

The Extraordinary Energy Blueprint



How To Stop Fatigue & Get Energy That Lasts All Day...

By: Ed Toups

In this PDF we'll cover:

1. Why what you're doing now isn't working like you expected.
2. The obstacle that's standing in your way.
3. How to stop fatigue and get extraordinary energy.
4. What to do next.

Disclaimer:

This book is not intended for the treatment or prevention of ailments, disease or injury, nor is it a replacement for seeking medical treatment or professional advice. This book is for informational purposes only. Do not start any nutritional or medical program without consulting your physician or healthcare practitioner first. The use of this book is at the sole risk of the reader. The author is not a doctor. The author is neither responsible nor liable for any harm or injury resulting from the use of this book.

Life Is Too Short For Fatigue

Low energy is no fun. Don't be held back. No one should feel limited by fatigue, mind fog or pain.
You're capable of so much more.

We Understand How It Feels To Struggle With Fatigue & Health Issues...

 Over 3 years of development & testing.

 Over 23,000 days of lifestyle data reviewed.

 Biohackers from all over the world have been through the process.

GuideDogData got started years ago when I was looking for a way to rid myself of fatigue. I wanted an easy way to pull it off. So I created the Extraordinary Energy Blueprint. It's now the foundation of GuideDogData and the Energy Upgrade Tool. And the results were fantastic.

Here's the story. 10 years ago I was struggling with fatigue and other nagging health issues. I had no clue why. I had a lot at stake. I was doing all I could to "biohack" my body. I was eating good organic nutritious food, getting plenty of sleep, lots of exercise and taking supplements. But nothing worked sustainably. I was totally frustrated. Then I remembered a super successful experiment I did years earlier...

In my midtwenties I developed a severe skin condition on my face. It was so awful I felt like a monster. Doctors didn't have a clue of what was happening. Dermatologists couldn't solve it either. They gave me steroids and surgery and said I'd have to learn to live with it. I felt so depressed and frustrated. I couldn't accept their answer so I set out to figure it out myself. I tracked down the problem. It was actually a specific food I was eating. **I was shocked a food could do that.** My skin transformed.

Flashforward 15 years. This time I was struggling with fatigue & brain fog. I was so frustrated with myself because I was not performing near my best and it showed. Then I had one of those a-ha moments. *"Maybe a food is sapping my energy like a food was triggering my skin?"*

When I filtered my food through my old blueprint...BAM! I was shocked to learn - even good "healthy food" can trigger problems in the body. **I call these my "disaster foods" because they are a disaster for my biochemistry.** Science calls them a food sensitivity. My energy level skyrocketed.

I didn't grasp how critical food is to everyday life, family and career until then.

Since then, we've turned the blueprint into an online tool and have taken hundreds of people through it.

The Extraordinary Energy blueprint helps you find the root of fatigue. The key concept to understand is that your body has a unique biochemistry. **Food labeled "health food" or "superfood" does not mean it's right for your biochemistry!** This is one of the hardest things for people to understand. Keep an open mind. ANY food can be a kryptonite food for your biochemistry. Once you *get* that, you're 80% home free!

If you have fatigue or other nagging ailments, you're likely eating a "disaster food" for YOUR biochemistry.

The Extraordinary Energy Blueprint will help.

This PDF, will serve as an introduction. This is a great start. If you want the tool that finds your "disaster food" for you, [click here to learn more about Energy Upgrade Tool.](#)

We've helped biohackers all over the world and I know we can help you too.

Sincerely,

Ed Toups
CEO, GuideDogData

**We've Learned a few things
About How To Get
Extraordinary Energy...**

If You're Frustrated With Fatigue
& Optimizing Your
Health...**Keep An Open Mind.**
What You Are About To Learn
Will Transform Your Life...

It all boils down to the **Energy** Formula.

_____ - _____ = **Extraordinary Energy**

**Nearly Every Guru Says:
“*Optimizing Your Health &
Energy Is 80% About Food...*”**

Get your food right and everything else falls into
place.

But What The Gurus **Fail** To Tell Us Is:

1. You Have To Get The Right Food For **YOUR SPECIFIC BODY** & getting the *wrong* food is a total disaster for your body.

