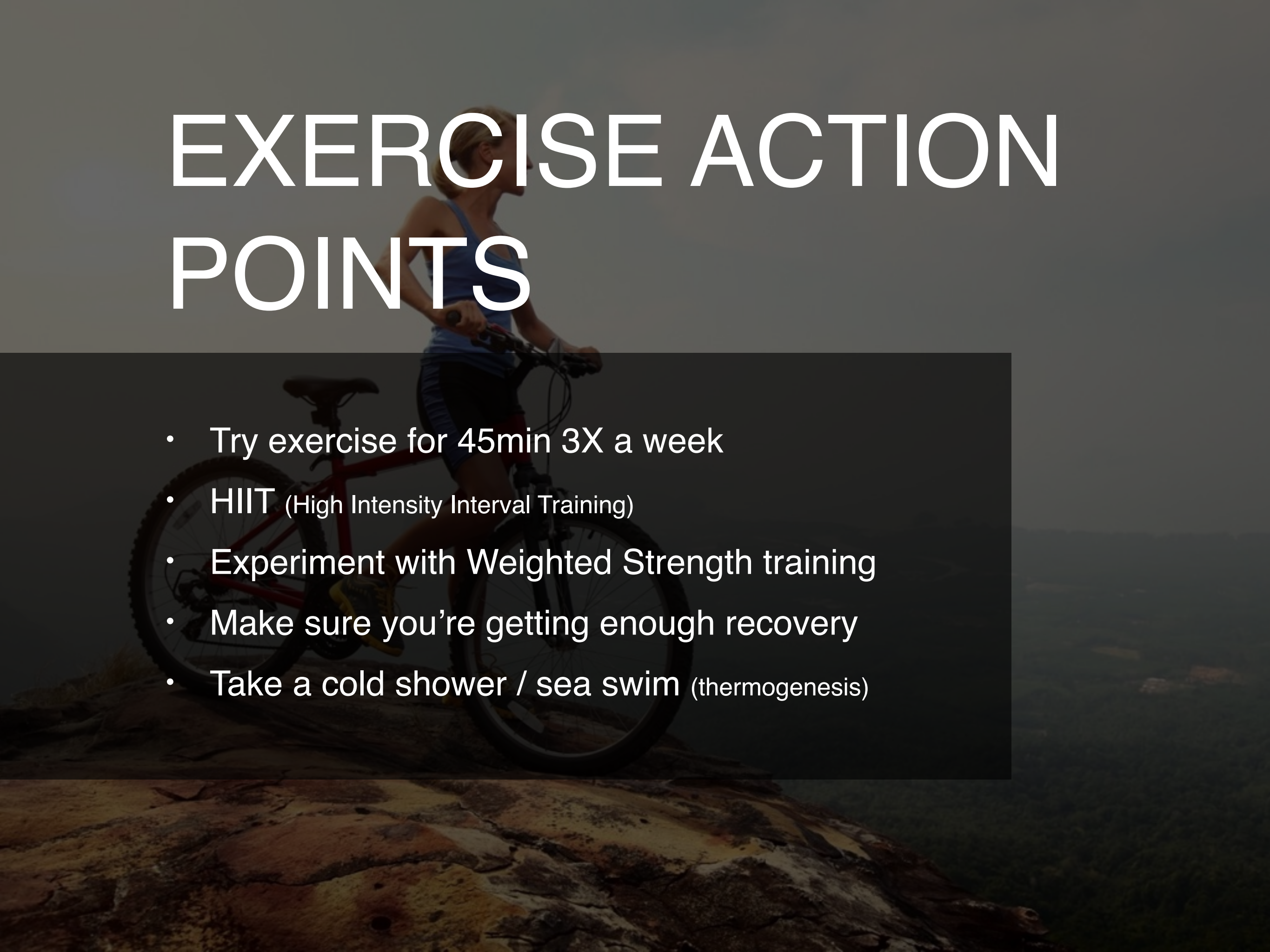


NUTRITION ACTION POINTS

- Try a High Protein Breakfast (improves concentration!)
- Increase Omega-3 Intake (oily fish, flax-seed, healthy fats)
- Eat Eggs, Berries, Seeds, Nuts, Greens
- Drink Water not Calories
- Experiment with Intermittent Fasting



