



**CHAT GPT**  
**ADVANCED**  
**MY TRICK TO TURN**  
**YOUTUBE VIDEOS**  
**INTO VIRAL POSTS**

*Ra*



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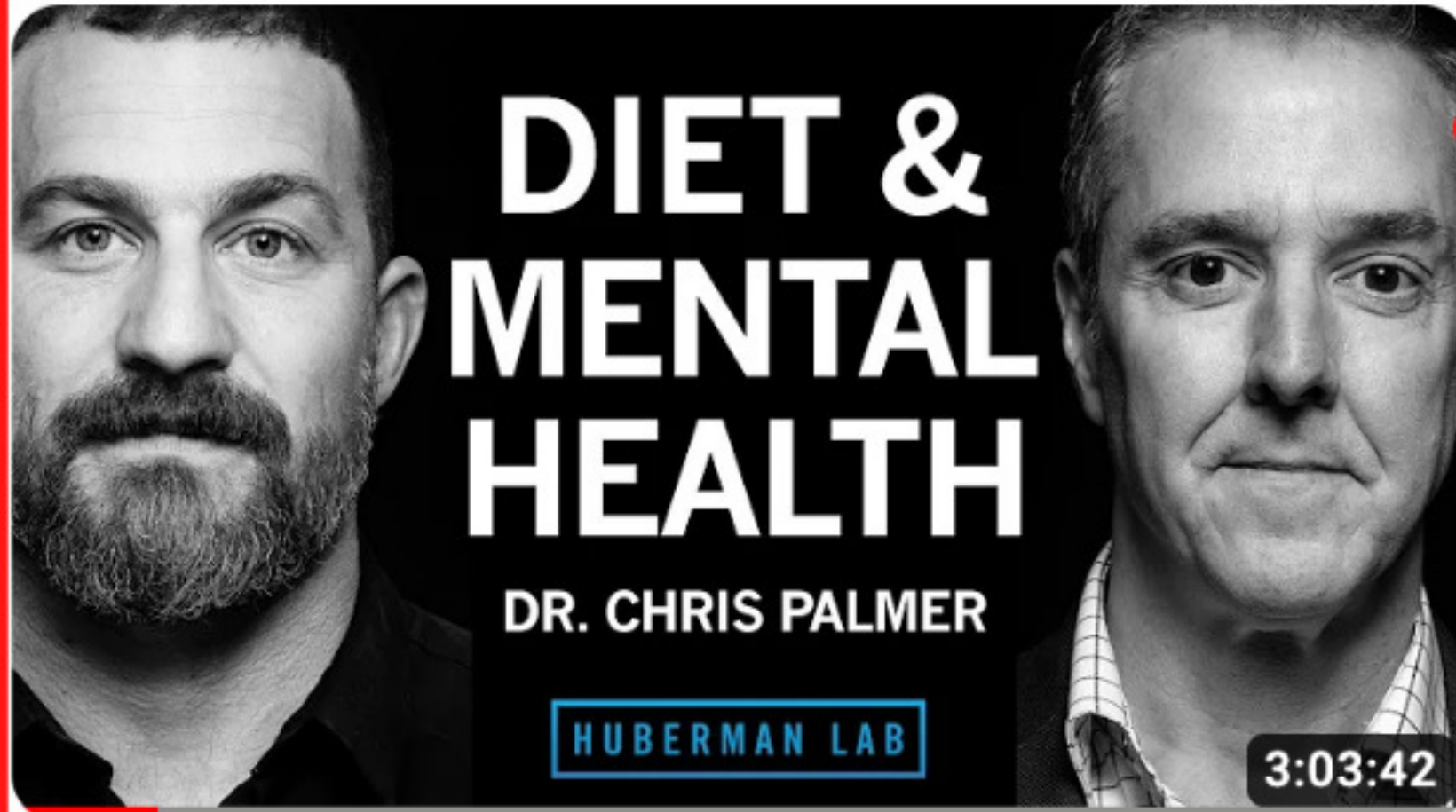
# STEP #1

## Select your video.

- ✓ Go to **YouTube**.
- ✓ Type your **niche** keywords.
- ✓ Filter the videos by **view count**.



mental health diet



## Dr. Chris Palmer: Diet & Nutri

2,4 M de vues • il y a 2 mois



Andrew Huberman ✓

My guest this episode is Chris Palmer, M.D.

