



SelfDecode

# THE REGIMEN OF A FAMOUS BIOHACKER

Joe Cohen's Personal Supplement,  
Diet and Lifestyle Regimen



# ABOUT JOE



Most people know me now as the CEO of SelfHacked, SelfDecode and LabTestAnalyzer. A successful entrepreneur, health coach, author and speaker who is leading the way for gene-based health management.

But, that's not who I always was. I won the genetic lottery of bad genes. As a kid, I suffered from inflammation, brain fog, fatigue, digestive problems, anxiety, depression, and other issues that were poorly understood in both conventional and alternative medicine. As a result, I performed poorly in college, couldn't hold down a job, and struggled in all of my relationships.

Finally, I was so frustrated by the lack of good information and tools, I decided to embark on a journey of scientific research, self-experimentation and self-learning to improve my health, something that has since become known as "biohacking".

It turned out that my issues were in large part as a result of some problematic genes. I used my symptoms, genetics, and lab tests to put the pieces of my health puzzle together and create a best fit regimen based on my biological weaknesses, and what I needed to do to improve.

But, I couldn't stop there. I wanted to help others gain access to the most up-to-date, unbiased, and science-based ways to optimize their health. That's why I founded SelfDecode.

## THE SELFDECODE APPROACH

SelfDecode is a ground-breaking health tool that helps users discover gene-based health recommendations based on their own DNA. At SelfDecode, we don't want to just give you a bunch of supplements to take. Our approach is to make sure the lifestyle changes or supplements we recommend are those that are both helpful for your condition or symptoms, plus more effective for you personally because they are tailored to your genes.

This process is very elaborate and took thousands of hours of research when I did it. But it doesn't have to be that way for you with [SelfDecode](#). After uploading your DNA file, SelfDecode will tell you exactly which problem genes you have. Using the Symptoms Analyzer, you can find out which of your problem genes are related to your own symptoms or conditions.

Additionally, you can download personalized [DNA Wellness Reports](#) that summarize all the genes affecting a specific health topic like mood, cognition, sleep, inflammation and more. The reports also provide you with personalized supplement and lifestyle recommendations based on your DNA so that you can build your own health regimen, just like I did!



# SUPPLEMENTS

## **5-HTP**

100mg/day, in the morning

## **CBD**

60 - 120mg 1X a day, at night

## **Resistant Starch**

80g, between 12-4PM daily

## **Curcumin**

2 capsules/day, in the morning

## **Lithium**

5mg/day, in the morning

## **Fish Oil (DHA)**

1g/day, in the morning

## **Galantamine**

6mg/day, in the morning

## **Inositol**

5g/day, in the morning

## **Pregnenolone**

10mg, upon awakening

## **B Vitamins**

Diluted dosage, in shake

## **Potassium**

1g potassium, in shake

## **Magnesium**

300mg/day, in the morning

## **Calcium**

250mg, in the morning / magnesium

## **Zinc + Copper**

15mg/day zinc, 1mg copper every other day

## **Methylfolate**

400mcg/day, in shake

## **Vitamin K1/K2**

100mcg MK7

1000mcg MK4

1500mcg K1

## **Alpha GPC**

1 capsule/day (300mg of choline)

## **Glycine**

4g/day, in shake

## **Creatine**

2g/day, in the morning

## **Microdosed Psychedelics**

1 - 5mcg 2-3X a week, in the morning

*You can find more information about the supplements I take in my detailed regimen below!*

# DAILY SCHEDULE

## Morning

**Breakfast:** Drink brewer's yeast shake (with supplements) or eat meat, chicken/ or fish with olive oil and condiments.

**Take my morning supplement stack:** If I don't have my brewer's yeast shake, I take my supplements right after my meal (I pre-sort my supplements by day to make things easy).



## Mid-day

**Lunch:** Prepare food that follows the Lectin Avoidance Diet.

**Get Sun:** I spend at least 4 hours outside throughout the day and 45 minutes getting sun on as much of my body as possible.

## Afternoon

**Resistant Starch Shake:** This contains nutrients and produces butyrate which stimulates my brain, so I take this between 12pm - 4pm every day to ensure it doesn't impact my sleep.

**Exercise or Sauna:** I walk on a treadmill that allows me to continue working on my laptop or spend some time in a sauna. I also lift weights for 10 minutes a **week** (yes, you read that right!).