2. General Labels Don't Cut It: *“Healthy Nutritious Food”, “Organic Food”, “Non-GMO”, “Superfood”, “Healthy Alternative” aren't enough detail...*

You must know which food is right for
YOUR UNIQUE BIOCHEMISTRY

...otherwise you're hosed.

What's Really Triggering Your Fatigue?

1. The “Wrong Food” for YOUR Biochemistry triggers a RUNAWAY immune response by the Immunoglobulin G (IgG) antibody.

Doctors call this a “food sensitivity”.

I don't feel “sensitivity” captures the sheer havoc it brings down on a person so I call it “**disaster food**”.

It's like having 200 lbs anchors banging through your bloodstream.

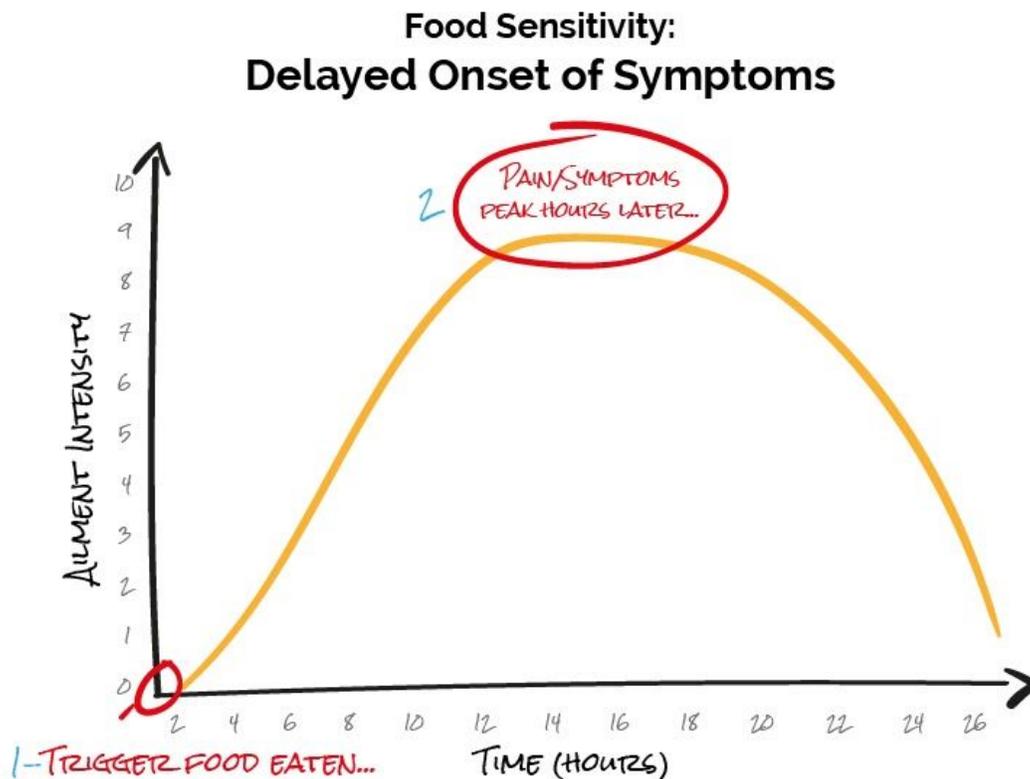
2. The “Wrong Food” = Sickly Mitochondria

Mitochondria are the POWERHOUSE of every cell in your body.

Sickly mitochondria means fatigue, digestive issues, headaches, inflammation & all sorts of weird health stuff.

3. Fatigue & Inflammation can be DELAYED days.

This means a food you eat today can trigger fatigue 3 or 4 days from now. **This is why so many people are frustrated.** They think they should be able to uncover their “disaster food” just by “paying attention”. But the mind is not wired to connect the dots this way.



4. According to the latest studies... **8 out of 10 people have a food sensitivity** they don't realize they have.



[Click here to get the free bonus report:](#)

“Biohacker's Cheat-Sheet: The 3 “Invisible” Clues To Food Sensitivity: How to determine if a FOOD you're eating is TRIGGERING your mystery ailment, sapping your energy and making you feel sick...and *what to do about it...*”

The data & science prove it.