Sous-titres



Dr. Chris Palmer, Mental Health



## How does your diet impact me

84 k vues • il y a 5 ans



CBS Mornings ✓

Government figures show more than 16 million



Intro | What is nutritional psychi



## Why Diet Might Be a Big Deal

115 k vues • il y a 3 ans



SciShow Psych ✓

Matt Curls, Sam Buck, Christopher R Boucher

Sous-titres



Intro | Diet and mental health |



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# STEP #2

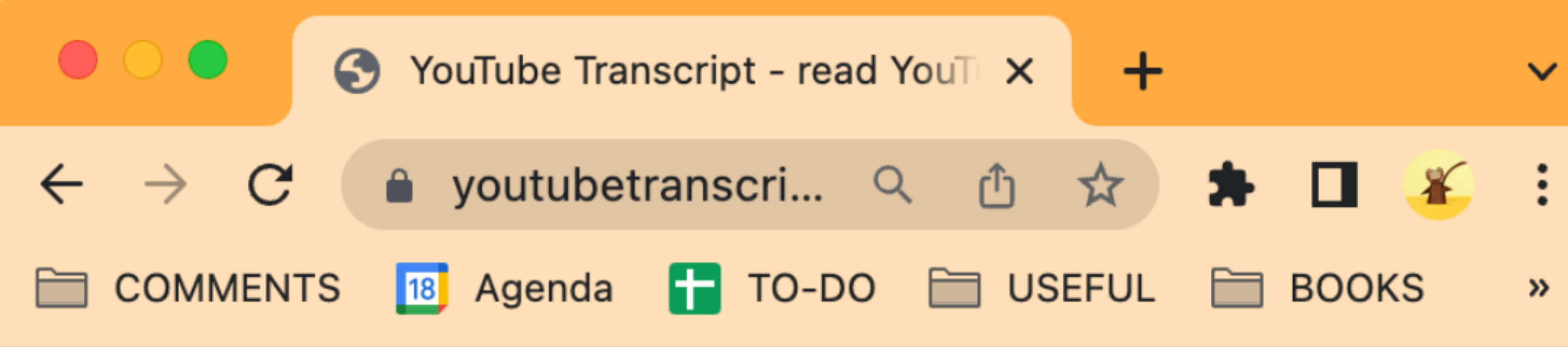
Go to YouTube  
Transcript.com.

It will **extract the text** from the  
video with a simple link.



Repost





## YouTube Transcript

Get a transcript:

<https://www.youtube.com/watch?v=xjEFo3a1An>

Go



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# STEP #3

**Copy paste the text  
on a google doc.**

ChatGPT cannot digest such a  
**long text** all at once.



ANDREW HUBERMAN: Welcome to the Huberman Lab podcast, where we discuss science and science-based tools for everyday life.

[MUSIC PLAYING]

I'm Andrew Huberman, and I'm a professor of neurobiology and ophthalmology at Stanford School of Medicine.

Today, my guest is Dr. Chris Palmer.

Dr. Chris Palmer is a medical doctor specializing in psychiatry at Harvard Medical School.

He is the world expert in the relationship between metabolic disorders and psychiatric disorders.

He treats a variety of different conditions, including psychosis, including schizophrenia, as well as attention deficit hyperactivity disorder, obsessive compulsive disorder, anxiety disorders, and depression among others.

He is best known for understanding the relationship between how metabolism and these various disorders of the mind interact.

And indeed, today, he describes not only his own fascinating journey into the field of psychiatry but also his clinical and research experience using diet that is different forms of nutrition in order to treat various psychiatric disorders.

He describes some remarkable case studies of individuals and groups of people who have achieved tremendous relief from the types of psychiatric disorders that I just mentioned a few moments ago, as well as new and emerging themes as to how metabolism and the mind interact to control things like obesity.

Indeed, he raises the hypothesis that perhaps obesity, in many cases, is the consequence of a brain dysfunction as opposed to the consequence of a metabolic dysfunction that then impacts the brain. During today's episode, he shares with us

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# STEP #4

**Feed ChatGPT with the whole transcript.**

You might have to do it **chunk by chunk** to not hit any limit.



Repost





I will share a whole YouTube video transcript on Diet & Nutrition for Mental Health with you.

I want you to read it, and memorize everything so that I can ask you questions later on.

Only answer "yes" once you have accomplished your task.

This is the first part of the whole transcript:

And now, for my discussion with Dr. Chris Palmer.