## Evenings

**Dinner:** Eat a meal around 7:30 p.m. consisting of meat, chicken or fish with olive oil and condiments.

**Block Blue Lights:** Wear red glasses, use f.lux to adjust my computer screen light, and turn all the lights in the house red with Phillips Hue bulbs that I control with Alexa.

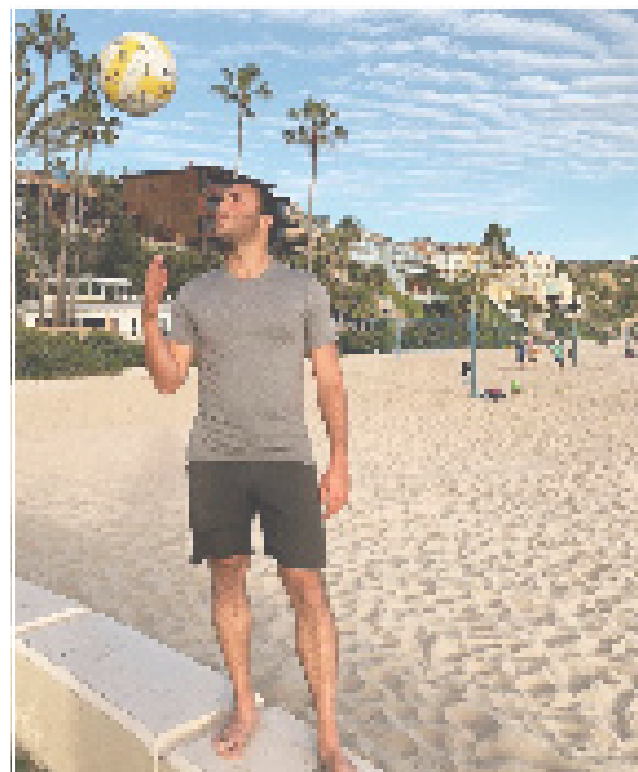
**CBD Oil:** I take quality CBD oil which helps to reduce my inflammation.

**Sleep:** I try to go to bed at 10pm every night.

## Weekends

**Cold exposure:** I go in the ocean on the weekends and sometimes take a cold shower during the week.

**Exercise:** Play beach volleyball.



# REGIMEN

# GOALS



## 1 [Managing Food Sensitivities](#)

I have a number of food sensitivities and digestive issues that result in increased inflammation throughout my body. This caused me a lot of problems before I started managing my sensitivities with a high fat diet, specifically the Lectin Avoidance Diet, and living a healthier lifestyle. Now, I don't have any inflammation symptoms as long as I follow my diet and healthy habits strictly. But, since I don't always follow them exactly, I always like to find other ways to combat inflammation when needed.

## 2 [Maintain Optimal Labs](#)

The following labs have been suboptimal for me at some point in the past, and I have made them optimal by using our Lab Test Analyzer to find recommendations and track my results. I am still working on optimal levels of LDL [cholesterol](#), which I am working on improving using some of the health practices described below in my regimen.

- [LDL cholesterol](#) (still working on it)
- [BUN](#)
- [WBCs](#)
- [Homocysteine](#)
- [Free T3](#)
- [Testosterone](#)
- [Total IgE](#)
- [Zinc](#)
- [Ferritin](#)
- [Vitamin C](#)
- [Thiamine](#)

## 3 [Optimize Genes & Biochemical Pathways](#)

Over the next few pages, I have listed my main issues/symptoms, along with the genes that contribute to them and the health practices I have implemented. These health practices are directly related to the genes or biochemical pathways that I need to optimize. To help you figure out if these are causing issues for you, I have added links to the reports or SelfDecode blog articles where you can see your results.

For example, if you feel like your mood is not optimal, and you also have a variety of problematic genetic variations in your mood report, that will give you a hint about where your genetic weaknesses are.

The 3 reports that were most insightful for me on SelfDecode were the [mood report](#), the [brain fog report](#) and the [MTHFR](#) report.

It's important to note that these are my weaknesses. You can decipher whether these are weak-points for you as well based on SelfHacked posts, SelfDecode blog posts and the [SelfDecode DNA Wellness Reports](#).

