



# **JIM HARSHAW JR**

*Revealing Failure as the Path to Success*

## **Wrestling with Success Podcast**

Action Plan Episode #64

Dr. Matt Accurso

Dr. Accurso is a leading authority in Human Potential Healthcare and has been featured in INC magazine among other media outlets. He's a world leading expert in helping executives and entrepreneurs access peak performance through cutting-edge, research supported strategies such as lifestyle genetics, cellular detoxification and advanced customized nutritional solutions. These clinically proven strategies help increase in energy, productivity, and well-being. He also speaks internationally on advanced performance strategies.

### **Quotes:**

"Your body was made to perform at an optimal level for the rest of your life."

"Sleep is one of the most important high-performance tools that we can utilize."

"20-30 minute power naps throughout the day increase your alertness by 100%"  
-National Sleep Foundation

### **What is human potential healthcare?**

"Addressing the root causes of why the body goes through energy downregulation, concentration issues, brain fog... we've all heard someone say 'I don't feel the way I'm used to.' The core of human potential healthcare is that your body was made to thrive at an optimal level for the rest of your life."

### **About morning routines:**

"I cannot emphasize enough how important your morning routine is. When someone asks if I have time in the morning to connect, I say no, I have a commitment. That

commitment is not actually with someone. It's with my morning routine. And if I don't get my morning routine in, my whole day gets thrown off."

### **Sleep hacks as recommended by Dr. Matt Accurso:**

-300-500 mg of magnesium

-Go to bed before 11:30. Organs like the liver and the adrenals heal between the hours of 11 pm and 2 am.

### **Morning Routine Tips and Recommendations**

Get 7-9 hours of sleep

Wake up at the same time everyday

ACTS (Listen at the 20:00 mark for details)

- Adoration
- Confession
- Thanksgiving
- Supplication

Dr. Accurso doesn't turn his cell phone on until 8:30 everyday.

Dr. Accurso works out daily in the morning.

Dr. Accurso's Mic Jagger Shake:

<http://www.superhumanentrepreneur.com/fat-burning-energy-shake/>

### **Rule of thumb: Meet Fat Sally (details at 31:30 mark of the interview)**

Meats

Fats

Sally= Sugar and Sally is a Cow=Dairy

### **How to beat the afternoon fog and lack of focus:**

"One of the secrets I see in high performers is that they consume fats throughout the day. When I say fats, I mean things like avocados, nuts and seeds, and coconut oil."

### **Book recommendations**

Wild at Heart by John Eldredge

Captivated by John Eldredge

Linchpin by Seth Godin

Hannibal and Me by

**Websites and Social:**

<http://www.elevays.com/consulting/>

<http://www.designerhealthcenters.com/>

<http://www.superhumanentrepreneur.com/>

<https://twitter.com/mattacurso>