

THE

ANCIENT FUEL SYSTEM

*The Complete Protocol for Performance,
Recovery, and Longevity After 40*

72 Parts · 12 Hours · Complete Audiobook Text

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PART 1

WHY YOUR BODY IS WORKING AGAINST YOU AFTER 40

Parts 1-7

PART 1

Introduction: The Rules Have Changed

There was a time when you could eat whatever you wanted, train however you liked, sleep five hours, and still wake up looking and feeling like a functioning human being. That time is over. If you are north of forty and wondering why the same habits that kept you lean and sharp at thirty are now making you soft, slow, and tired, you are not imagining things. Something actually changed. Not in your discipline. Not in your willpower. In your biology.

This book exists because of a simple observation. Men over forty are the most underserved group in nutrition. Not women. Not athletes. Not teenagers. Men in the second half of life, the ones running companies and raising families and carrying the kind of stress that would flatten a twenty-five-year-old, are given the worst nutritional guidance of anyone on the planet. They are told to eat less. They are told to cut carbs. They are told to take a multivitamin and maybe get more steps in. And when none of that works, they are told it is just aging. Deal with it.

That is garbage advice. And you deserve better.

Let me tell you what this book is not. This is not a diet book. I am not going to hand you a list of foods you cannot eat and send you into some joyless eight-week program where you white-knuckle your way through lunch meetings and family dinners. I am not going to convert you to any ideology. I do not care whether you call yourself plant-based or paleo or Mediterranean or just a guy who eats food. Labels are for marketing departments. This book is for your body.

What this book is, and I mean this literally, is an operating system upgrade. Think of your body like a machine that has been running the same software for decades. That software worked fine when the hardware was new. But the hardware has changed. Hormone levels have shifted. Your insulin response is not what it was. Your recovery takes longer. Your inflammation baseline has crept up so gradually you did not notice until your knees started talking to you every morning and your doctor raised an eyebrow at