

MON-WED-FRI
High-Intensity Interval Training (HIIT) Tabata workouts 3-4 x wk

Daily Regimen

TUES-THUR
Resistance Training 2-3 x wk

AM												PM					AM						
6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5
blk coffee	vitB3								vitB3									vitB3					
GHK-Cu Serum		exercise					TRE: 4-6 hrs meal time						GHK-Cu		8 hrs sleep when darkest outside								
30m sun in eyes		L-Arg		L-Arg	1 hr full sun													L-Arg					
	GlyNAC		C1O2		C1O2		C1O2	GlyNAC		C1O2	C1O2	C1O2	melat	C1O2			GlyNAC						

- **Glycine:** 3 tsp (or minimum 15-20 grams) day. To gain all of glycine's healing potential, doses of 10 to 20 grams a day may be optimal. You need at least 12 grams of glycine daily for optimal collagen turnover, plus another 3 grams per day to form glutathione. Glycine is a veritable fountain of youth - it reduces wrinkles and turns on collagen synthesis, the 'glue' that strengthens bones, arteries and ligaments and holds you together. Plus, it's protective against a host of chronic diseases, including depression. Increases metabolic health & longevity. No known contraindications.

- **N-acetylcysteine NAC is glutathione precursor,** 1200 iu daily. 600mg 2-3x daily for active illness; up to 7000 mg in some cases a vital cellular antioxidant. Your body makes glutathione from cysteine. N-acetyl cysteine (NAC) is a supplement form of cysteine. NAC has an unpleasant smell that makes it hard to consume. NAC has improved bioavailability taken with glycine. The accepted daily supplement recommendation is 600-1800 mg of NAC. NAC allows your body to naturally produce glutathione, your body's "master antioxidant," which is essential for optimal immune and metabolic health as well as for your body's proper metabolism of vitamin D3. NAC improves detox, health, fertility, PCOS, blood sugar, microbiome support, autoimmune & inflammation, psychiatric & addiction, heart disease, asthma, bronchitis, mercury poisoning, aging spots and over 60 other diseases or conditions. Contraindications: glutathionedisease.com/NAC-contraindications.html (diseases, asthma, ulcer, antibiotics, activated charcoal, pg.)

- **L-Arginine > Nitric Oxide (N-O)** 1-6 gram dose before & after exercise & before bed
July-August-September December-January-February

Nitric Oxide (N-O) is an incredible molecule. It is the spark of life; the source of vascular health by interfacing between the blood and the endothelial cells. It combats blood clotting and reverses other vascular symptoms going on in the medical profession. Some professionals and athletes say, if they took only one supplement, it would be this one. By the age of 60, we are producing only 15% N-O that we did when age 20. N-O helps support healthy blood pressure, cholesterol, circulation, helps open blood vessels, oxidize blood, heal wounds, divide cells, build muscle, release hormones and regulate blood pressure and helps control metabolism; the process of how the body uses food and energy. L-Arginine converts to N-O; and L-Citrulline converts into L-Arginine.

A 6g (6000 mg) dose during day activates the N-O production inside your body. The recommended range is between 2-30 grams / day, starting out low & slow. A dose of 5-6 grams can then be taken 2-3 times / day.

To increase energy, take L-Arginine dose in morning. For building muscle, L-Arginine take 30-60 min before and right after a workout. For GH stimulation, to burn fat, increase muscle growth and improve cell repair, take a dose before bedtime. Contraindications: L-Arginine should be taken continuously for 2-3 months. After you take it for 2-3 months, rest for 2 months before resuming it again for the next 2-3 months cycle. Do not take L-Arginine with juice. Do not take it within 30 min before or after a meal. Overdose side-effects are diarrhea, nausea or weakness.

- **Niacinamide or Vitamin B3 is the best NAD+ precursor** and least expensive way to improve your NAD levels... NAD+ (nicotinamide adenine dinucleotide) is one of the most important biomolecules in your body. Low dose niacinamide has striking anti-obesity effects. No one promotes niacinamide because it costs less than 1¢ a day and as a result there is simply no money to be made in promoting it. Ideally buy niacinamide powder and use ½ - 1 (of a) 1/64th tsp (one-sixty-fourth of a teaspoon), or about 25 to 50 mg, three times a day. [For comparison: 1/6 tsp = 500 mg] Here is the precise formula used in research study: 2.5 mg/ kg or 1.13 mg/ pound of body weight in 3 divided daily doses: For a 150-pound person this would be about 50-60 mg three times a day (1/64th tsp). If you are a 200-lb person this would be about 75 mg - 3X day (1½ of a 1/64th tsp). If you are a 300-lb person this would be about 100-115 mg 3X day (1/32nd tsp). Contraindications: D3 at night can compete with Melatonin, so separate those supplements by an hour.

