

Nicotine

Nicotine & Mental Focus

Whenever you need deep focus for intensive work, use 3mg of nicotine.

It's a cheat code for productivity. Unlike caffeine, nicotine has a shorter half-life. Which means less adrenal stress.

Nicotine & The Sympathetic Nervous System

Nicotine activates the sympathetic nervous system (your fight or flight mode). It releases:

- Dopamine
- Epinephrine
- Norepinephrine Which boosts your focus, energy, and metabolism. But remember...

Nicotine isn't ideal near meals.

Why?

It hinders your digestion.

So avoid using it when eating to let your body stay in a calm (parasympathetic) state.

Nicotine For Brain Activity

Your brain loves burning fat for energy.

Especially during intense focus periods.

Nicotine helps mobilize fat, allowing your brain to use it as fuel.

This makes it an essential tool for maintaining high cognitive output, especially during prep.

Caffeine + Nicotine = a 100% increase in thermogenesis.

Nicotine Burns Fat

Here's how nicotine accelerates fat loss:

- Dopamine acts as an appetite suppressant, increasing satiety.
- Epinephrine and norepinephrine elevates your basal metabolic rate & fatty acid oxidation.
- Nicotine also boosts Uncoupling Proteins (UCPs), which force the body to use more fat as a fuel source.

How to Use Nicotine Effectively

1mg nicotine with 100mg caffeine is a POWERFUL combination.

Chew half a nicotine gum (typically 2mg) with a cup of coffee.

However, if you tend to be anxious, use it sparingly.

Nicotine boosts catecholamines, which can increase anxiety.

Adding L-theanine or ashwagandha can help keep you calm.

Nicotine vs. Other Fat Burners

Nicotine is a unique uncoupling agent.

Unlike T3 or DNP, nicotine boosts fat burning without any intense side effects

(like heat from DNP or heart stress from T3).

It's safer and effective when combined with caffeine, making it an excellent addition to your fat loss stack.

Motility Benefits

Nicotine also increases bowel motility.

If you're dealing with slow digestion or backed-up bowels...

Nicotine can definitely help to keep things moving.

Nutrient Partitioning & Fat Loss

Nicotine drives nutrients into muscle cells instead of fat cells during lipogenesis.

When combined with a good cardio routine...

It ensures more nutrients will go to preserving muscle rather than adding fat.

How To Use Nicotine Safely:

There's a blood pressure response to nicotine.

It causes vasoconstriction, which increases blood pressure.

To mitigate this, take:

- 1200mg of Hawthorn Berry
- 1000mg of Citrulline
- 1000mg of Arginine

These supplements help promote vasodilation, ensuring good blood flow and reducing the risk of hypertension.

Use them alongside nicotine for a more balanced approach.

How To Implement Nicotine For Fat Loss

The best way to use nicotine for fat loss:

- 1mg nicotine + 100mg caffeine before fasted cardio
- Use it again after your first meal
- Another dose when you hit that afternoon crash

This keeps your focus and fat burning high throughout the day.

While minimizing other more intense fat burners.

Nicotine isn't necessarily bad for you...

When used correctly, it can:

- Burn fat
- Improve digestion
- Increase cognitive performance

It's up to you to figure out how to responsibly use it.

Revision #1

Created 4 April 2025 02:36:36 by Conor

Updated 4 April 2025 02:55:31 by Conor