Your Body Is NOT The Enemy

It's the Tool

1- **Rigged system funnel**

Set up for failure, not rescue.

2- **The invisible opponent**

Fighting what you can't see.

Presentation By **Justin Roethlingshoefer**

@justinroeth

1- The System Is Rigged

1909

Flexner Report

Foundation of modern medical education

1960
1980

Creation of Birth Control

Food Pyramid & Corporate Farming RJ Reynolds & Phillip Morris

2000

10 Food Companies Control Everything

Limited choices disguised as variety

2025

The Endgame: Needles & Pills

Treatment over prevention

The Seven D's The Enemy Uses To Attack You

Distract

To avert attention from what truly matters, keeping you from your essential path.

Disconnect

To sever vital links—from purpose, from body, from community—leading to a loss of identity.

Divide

To isolate you from truth and unity, knowing a fragmented life cannot endure.

Discourage

To instill fear and fatigue, eroding hope and leaving faith feeling empty.

Deplete

To drain your physical, emotional, and spiritual reserves, leading to burnout.

Disqualify

To convince you that past struggles or weaknesses render you unworthy of your calling.

Destroy

The ultimate goal: the demise of your joy, purpose, health, and calling—one compromise at a time.

Presentation By Justin Roethlingshoefer

@justinroeth

30 trillion cells,

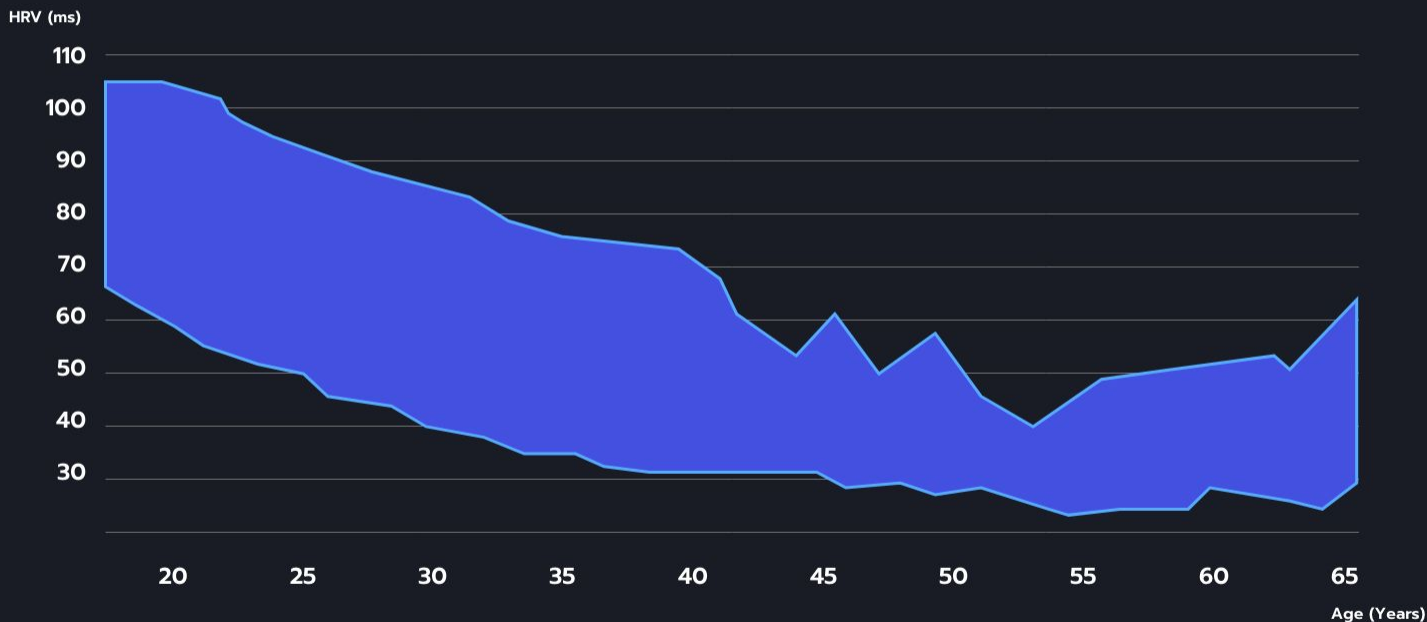500 million new every 84 days,

brand new every 5 years.

Four Metrics That Matter

HRV

Stress Resilience

OI OWN IT

30 trillion cells,

500 million new every 84 days,

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Four Metrics That Matter

♡

HRV

Stress Resilience

VO2 Max

Oxygen Efficiency

Presentation By **Justin Roethlingshoefer**

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What Is VO2Max?

VO2max is a Language-
- How our body is adapting to oxygen efficiency
- Bi Monthly-bi annual KPI

↑ **Higher is better:** Greater efficiency to use oxygen.
Greater than 45 for men or 38 for women

↓ **Lower is an alert**: Lesser efficiency to use oxygen

How to Improve VO2Max?