*You'll probably notice that a gene or pathway may be in more than one category, and that's because a gene or pathway can have multiple effects. For example, cannabinoids have a significant impact on both mood and cognitive function.*

# Lowering Inflammation

## Genes To Improve

- Lower [Th1](#) & [Th17](#) dominance, increase [Tregs](#)...(counteract Th17 genes are [STAT3](#), [IL23R](#))
- [PPAR gamma](#)
- [CNR1](#) & [FAAH](#)
- [ATG16L1](#)
- HLA-C

## Health Practices

- Sun and Light
- Cold Exposure
- CBD
- Curcumin
- Fish oil
- Lectin Avoidance Diet

# Fixing Brain Fog & Enhancing Cognitive Function

## Genes To Improve

- [BDNF](#) and some neurogenesis related genes (ULKs, TMEM18, PTPRD)
- UGTA1A & UGT2A1
- Myelin Genes: [ENPP6](#), [ULK4](#)
- Acetylcholine: genes CHRM2, CHRNA5
- Other genes: [NFKBIL1](#), HOMER1, NOTCH4

## Health Practices

- Circadian Rhythm and [Sleep](#)
- Lectin Avoidance Diet
- High-fat diet
- Ketosis
- Lithium
- Galantamine
- Pregnenolone

# Longevity

These genes may be contributing to a shorter lifespan, so counteracting them makes sense for me. I have a few genes that increase the odds of shorter telomeres.

## Genes To Improve

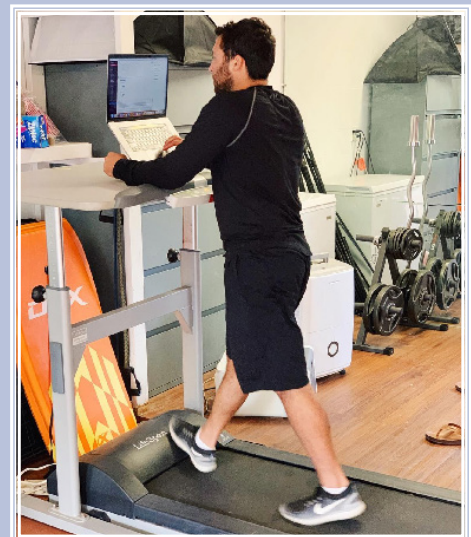
- [PON1](#)
- [FOXO1](#)
- [TAS2R16](#)
- Telomeres: [TERT](#), OBFC1
- [KLOTHO](#)

## Health Practices

- Exercise
- Curcumin

## Biohacker Tip: Fitness Desks!

I use a standing desk over my walking treadmill so that I can exercise while I work. Keeps me productive as an entrepreneur and a biohacker!





## Detoxing

These genes were already flagged by SelfDecode. Since I do have issues with detoxing, I am paying attention to these.

### Genes To Improve

- NRF2
- [PON1](#)
- UGTA1A & UGT2A1

### Health Practices

- Exercise
- Fish Oil
- Curcumin

## Mood

### Genes To Improve

- Growth factor related: [BDNF](#)
- Dopamine related: [DRD2](#)
- Cannabinoid related: [CNR1](#) & [FAAH](#)
- [Methylation/Folate](#) related: MTHFR, FOLH1B, SLC19A1...we have a full dedicated report on [MTHFR](#).
- Circadian Rhythm related: [CLOCK](#), [PER2](#), [NPAS2](#), [BMAL1](#) (ARNTL), [GSK3B](#)
- [Serotonin](#) related: [5HT2A](#), [5HT1A](#), [TPH2](#), [SLC6A4](#), [GSK3B](#), [TERT](#)

### Health Practices

- Sun and Light
- Cold Exposure
- Circadian Rhythm and [Sleep](#)
- Meditation
- Exercise/Sauna
- 5HTP
- Resistant starch
- Lithium
- Inositol
- Microdosing Psychedelics

## Nutrition Deficiencies & Hormone Imbalance

I take a number of nutritional supplements and regularly monitor my lab tests to ensure that I am getting the necessary nutritional requirements and keeping my hormones within a healthy range. Specific supplements and hormones are outlined in detail on the following pages in my regimen.

# THE REGIMEN



On the next several pages, you'll find my detailed personal health regimen divided into categories. In each category I'll share what I do to improve that area and what benefits there are for each health practice. Depending on your genes and specific symptoms, the health practices listed below may or may not help you, which is why it's so important to create a personalized regimen **according to your own genes.**

## LIFESTYLE

### Sunshine & Light

I try to stay outside for 4 hours a day and get natural [sunlight](#), without the filter of sunglasses or prescription glasses. I also try to get [sun](#) on as much of my body as possible for 45 minutes a day.

