

Nutritional Resilience and Performance

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Resources//

New thinking around Mindset as it relates to BIOLOGY

<https://hubermanlab.com/dr-alia-crum-science-of-mindsets-for-health-performance/>

New thinking around Stress

The Upside of Stress: Why Stress is good for you Kelly McGonigal, PhD

<http://kellymcgonigal.com/> (Stanford)

<https://www.amazon.com/The-Upside-of-Stress-audiobook/dp/B00UVUDCKE>

What is Your Stress Mindset? Stress Resilient Blueprint

<https://www.stressresilientmind.co.uk/articles/what-is-your-stress-mindset>

Understanding The Stress Response & Importance of Recovery

<https://www.frontiersin.org/articles/10.3389/fnbeh.2018.00127/full>

Sharon Moalem, MD, PhD, is an award-winning scientist, physician, and New York Times bestselling author. . His research and writing blends medicine, genetics, history and biology, to explain how the human body works. Inheritance discusses the science of how we may "tweak" our fixed genetic heritage to produce health and well-being.

<https://www.amazon.com/Inheritance-Genes-Change-Lives-Lives/dp/1455549436>

Deep Nutrition by physician and biochemist Cate Shanahan, M.D.. Understanding how to sharpen cognition and memory, Improve mood and build energy/resilience into your day. <https://drcate.com/deep-nutrition-why-your-genes-need-traditional-food/>

Personal Readiness Science integrates immune system, nervous system agility and saliva science.

<https://www.frontiersin.org/articles/10.3389/fimmu.2019.00010/full>

<https://zachbushmd.com/>

Dr. Zach Bush identifies root-cause solutions for human and ecological health. Dr. Bush is a respected speaker and authority in the health and wellness space.

Hydration-New Perspective //Research updates

<https://hydrationfoundation.org/>

<https://www.amazon.com/Quench-Fatigue-Through-Science-Hydration/dp/0316515663>