

Don't Forget Your Shield

What's poppin' people?

It's Dante — getting my morning started here in the Centennial Arboretum.

Today's thought is funny...

I'm walking in pain — real lower back pain — and this line hit me:

Don't forget your shield when you go into battle.

The Training

So here's the situation:

For the past couple months, I've been in the boxing gym — **daily**, with **zero breaks**.

We're talking:

- Heavy bag work
- Agility drills
- Ashtanga yoga
- Rowing, sprinting, tuck jumps
- Throwing wet medicine balls at walls
- Footwork, hips unlocked, ninja mode active

All of it — every day.

No excuses. No rest.

And honestly — it's been *fun as hell*. Intense. Life-changing.
This is *will to power* stuff.

The Recovery Routine (That I Skipped)

After that first week — my nervous system was toast.
So I implemented this *shield*:

- **Hot bath every night**
- **Epsom salt**
- Big meal
- Then sleep

That became sacred. Non-negotiable.
Until... last night.

I skipped it.
And at 3am?

Excruciating pain.

My back locked up and I yelled out loud — no exaggeration.

Listen to Athena: Recovery Is the Shield

So what happened?

I ignored the warning signs.
Didn't stretch. Didn't bathe. Didn't listen to my body.
And now I'm limping around with Athena slapping me in the face.

"You forgot your shield, my guy."

And that shield?
It's not just a metaphor — it's literal:

- **Sleep**
 - **Epsom salt baths**
 - **Breath work**
 - **Stretching**
 - **Electrolytes**
 - **Animal-based nourishment**
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Raw Milk + Raw Honey = Natural Gatorade

I've been on a **100% carnivore diet** for over 2 years.

But once I started this intense training, my body started **craving** something more.

So I added:

- **Raw milk** (grass-fed, straight from the Amish)
- **Raw honey**
- **Raw cheese**

It's like **natural Gatorade** — full of electrolytes, nutrients, and healing compounds.

And it's working. I sleep better. I recover faster.

The difference is real.

"Carnivore gave me the foundation. Raw dairy gave me the recovery."

Mastery Is in the Micro-Movements

Now I'm focusing deeper:

- **Pelvic floor engagement**
- **Internal abdominal locking muscles**

- **Subtle breath control**

This is that micro-level training that separates the casual from the committed.

“I’ve got the power. I’ve got the longevity. But without recovery? It’s over.”

The Real Shield Protocol

Let me spell it out:

1. **Train hard**
2. **Eat real meat**
3. **Drink raw milk + honey**
4. **Take a hot bath with Epsom salt at night**
5. **Sleep deep**
6. **Wake up, do it again**
7. **Start with another hot bath + cold shower combo**

That’s the cycle. That’s how you attack with repetition.

Lancaster Run: Life Hack

Also — life hack:

I drive out to **Lancaster** every few months,
buying **hundreds of pounds of beef** directly from the Amish farmers.

Why?

Because:

- Quality matters
- Meat is medicine
- You are what you eat
- Cheap eggs aren't worth it

“Buy the most expensive eggs in the grocery store. They're worth it.”

I cook everything in:

- **Beef tallow**
 - **Ghee**
 - **Butter**
- No seed oils. Ever.

Final Thought: Pain as Teacher

“Pain is a teacher.”

Last night was brutal.
But it was necessary.
Because I forgot the shield. I forgot the protocol.
And the body doesn't lie.

So today – I'm slowing down.

Laying by the pool.
Taking another bath.
Sleeping early.
Breathing deep.
Letting the body recover.

Remember:

Don't forget your shield before you go into battle.

Train like Achilles. But don't forget what makes him unstoppable.

It's not the sword.

It's the shield.