Chris, Dr. Palmer, thank you for being here.

CHRIS PALMER: Thank you, Andrew, for having me.

ANDREW HUBERMAN: I have a lot of questions for you.

And I'm really excited about this topic

because I think most people know what mental illness is--

or they have some idea what that is.

Most people have some idea what nutrition is.

Fewer people certainly know how closely those things can interact.

And I think everybody is familiar with the feeling of a food or the ingestion of a food



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# STEP #5

**Ask for a list of potential content.**

It helps ChatGPT **brainstorming ideas**, and gets **you to pick** the right angle.



Repost





Act like a social media content creator.

List of the learnings that could be shared on a social media post from these two transcripts that are part of a whole.



Here are some possible learnings that could be shared on a social media post from the two transcripts:

1. Diet and nutrition can have a profound impact on mental health, including treating treatment-resistant mental illness and depression.
2. Following a low-carbohydrate, low-sugar diet like the Atkins diet may help elevate ketones in the urine and improve mental health.
3. Nutrition plans should be tailored to individual patients depending on their psychiatric symptoms, weight, and other factors.
4. Limiting carbohydrate intake and getting into a state of ketosis may be easier for overweight and obese

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# STEP #6

**Ask for a Twitter thread for easy-to-digest content.**

It's my **personal trick.**





Act like a social media content creator.

Share a long Twitter thread on all of the learnings you just shared, using the transcript to be as precise, scientific & detailed as possible.

The thread should be compelling to read, easy to digest and to understand.

Exclude hashtags.



Thread on the relationship between diet and mental health:

1/ Many of us know the benefits of good nutrition for our physical health, but did you know that what you eat can also have a profound impact on your mental health?

2/ According to Dr. Chris Palmer, a psychiatrist at Harvard Medical School, a low-carbohydrate diet can have powerful antidepressant effects for people with



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# STEP #7

**Prompt like a maniac.**

Layer prompts on top of each of other until it resembled something you could post.

**Here are examples:**





Try again by adding more of how people can use these learnings for their own good.

You are prohibited to share any questions in your answer.

The hook must stay roughly the same.





Try again by making this thread longer.

Add examples to explain even better what you're sharing on your Twitter thread.

As a tone of voice, be bold, scientific, direct, compelling.

Add emotions to make it feel human and vivid.

Exclude hashtags.





Try again by acting like a copywriting expert. Rewrite this Twitter thread by using the principles of storytelling and the best practices of copywriting. You are someone who discovered the youtube video from Andrew Huberman, and you share to the world the wonderful learnings you gathered.

Use simple and direct English. Confront people with their presumed ideas. Be emotional and dramatic.

Your goal is to go viral. Shocking people works.

Make it a Twitter thread. At the end of each tweet, make people want to read the next tweet.





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Use simple English. Small sentences. Confront people with their presumed ideas. Be emotional and dramatic.

Make it a longer & more extensive list of tweets (a Twitter thread). Add 2 powerful quotes from the video & how I feel about them or what learning are we getting from it.

At the end of each tweet, make people want to read the next tweet.

Your goal is not to make people watch the YouTube video, but to get the learnings directly from your thread. You still have to refer to it in your second tweet.

The first tweet must be captivating, shocking, and hooking people's attention using the best principles of copywriting and human psychology — without asking any questions. ↓



# RESULTS:

## Best-of ChatGPT answers.

Remember to **NOT** copy / paste these results.

It helps you creating **better, faster, stronger** content.

Not to be more lazy.



Repost



Tweet 1:

You don't have to take medication for mental health. What?! Yes, you heard that right. According to Dr. Chris Palmer, the answer could be in your diet!

Tweet 2:

In a recent YouTube video, Dr. Palmer shares the link between diet and mental health. He's not talking about a fad diet or a temporary change, but rather a shift in your eating habits.

Tweet 3:

Dr. Palmer was a resident when he realized the powerful impact of nutrition on mental health. Patients with treatment-resistant mental disorders saw drastic improvements when adopting a low-carb, high-fat diet.

Tweet 4:

It's not just about the food you eat, but also the state it puts your body in. Achieving ketosis, a state in which your body burns fat instead of glucose, can lead to powerful antidepressant effects.

Tweet 5:

It's not just for those who have struggled with mental health. Anyone can benefit from a healthier diet, and it's a natural way to improve your mood and energy levels.