**Optimizing your energy MUST
begin with optimizing food for
YOUR body...*otherwise you're
stuck in "disaster food" land.***

But no one is teaching this.

Think Of Your Food Like The Players Of Your Favorite Sports Team

Each player contributes to **YOUR TEAM'S SUCCESS & FAILURE.**

Trade a player and you see one team's "superfood" can be another team's "rotten apple".

They call this team chemistry...

It's all about the right fit for YOUR TEAM.

The Key Takeaway:

The “Wrong Food” for your biochemistry is a total DISASTER to your energy. **This is why so many people struggle to optimize their health.**

The **Mission**:

Find which food is the ticking time bomb in your body & defuse it...

1

Every Food You Eat Falls Somewhere On A Spectrum From Bad (IgG Immune Response) To Good (No Immune Response).



2

This Means You Can Rank Each Food You Eat Based On How They Make You Feel.



Energized



Beans

Chicken

Apples

Mushrooms



Your Biochemistry Compatible Food



Your Non-Compatible foods - Kryptonite Food & "Disaster Food"



Fatigue



“Mushroom” is this person’s
“disaster food”.

When they eat it, it triggers their fatigue.
Without it their energy is free to skyrocket naturally. We can see this trend plain as day in their data.

Simple. Clean. Effective.
Anyone can do this!

Pulling It All Together

The **Fatigue** Formula

Food + “Disaster Food” = **Fatigue**

The **Energy** Formula

Food - "Disaster Food" = **Extraordinary Energy**

How To Uncover Your “Disaster Food”

1. Try this experiment.

Write down what you had for lunch 4 days ago. Breakfast 3 days ago. And dinner 2 nights ago.

Challenging? Now try lunch last Saturday and dinner last Monday. Oh and jot down how you felt two Fridays ago too.

If you struggle to remember, don't sweat it...everyone does. Our brains are not wired to connect the dots like this.

That's why it's near impossible to find “disaster food” by just “paying attention”.

2. How to uncover your “disaster food” like a true detective.

It’s a very simple and powerful plan.

When you get your food right your energy and how you feel will transform.

You can do this with pen and paper.

Date	Fatigue Severity (1 to 10)	Breakfast	Lunch	Dinner	Snacks	Suspect Food?	Clues/ patterns	Notes

Each day write down how you feel and everything you ate that day.

Ultimately, you’re looking for the patterns between the food you ate days before how you feel on “bad days”.

This is how I started 20 years ago. It works but it can be a daunting task.

That’s why I created a “*Trigger Finding Tool*”.

You have a lot at stake. You want a system you can trust.

The Energy Upgrade Tool's sole purpose is to find "disaster food" and stop fatigue and optimize health.

We built it to be FAST & EASY to use.

You're busy. I'm busy. Everybody is busy.

I knew if it wasn't fast and easy to use I wouldn't use it and neither would anyone else.

It only takes about 3 minutes a day.

For that little bit of time investment, **you get every food you eat ranked from good to bad based on how it makes you feel and the proof behind each ranking.**

Imagine knowing which food to avoid before a big date, or an important meeting at work. Or a vacation with the family. Or the big game/workout. Or creative session.

It's like having a crystal ball into how you'll feel tomorrow or the next day. The tool does all the calculating and searching for you.

You can use the tool from any phone, pad or computer with internet access.

This means you can use it in line at the grocery store or while watching Netflix.

Most people have tried so many biohacks, techniques, home remedies, pills and supplements yet they still struggle with fatigue and other health issues.

It doesn't need to be this way. Life is too short.

The Energy Upgrade Tool means you know exactly what you're looking for. You're not all over the place and frustrated.

It's based on a blueprint that has been proven to find the trigger to fatigue and stop it before it begins. When you know your "disaster food" you will transform your life and how you feel.

**Track Down Your "Disaster Food"
And You Will See Results. Use
The *Energy Upgrade Tool* And
You Will See Results Even Faster.
We'd Love To Help You Transform
The Way You Feel.**

**[Click Here To Learn More About
The Energy Upgrade Tool](https://blog.guidedogdata.com/food-sensitivity-cheatsheet.html)**

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