1 180min/wk in zone 2

2 30min/wk in zone 5

3 Strength training 3x/wk of specific progressive overload

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Four Metrics That Matter

♡

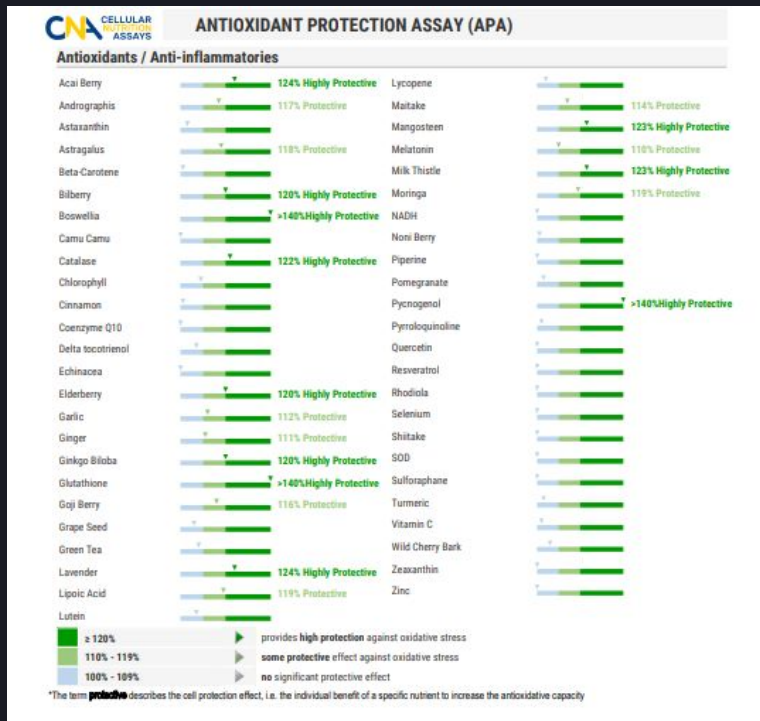HRV

Stress Resilience

VO2 Max

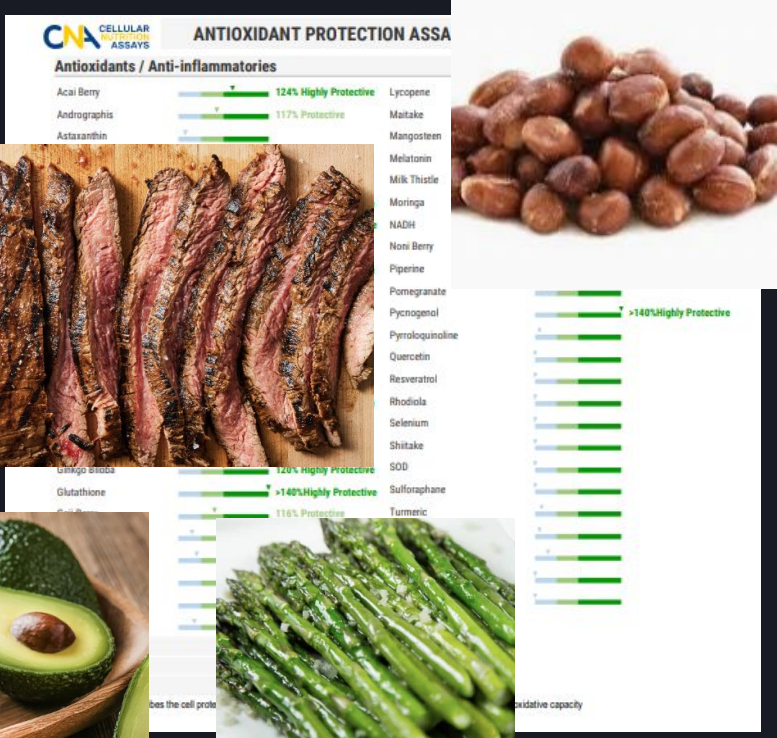Oxygen Efficiency

☾

Sleep

Repair & Recovery

Presentation By **Justin Roethlingshoefer**

@justinroeth

What Is Sleep Quality?

Sleep Quality is a Language-
- How our body is using the sleep we are getting to repair our body
- Daily KPI

↑ **Higher is better**

↓ **Lower is an alert**: remove toxins, store memory & repair our body mentally (REM) & physically (SWS)

How to Improve Sleep Quality?

1 Wake and Sleep cycle optimization

2 3-2-1-Rule

3 AM x PM Immediate 4

OI OWN IT

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Four Metrics That Matter

♡
HRV
Stress Resilience

VO2 Max
Oxygen Efficiency

☾
Sleep
Repair & Recovery

Nutrients
Cellular Fuel

Presentation By **Justin Roethlingshoefer**

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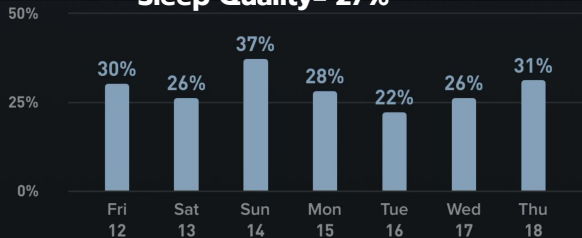
51 Yrs
61 Bioage

HRV- 21
Vo2max- 41
Sleep Quality- 35%
Cellular Deficiencies- 12

44 Yrs
64 Bioage

HRV- 17
Vo2max- 35
Sleep Quality- 24%
Cellular Deficiencies- 16

42 Yrs
68 Bioage

HRV- 11
Vo2max- 39
Sleep Quality- 19%
Cellular Deficiencies- 19

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OWN IT

52 Yrs
38 Bioage

45 Yrs
36 Bioage

43
40 Bioage

HRV- 88
Vo2max- 59
Sleep Quality- 42%
Cellular Deficiencies- 2

HRV- 72
Vo2max- 51
Sleep Quality- 44%
Cellular Deficiencies- 1

HRV- 56
Vo2max- 54
Sleep Quality- 39%
Cellular Deficiencies- 4

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"Success without health is failure in disguise. Start swimming. OWN IT."