Tweet 6:

It's time to rethink the way we approach mental health. Medication can be helpful, but it's not the only solution. Dr. Palmer's work is paving the way for a new understanding of how food affects our mental health.

Tweet 7:





## Title: The Surprising Role of Nutrition in Mental Health

Do you want to feel better and achieve better mental health? You might not have considered the role of nutrition in achieving that, but it's a factor that shouldn't be ignored. In this article, we're going to explore the fascinating transcript of a YouTube video from Andrew Huberman and Chris Palmer, where they discuss the relationship between diet and mental health.

Palmer shares his personal story of struggling with depression and finding an unexpected solution in a low-carb diet that elevated his ketone levels. He went on to use this approach in his clinical practice and found that it had a powerful antidepressant effect on many of his patients.

Huberman adds that while the connection between nutrition and mental health may not seem intuitive, it's backed up by science. There's growing evidence that suggests that certain nutrients and dietary patterns can help reduce the risk of depression and anxiety.

So what can you do to take advantage of this connection between nutrition and mental health? Here are a few key takeaways from the transcript:

1. Low-carb diets can elevate ketone levels and have a powerful antidepressant effect.
2. Achieving urinary ketosis may be a sign that the diet is working.
3. Fasting can be an effective way to limit carbohydrate intake and increase ketone levels.
4. Overweight and obese patients may have an easier time achieving ketosis.
5. The Western diet, which is high in sugar and processed foods, may contribute to depression and anxiety.
6. A whole-foods, plant-based diet may help reduce the risk of depression and



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1/ If you want to know how you can take control of your mental health, keep reading.

2/ Recently, I watched a video by Andrew Huberman, and it blew my mind. He talks about how diet and nutrition can have a profound effect on our mental health.

3/ "Nutrition is the biggest lever we have in the brain to affect all aspects of mental function," says Andrew Huberman.

4/ The food we eat affects our brain's health, how it functions, and our mental well-being. This means what we put in our body affects our mood, memory, cognitive performance, and more.

5/ "The standard American diet is one of the worst things we can eat for brain health," Andrew Huberman points out.

6/ If we want to improve our mental health, we need to start by improving what we eat.

7/ But where do we start? Chris Palmer, who is also featured in the video, has the answer. He suggests a low to zero starch, low carbohydrate diet, known as the Atkins diet.

8/ By achieving urinary ketosis, a metabolic state where the body burns fat for fuel, we can experience a powerful antidepressant effect.

9/ The diet also improves our sleep, energy levels, and weight. It helps combat inflammation, one of the underlying factors of depression, anxiety, and other mental health issues.

10/ "The brain is an organ that runs on glucose and ketones. Ketones can be used for 70 to 75% of the energy needs of the brain," explains Andrew Huberman.

11/ To summarize, if you want to improve your mental health, you need to start by taking control of your nutrition.

12/ By changing what you eat, you can change how you feel. Start small, try



Sure, here's another attempt:

Tweet 1: Is your diet affecting your mental health? 🤔 It might be time to rethink your meal plan after discovering this shocking fact from the @hubermanlab podcast.

Tweet 2: According to Dr. Chris Palmer, a low-carb, high-fat diet like Atkins could have powerful antidepressant effects, which could help those with treatment-resistant mental illnesses. 🙌

Tweet 3: Dr. Palmer started by improving his own health with a low-carb diet and quickly noticed improvements in his mood and energy. His sister and sister-in-law also tried it and saw results. 👍

Tweet 4: As an attending physician, Dr. Palmer tried the diet on his patients with treatment-resistant mental illnesses and saw remarkable results. One woman even became hypomanic within a month! 😲

Tweet 5: The diet isn't a one-size-fits-all approach, and Dr. Palmer often tailors it to his patients' psychiatric symptoms and weight. He also suggests achieving urinary ketosis for the best results. 💡

Tweet 6: If you're struggling with mental health, it might be time to look at your diet. But don't take it from us - listen to the experts! Check out the full podcast episode from @hubermanlab to learn more. 🎧

Tweet 7: Remember, everyone's body is different, and what works for some may not work for others. But it's always worth exploring all of your options, especially if it means feeling better and improving your quality of life. 💪








# VOILÀ!

Every week, tune in to my carousels to discover how AI can improve your life.

- + Click on my name
- + Follow me
- + Hit the 

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**Sharing is caring.**  
The best way to support  
content creators is by  
reposting their posts.

