

In the following posts we'll review a few different options strategies we've used over the years.

Most of these strategies are FOR profit — meaning the idea is to make money off of them.

And then some of these strategies will be for hedging purposes — over the long haul they will likely lose a bit of money or break even BUT they will substantially curb losses during a market crash.

[Strategy: Fading The Fear](#): When markets crash and times get rough, option prices skyrocket as investors rush to hedge and protect their portfolios from further losses. If we think of options in the context of insurance, it makes sense to sell these insurance policies when they're extremely expensive and people are freaking out. Panic ALWAYS reverts back to the mean...

[Strategy: Playing Parabolics](#) Extreme sentiment scenarios — both upside FOMO buying and downside panic selling — pop volatility levels way above their normal range. You can safely fade these extreme moves with options.

[Strategy: The 50 Cent Hedge](#): If you have a lot of equity exposure and you think the market will sell off big time, this strategy is a cheap way to get protection.

Your Macro Operator,

Alex

P.S: If you have questions on any of this, or if you want to skip ahead, [check out our FAQ here](#).