EXERCISE ACTION POINTS



- Try exercise for 45min 3X a week
- HIIT (High Intensity Interval Training)
- Experiment with Weighted Strength training
- Make sure you're getting enough recovery
- Take a cold shower / sea swim (thermogenesis)



LIGHT ACTION POINTS

- Get 30 minutes of daylight each morning before work
- Get another 30 minutes at lunch break
- Supplement with a blue light LED device at your desk



MINDFULNESS ACTION POINTS

- Try to meditate for 10 mins each morning
- Headspace App
- Think of 3 things you're grateful for

A close-up photograph of aloe vera leaves, showing their characteristic thick, pointed shape and serrated edges. The leaves are arranged in a spiral pattern, with some showing signs of wear or insect damage. The overall color is a muted green, and the lighting is soft, creating a natural and organic feel.

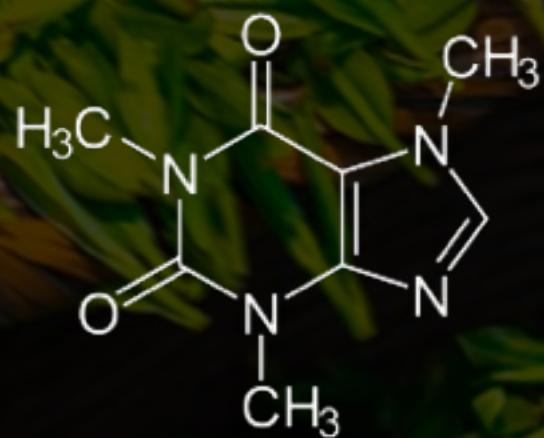
SMART DRUGS

DIAL UP
ENERGY &
ALERTNESS

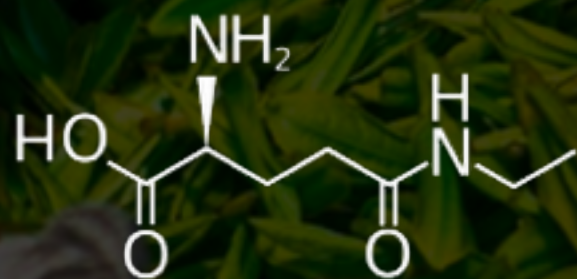


GREEN TEA





Caffeine
Molecule



L-Theanine
Molecule



MATCHA



RHODIOLA



UPLIFT MOOD



ASHWAGANDHA



ASHWAGANDHA ROOT



LEMON BALM



PROMOTE
COGNITIVE
FUNCTION
& FOCUS

BACOPA



GINKGO BILOBA





Rhodiola



Lemon Balm



Bacopa



Ginkgo Biloba



Ashwagandha



Matcha



Green Tea



Ashwagandha Root



Matcha

Product Links

<https://ie.iherb.com/pr/Gaia-Herbs-Rhodiola-Rosea-60-Vegetarian-Liquid-Phyto-Caps/11930>

https://ie.iherb.com/pr/Gaia-Herbs-Ashwagandha-Root-120-Vegan-Liquid-Phyto-Caps/76244?gclid=EAlaIQobChMlibfp_6TL2AIVcRbTCh3zVQ_iEAQYASABEgKkT_D_BwE&gclidsrc=aw.ds

<https://ie.iherb.com/pr/Gaia-Herbs-Certified-Organic-Lemon-Balm-Herb-1-fl-oz-30-ml/14275>

<https://ie.iherb.com/pr/Dr-Mercola-Royal-Matcha-Green-Tea-1-06-oz-30-g/44573>

<https://ie.iherb.com/pr/Nature-s-Way-Ginkgold-Memory-Concentration-60-mg-150-Tablets/4225>

TIPS

1. Frequency
2. Tolerance
3. Dependency
4. Cycling
5. Stacks



BEST PRACTICE

- Do your research
- Pay Attention to Your Behaviour
- Never Exceed Dose
- Try Separately Before Stacking
- Beware of Interactions