**Main Purpose:** Improves mood and lowers inflammation

**Benefits:**

- Improves [Cannabinoid system](#) (via Nitric Oxide)
- Reduces Th1, Th17, increases [Tregs \(R\)](#)
- Potent Anti-inflammatory
- Increases [PPARgamma](#) (via Nitric Oxide)
- Boosts [serotonin](#) and related genes ([5HT2A](#), [5HT1A](#), TPH2, SLC6A4, [GSK3B](#), TERT)
- Increases [Testosterone](#)
- Increases [vitamin D](#)
- Increases myelin (via vitamin D)
- Increases BDNF and neurogenesis
- Increases DRD2

### Circadian Rhythm & Sleep

In order to ensure that my sleep cycle is optimized, I follow my [circadian rhythm](#) protocol. My main practices include:

- Get lots of light in the day
- Block off blue light at night – as much as possible
- Eat a lot in the morning and afternoon, especially protein
- Don't eat at night, 3 hours before bed
- Consume more fat and carbs at night
- Do most or all activities in the day – including work, social, intellectual and physical
- Reduce [stress](#) at night
- Go to bed at 10 PM (constant battle for me...)

**Main Purpose:** Improves brain function and mood

**Benefits:**

- Balances circadian genes
- Increases myelin (sleep)
- Reduces Th17
- Increases [testosterone](#)
- May help cannabinoid system, serotonin receptors
- Increases NRF2 (via melatonin)
- Increases DRD2
- Increases BDNF and neurogenesis



# LIFESTYLE

## Exercise & Sauna

My physical fitness consists of volleyball, [sauna](#), interval exercise, [yoga](#) and walking. I will change it up based on the day.

**Main Purpose:** Improves brain function

### Benefits:

- Improves [Cannabinoid](#) system
- Increases [PPARgamma](#)
- Increases myelin
- Anti-inflammatory (HLA), Decreases Th17 ([R](#)), Increases [Tregs](#) ([R](#))
- Increases [Testosterone](#)
- Increases BDNF and neurogenesis
- Increases DRD2
- Increases [Klotho](#)

## Cold Exposure

I go in the ocean about 1-2 times a week and sometimes I take a [cold](#) shower.

**Main Purpose:** Improves mood and lowers inflammation

### Benefits:

- Improves [Cannabinoid](#) system
- Increases [PPARgamma](#)
- Anti-inflammatory ([HLA](#)), Decreases Th17
- Increases [Thyroid hormones](#)
- Increases BDNF and neurogenesis

## Stress Reduction

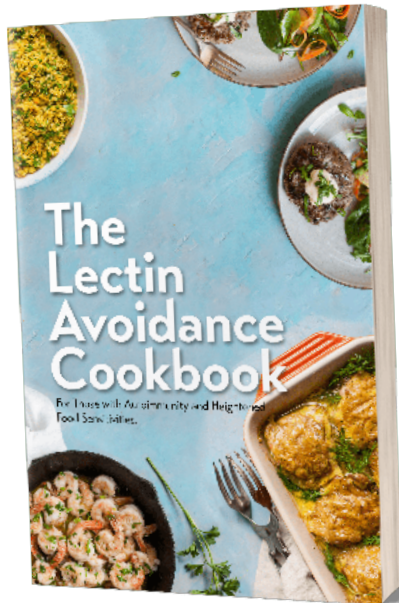
For stress reduction, I meditate if needed or take some alone time to reflect and clear my mind. On a broader level, I exclude people who are crazy, narcissistic, or toxic from my life, in business and personal dealings. If I'm dealing with a strong acute stressor, I will microdose psychedelics.

**Main Purpose:** Improves brain function, mood and motivation

### Benefits:

- Increases [Cannabinoids](#)
- Increases testosterone
- Improves Th1/Th17 balance
- Improves thyroid health ([R](#))
- Helps with serotonin system: [5HT1A](#), [5HT2A](#)
- Increases BDNF and neurogenesis
- Increases klotho





I follow the Lectin Avoidance Diet as a result of my food sensitivities and the CNR1 gene.



# DIET

## Higher Fat

I consume fattier cuts of meat, use oils (such as [extra virgin olive oil](#)) on everything and occasionally use some other healthy oils in a moderation (such as sesame oil and [Black Cumin Seed Oil](#)).