NAD continued... The perfect storm of DNA, cellular protein and membrane destruction is created when you aren't burning fat for fuel (non-ketosis) and creating excess superoxide and then get exposed to electromagnetic fields (EMFs). This causes a radical increase in nitric oxide release that nearly instantaneously combines with superoxide to create enormous levels of peroxynitrate, which triggers a cascade of destructive events to your cellular and mitochondrial DNA, membranes and proteins. Although all biologic damage is of concern, it is the DNA strand breaks that are most concerning as they will lead to a radical increase in inflammation and virtually all degenerative diseases. Thankfully, your body has the ability to repair this damaged DNA with a family of enzymes called PARP (poly ADP ribose polymerase). It is a very effective repair system and works wonderfully to repair the damage as long as it has enough fuel. And what is that fuel? It is **NAD+**.

- **Vitamin D3** (Cholecalciferol) 2000-5000 IU (125 mcg) for prevention; 10,000 IU daily for active illness. Oil soluble, aim for a vitamin-D blood level in the range of 60 to 80 ng/mL. (multivitamin supplements: 400IU)
- **Vitamin K2** in the form of Mk-7 (200 mcg / day, take with vitamin D). Has significant health influence that many don't get enough of. Your body stores very little of it, so it's rapidly depleted without regular dietary intake (kale, cabbage, meat, liver, eggs, dairy, cheeses, fermented foods). Vitamin K inhibits arterial calcification and improves arterial flexibility, removes excess free calcium from the blood and injects it into the bones. It can reduce the risk of osteoporosis and reduce wrinkles. Older individuals with low vitamin K are more likely to have mobility problems and disability. (multivitamin supplement-120 mcg)
- **Melatonin** The Most Important, Powerful Antioxidant is Melatonin, NOT Glutathione (12:29) Jan 2022. New Information: This video is a summary of an important paper (that blew me away). Learning, brain function, LED, firelight, incandescent light, blue light, vitamin D, disease, benefit of sun, infrared light.
- melatonin detox against 5G (don't use extended release form) is an anti-inflammatory and antioxidant chemical our bodies produce to help regulate the sleep-wake cycle. It also supports the gut lining, which promotes healthy immune function. For health maintenance, take 1 mg of melatonin at bedtime; for active illness take 6-10 mg. [youtube.com/watch?v=sNkls01zlgA](https://www.youtube.com/watch?v=sNkls01zlgA) ~ [bitchute.com/video/mKzPPm0jwqcD](https://www.bitchute.com/video/mKzPPm0jwqcD)

Dr. Mercola's foundation teachings; very simple

- 1) clean water-no fluoride
- 2) sunshine-1st hour awake get sun in eyes 30 min-1 hr full sun midday-or Vit D supplement
- 3) sleep-circadian rhythm, zero LAN
- 4) fresh air-ground w/ bare feet
- 5) oral health (no mercury fillings or root canals)
- 6) gut health (take probiotics, no acetaminophen, no antibiotics)
- 7) natural food-whole, raw, organic
- 8) pasture raised & grass finished animal meat, dairy, butter, cheese, eggs
- 9) omit linoleic acids / omega 6s-no seed oils, processed foods or commercially prepared meals
- 10) avoid foods high in oxalates
- 11) TRE to a 6-8 hour window if needed-otherwise eat one major meal a day and fast occasionally
- 12) exercise during fasting in AM
- 13) exercise: resistance training weights, Tabata, Foundation Training
- 14) don't sit all day-every 10 minutes: stand, walk, move
- 15) reduce EMPs-microwaves, WiFi, use airplane mode
- 16) avoid toxins; vaccines, pesticides, glyphosate in foods, plastics in products

Most important supplements

multivitamins
 probiotics
 fiber; 1 tbs soluble fiber / day
 L-Arginine > N-O
 Vit B3 > **NAD**
 Vit D3
 Vit K2
 magnesium
 zinc
 glycine
 NAC
 melatonin
 iodine
 GHK-Cu Serum (facial cream)
 calcium citrate (fights oxalates)

