

A Day in My Life

- **4:50 am** – Wake up and give thanks for what the day will bring.



Philips SmartSleep
Wake-up Light, Colored
Sunrise and Sunset
Simulation

- Drink 24oz of coffee.
- **4:55 am** – FIR sauna 45 minutes (mainly read journal articles and play [Connections NYT](#)).
- **5:35 am** – Shower and shave.
- **5:50 am** – Breakfast: Two eggs cooked in butter with ½ cup of curried lentils and hot sauce. Protein shake.



- NAC/Gly antioxidant drink.



- **6:20 am** – Leave the house.

- **6:30 am** – Gym (Mon., Wed., Thur., Fri., Sat.). Cross-Country – Sun., Tues.

"How long are you going to wait before you demand the best for yourself?"

Epictetus



- **7:15 am** – Leave the gym.
- **7:20 am** – Arrive at the office, prepare for my day, and/or work on my websites.
- **8:00 – 9:00 am** – See my first patient.
- **Noon** – Lunch at home.

- **12:30 pm** – Nap.
- **1:15 pm** – Get up and prepare for the evening meal.
- **1:30 pm** – Leave for the office.
- **2:00 pm** – Treat patients until done.
- **5:00 pm** – Make and eat dinner.



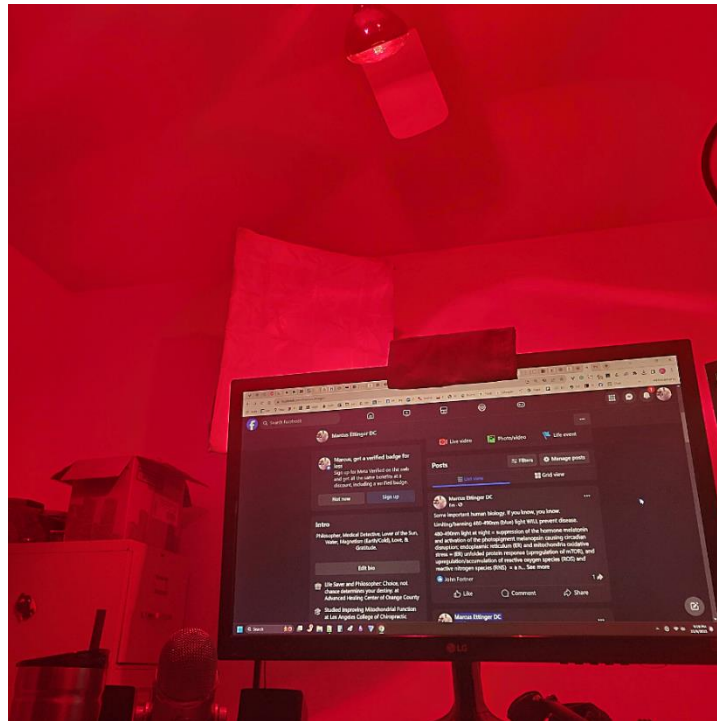






- **5:45 pm** – Watch financial videos on YouTube and documentaries.
 - *InvestAnswers*
 - *Mark Moss*
 - *Rajat Soni CFA*
 - *Anthony Pompliano*
 - *Ark Invest*
 - *DotKrueger's YouTube Channel*
 - *Strategy Today, formerly MicroStrategy Today*
 - *Bitcoin Not Crypto*
 - *88 Sats Radio*
 - *SommTV (wine)*
 - *The DoDo (animals)*

- **8:00 pm** – TV is off. Research and/or work on my websites in my red room. One of each type of bulb in my fan above my desk.
 - [LUCKY HERP UVA UVB Reptile Light 10.0, Desert UVB 150 Compact Fluorescent Lamp](#) (only from 5:00 am until dusk)
 - [Grow Light Bulbs, 100W Led Grow Light Bulb](#) (only from 5:00 am until dusk)
 - [RubyLux NIR-A Near Infrared Bulb - Grade B 120V](#)
 - [GembaRed RedOrb Screw-In Corn Cob LED Light](#)



- **9:10-9:15 pm** – Bed.