I consume about 50-200g of carbs of day, in the form of hi-maize, raw [honey](#), and fruits or other snacks if I cheat on my diet.

**Main Purpose:** Improves brain and gut function

### **Benefits:**

- Lowers inflammation - low on [lectins](#) and [antinutrients](#)
- Improves Cannabinoid system
- Increases [PPARgamma](#)
- Increases NRF2 (olive oil)
- Increases PON1 (olive oil)
- Improves my [iron](#) deficiency
- Improves my [thyroid function](#)
- Higher in Zinc, which is a mineral I do well with

## Ketosis

Ketosis has many benefits, and while I don't do it strictly, I do go through periods where I get into ketosis with a high fat, lower carb diet.

**Main Purpose:** Improves brain function

### **Benefits:**

- Improves Cannabinoid system
- May increase myelin
- Increases PPARgamma
- Anti-inflammatory ([R](#))
- Increases [GABA](#)



# SUPPLEMENTS

## 5-HTP

**Main Purpose:**  
Improves mood

**Dosage:**  
100mg/day, during the day

**Brand:**  
Any reliable brand ([here's the one I currently use](#))

**Benefits:**

- Improves mood (stress reduction)
- Boosts [serotonin](#) and related genes ([5HT2A](#), [5HT1A](#), TPH2, SLC6A4, [GSK3B](#), TERT)
- Increases BDNF and neurogenesis

## Lithium

**Main purpose:**  
Improves mood and cognitive function

**Dosage:**  
5mg/day, in the morning

**Brand:**  
Any reliable brand ([here's the one I currently use](#))

**Benefits:**

- Improves mood
- Decreases Th1
- Increases PPARgamma
- Increases myelin
- Inhibits GSK3b
- Increases BDNF and neurogenesis
- Helps with circadian genes

## CBD

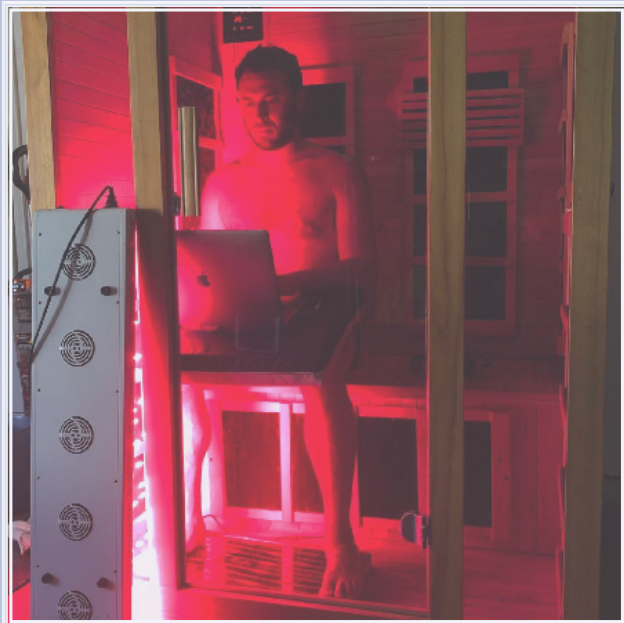
**Main Purpose:**  
Reduces inflammation

**Dosage:**  
60-120mg 1X a day, at night.

**Brand:** It needs to be a quality CBD oil. [See the bottom of this post](#) for the CBD oil that I take.

**Benefits:**

- Improves Cannabinoid system
- Increases PPARgamma
- Anti-inflammatory, decreases Th1, Th17
- Helps with [5HT1A](#)
- Increases BDNF and neurogenesis



### **Biohacker Tip: Red Light Therapy + Sauna!**

Red Light Therapy boosts cognitive and physical performance, limits inflammatory responses, and reduces pain. Meanwhile, the sauna helps me with detoxification, stress and fatigue. Plus, I can bring my laptop in with me and work!

# SUPPLEMENTS

## Resistant Starch to Produce Butyrate

### Main Purpose:

Improving mood, wakefulness

### Dosage:

I take 80g of resistant corn starch a day, between 12-4PM. If I take it too early or too late, it can impact my [sleep](#), since butyrate is stimulating for my brain. It takes about 20 hours to reach my large intestine and start producing butyrate. It then continues for about 9-10 hours. So if I take it at 10AM for example, then it'll wake me up at 6AM. If I take it too late, I'll have trouble going to sleep. For example, if I take it at 5PM, the butyrate production will start at 1PM the next day and continue until 10-11PM. I've tried these experiments dozens of times over the years. I also take some butyrate pills every day, but given that they cause nausea, I don't like to take more than 1-2 pills a day, which is a relatively small dosage.

