

4 Tips For Optimal Health



1 What is GLP-1 and How Does It Work?

Everyone is talking about GLP-1. This peptide aids as an appetite suppressant and has helped people lose weight. Dr. Andrew Huberman discusses how the natural and drug version of GLP-1 works and how to stimulate GLP-1.



2 Replacing Coffee with Yerba Mate

Accordingly to Dr. Andrew Huberman, he has replaced coffee with Yerba Mate. Read about the health benefits of Yerba Mate and see if switching is right for you.



3 Get Active

Getting regular exercise has numerous health benefits. Get started with this 20 minute full body HIIT workout video and build up to this 7 day video series.



4 Practice Self Care

Prioritize yourself and your self care today and let these experts show you how to love yourself unconditionally.