### Brand:

I use [this one](#).

### Benefits:

- Improves mood (stress reduction)
- Improves Cannabinoid system
- Increases PPARgamma
- Increases [orexin](#) activation
- Anti-inflammatory, decreases Th1 response and Th17, Increases Tregs ([R](#))
- Increases BDNF and neurogenesis
- Helps with serotonin transmission: 5HT1A, 5HT2A
- Inhibits GSK3B

## Curcumin

### Main Purpose:

Reducing inflammation

### Dosage:

2 capsules 1X a day, in the morning.

### Brand:

I use [Now Foods, CurcuBrain](#). It needs to be a bioavailable curcumin that crosses the brain barrier. Longvida and Thera are the only ones that I verified that cross the brain barrier. BCM95 or curcumin with piperine DOES NOT cross the brain barrier, and therefore will not have any impact on brain health.

### Benefits:

- Improves Cannabinoid system
- Increases PPARgamma
- Anti-inflammatory, Decreases Th1, Th17
- Increase NRF2
- Increases BDNF and neurogenesis related genes (TMEM18, PTPRD, ULK2 & 4)
- Increases PON1
- Inhibits GSK3b
- Benefits serotonin receptors - 1A, 2A, 2C ([R](#), [R](#))
- Increase DRD2

## Inositol

### Main purpose:

Improves mood

### Dosage:

5g daily, with a shake (brewer's yeast)

### Brand:

Needs to be powder form - [I use this one](#)

### Benefits:

- Improves mood (stress reduction)
- Improves Cannabinoid system
- Increases PPARgamma
- Anti-inflammatory
- Improves mood with serotonin receptors: [5HT1A](#), [5HT2A](#), [5HT2C](#) ([R](#)).
- ENPP1

# SUPPLEMENTS

## Galantamine

**Main purpose:**

Improves cognitive function

**Dosage:**

6mg 1X a day, in the morning.

**Brand:**

Any reliable brand

**Benefits:**

- Improves Cannabinoid system
- Increases Nicotinic activation
- Decreases Th17
- Anti-inflammatory
- Increases Tregs
- Increases myelin

## Pregnenolone

**Main Purpose:**

Increases motivation

**Dosage:**

10mg daily, upon waking up. I need to be careful about pregnenolone, because it can cause sleep issues and also lower stress thresholds. It also might amplify food sensitivities a bit, since it inhibits [CB1](#) signaling (negative allosteric modulator). But when I use it wisely, it allows me to work 12 hours a day productively, instead of 8-10 hours without it.

**Brand:**

[I use this one](#) - reliable brand that you can chew

**Benefits:**

- Increases motivation and brain function
- Increases [Estrogen](#), [DHEA](#), [Testosterone](#)
- Increases myelin
- Increases [motivation](#)
- Decreases Th1
- Anti-inflammatory

## Microdosing Psychedelics

**Main Purpose:**

Improving mood

**Dosage:**

1-5mcg 2-3X a week, in the morning. I do better with [psilocybin](#), but if I can't get my hands on it, I microdose with [LSD](#).

**Benefits:**

- Improves mood (stress reduction)
- Helps serotonin genes - especially 5HT2A
- Anti-inflammatory
- Increases BDNF and neurogenesis

## Fish Oil (DHA)

**Main purpose:**

Reduces inflammation

**Dosage:**

1g of [fish oil](#) 1X a day, in the morning

**Brand:**

[Life Extension](#)

**Benefits:**

- Improves Cannabinoid system
- Increases [PPARy](#)
- Decreases Th1, Th17
- Improves 5HT1a, 5HT2a and [GABA](#) function when they weren't working ([R](#))
- Anti-inflammatory
- Increases Tregs ([R](#), [R2](#))
- Increases NRF2
- Increases PON1
- Increases BDNF and neurogenesis
- Increases myelin

# NUTRITIONAL

## B Vitamins

**Dosage:**

I mix a few capsules into a [brewer's yeast](#) container, which I take 3-4X a week. The B vitamin dosage is therefore 1/4th of what the pills provide.

**Brand:**

[Jarrow B Complex](#)

**Benefits:**

- Needed to fulfill nutritional requirements (lab tests showed a deficiency in thiamine)
- Improves mood
- Increases myelin
- Lowers homocysteine

## Methylfolate

**Dosage:**

~400mcg 1X a day. I often take folate-rich [brewer's yeast](#) with some methylfolate mixed into it from the B complex.

**Brand:**

Any reliable brand

**Benefits:**

- Needed to fulfill nutritional requirements
- Lowers homocysteine
- Improves Cannabinoid system
- Increases [Methylation](#)
- Helps folate-related genes
- Myelin health

## Potassium

**Dosage:**

1g/day of potassium (from 2.8g of potassium citrate), mixed in my shake and very carefully measured. You don't want to be getting too much potassium.

**Brand:**

Any reliable brand ([I currently use this one](#))

**Benefits:**

- Needed to fulfill nutritional requirements
- Improves Cannabinoid system

## Magnesium

**Dosage:**

300mg/day, in the morning

**Brand:**

[Natural Vitality magnesium gummies.](#)

**Benefits:**

- Needed to fulfill nutritional requirements
- Increases BDNF and neurogenesis

## Calcium

**Dosage:**

250mg, in the morning

**Brand:**

[Nature's Way calcium gummies.](#)

**Benefits:**

- Needed to fulfill nutritional requirements
- Improves Cannabinoid system

## Zinc/Copper

**Dosage:**

15mg of zinc and 1mg copper every other day

**Brand:**

I use [this one.](#)

**Benefits of Zinc:**

- Inhibits GSK3b (both zinc and copper)
- Increases BDNF (both zinc and copper)
- Myelin health (both zinc and copper)
- Increases PPARgamma
- I take copper to prevent a nutritional deficiency (since I'm taking zinc)



# NUTRITIONAL

## Vitamin K1 & K2

**Dosage:**

100mcg MK7, 1000mcg MK4, 1500mcg K1, every other day

**Brand:**

[Life Extension Super K](#), a mix of K1, MK4, MK7

**Benefits:**

- Needed to fulfill nutritional requirements
- I do better with taking vitamin K (gum health, blood coagulation)
- Increases Myelin

## Glycine

**Dosage:**

4g 1X a day, with a shake (brewer's yeast)

**Brand:**

Any reliable brand

**Benefits:**

- Improves [Circadian rhythm](#)
- Increases [PPARgamma](#)
- Anti-inflammatory ([increases VIP](#))
- Helps methylation balance
- Supports myelination (via VIP)

## Alpha GPC

**Dosage:**

1 capsule/day (300mg of choline)

**Brand:**

Any reliable brand

**Benefits:**

- Needed to fulfill nutritional requirements (choline)
- Good for undermethylation
- Improves focus
- Increases myelin
- Increases [Acetylcholine](#) (helps CHRM2, CHRNA5)

## Creatine

**Dosage:**

2g/day, with a shake (brewer's yeast)

**Brand:**

Any reliable brand

**Benefits:**

- Helps undermethylation
- Helps energy production



I try to keep these hormones in optimal levels by tracking them with [Lab Test Analyzer](#), because they have a lot of health benefits!



# HORMONAL BALANCE

## Testosterone

Make sure your testosterone levels are in a healthy range.

### Benefits:

- Improves Cannabinoid system
- Decreases Th1
- Decreases Th17
- Increases [PPARa](#)
- Decreases [leptin](#)

## Thyroid Hormones

When I follow the [lectin avoidance diet](#) and consume enough calories, my thyroid hormones get into the optimal range. I keep track of my free T3.

### Benefits:

- Increases serotonin in the brain
- Increases metabolism
- Increases gut motility
- Reduces [cholesterol](#)
- Increases [Myelin](#)
- Increases [NRF2 \(R\)](#)

## Estradiol

[Estrogen](#) gets a bad rap, but it can actually be a good thing for people. Make sure your [estrogen](#) levels are in a healthy range.

### Benefits:

- Improves Cannabinoid system
- Lowers Th1
- Lowers Th17
- Increases [PPAR gamma \(R\)](#)

## THAT'S IT... FOR NOW.

My regimen has changed many times in my life, but this is what works for me right now. I am always finding new genes to optimize or ways to enhance my health. That's why I love [SelfDecode](#). Any time I experience a new symptom, I can find out what role my genes play and how to fix it. No matter what your regimen is, just remember... never stop optimizing!

- Joe Cohen



SelfDecode