A PERSONAL WELLNESS JOURNEY

METABOLIC RESET BLUEPRINT



One walk. One meal.
One choice at a time.

A journey toward better health
- and an invitation to begin yours

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AN OPENING NOTE

We have been lied to…

I believe the FDA has been asleep at the wheel as we continue to get sicker and sicker.

I see a direct correlation between higher ultra-processed food intake, seed oils, pesticide exposure, and these health concerns:

- OBESITY
- TYPE 2 DIABETES
- HIGH BLOOD PRESSURE
- HEART DISEASE
- STROKE
- FATTY LIVER DISEASE
- SOME CANCERS
- DEMENTIA
- CHRONIC INFLAMMATION

People in other countries are experiencing similar health problems as ultra-processed foods and Western-style diets spread.

THIS IS WHY I'M SHARING MY STORY

We don't have to live this way. Come with me as I show what taking back and rebuilding my metabolic health looks like—one walk, one meal, one choice at a time.

Source: Lane et al. Ultra-processed food exposure and adverse health outcomes. BMJ 2024;384:e077310.

THE SUNRISE DISCIPLINE

4:30 Stays with Me

At 4:30, I reach for my ankle weights. That hour has stayed with me since my military days. The early start is still there; what changed is what I do with it. I use the quiet to get outside and move before the rest of the day asks for my attention.

If you picked up this booklet because a checkup worried you, or because you want to feel better, I understand why starting can feel heavy. I didn’t begin with a stack of rules. I began by looking honestly at one habit I could change.

I learned I had elevated blood pressure and prediabetes. Fast food had become part of my everyday routine, so I took it out. I didn’t change everything overnight. Over time, I felt more energy and saw my weight moving in a better direction. For the first time, change felt possible to me.

This matters beyond my own story. Heart disease and diabetes take lives, and the way we eat and live can contribute. I don’t want to shame anyone with another list of what they did wrong. I want to show someone a real place to begin, because one change gave me a reason to hope. Maybe it can help you find yours.

MONDAY TO SUNDAY RHYTHMS

Adapting the Stride

The walk changes with the week

I don’t walk the exact same way every day. Monday through Friday, I put on my ankle weights and walk two miles. They add a little resistance, and two miles is my line. I don’t need to go farther to feel proud that I got out there.

On Saturday and Sunday, the weights stay home and I walk three miles without the extra load. I don’t want to risk injury by wearing them every day. If my stride changes or something starts hurting, I ease up. I want to keep walking tomorrow, not push through pain today.

That’s the rhythm I’ve found: a little resistance during the week, a longer walk on the weekend, and permission to listen to my body. It’s simple enough for me to come back to.



MORNING WALKS · PHOENIX BLUE PIT BULL RESCUE · 60·70 LB

THE CELLULAR STARTER

Post-Walk Protocols

My first drink of the day

When I come home, I pour 16 ounces of room-temperature water into a glass. I add one scoop of Six Star creatine, one scoop of Doctor's Best Pure Vitamin C powder, and one Rejuvenation tablet. I let the tablet fizz, take the whole drink together, and then start my tea. It's my little signal that the walk is done and the morning is underway.

I use one scoop of Six Star—5 grams. Creatine helps my muscles recycle quick energy, but muscles are not the whole story. My brain uses the same creatine-phosphocreatine system to meet its energy needs. Human trials have found improvements in memory and selected thinking tasks, with especially useful results during sleep loss, high mental demand, or low dietary creatine intake. Results differ across populations. I take it here because this is when I remember; a routine I keep is more useful than chasing the perfect minute.

One level scoop of Doctor's Best provides 1,000 mg of vitamin C. My body uses vitamin C to make collagen, support normal immune function, and absorb iron from plant foods. I count it with the vitamin C in my other products because 1,000 mg is already a generous supplement dose.

The Rejuvenation tablet gives me 80 mg of magnesium and makes hydrogen-rich water. The sure thing I enjoy is the water after my walk; the extra benefits of hydrogen water are still being studied. I like having this glass as part of the routine, and then I'm ready for my tea.



THE METABOLIC MECHANISM

What Happens Inside the Body

After my walk, 16 ounces of water carry creatine, vitamin C, magnesium, and dissolved molecular hydrogen into the digestive tract. Each component enters a different pathway; together they support hydration, cellular energy, connective tissue, nerve and muscle function, and recovery.

Water: transport, volume + temperature control

Water restores fluid lost through breathing and sweat, supports blood volume, carries dissolved nutrients and waste, and helps control body temperature. Cells depend on water for chemical reactions and membrane transport. This is hydration—not a claim that water “flushes toxins”; the liver and kidneys perform detoxification.

Creatine: rapid ATP recycling

Creatine enters muscle and other tissues, where creatine kinase converts it to phosphocreatine. During sudden energy demand, phosphocreatine donates a phosphate to ADP and rapidly rebuilds ATP—the immediate energy currency used for muscle contraction and cellular work. A daily 3–5 g maintenance dose raises tissue creatine stores over time; timing matters less than consistency.

Vitamin C: collagen chemistry + antioxidant work

Vitamin C donates electrons in antioxidant reactions and serves as an enzyme cofactor for collagen formation, carnitine synthesis, and neurotransmitter production. It also regenerates vitamin E and improves absorption of plant-based iron. The 1,000 mg scoop is a high supplemental dose; absorption saturates and excess is excreted in urine.

Magnesium + molecular hydrogen

Magnesium binds ATP and supports more than 300 enzyme systems involved in energy production, glucose control, nerve signaling, muscle contraction, DNA/RNA synthesis, and heart rhythm. The Rejuvenation tablet adds 80 mg. Dissolved H■ crosses membranes and affects redox and inflammatory signaling; human research shows small reductions in perceived exertion and blood lactate, while endurance gains remain unproven.

Safety matters: kidney disease changes how creatine, magnesium, and high-dose vitamin C should be handled. Vitamin C can cause stomach upset and raises concern for stones in susceptible people; magnesium can cause diarrhea and accumulates with impaired kidney function. Medication and laboratory monitoring belong with a clinician or pharmacist.

Sources: NIH ODS creatine, vitamin C, and magnesium fact sheets; hydrogen-water systematic reviews; page 25.

AFTER MY WALK • MY TRAVEL-MUG TEA

My Tea, With Intention

I make this infusion with black tea, green tea, fresh ginger, fresh turmeric, and whole cloves. I choose each ingredient for what it contributes to my health.

HOW I MAKE IT

1. Heat a pint of water until just below a boil. Pour it into my travel mug.
2. Cut one nickel-size piece each of fresh organic ginger and turmeric. Smash the roots to open their fibers.
3. Add 2–3 whole cloves and one bag each of black and green tea.
4. Remove tea bags after five minutes. Keep roots and cloves covered for several hours.
5. Sip from the top; roots and cloves rest at the bottom.

WHAT I PUT IN MY BODY

Black tea
Theaflavins and other tea polyphenols.

Green tea
Catechins, including EGCG, and other polyphenols.

Ginger
Gingerols and other naturally occurring plant compounds.

Turmeric
Curcumin and other active plant compounds.

Whole cloves
Eugenol and other polyphenols.

I DRINK IT FOR MORE THAN THE FLAVOR.

I believe these plant compounds support my body at the cellular level. I use this tea as preventive medicine with my food, exercise, herbs, and supplements. I gave up sugary drinks, including packaged juices loaded with sugar, and switched to water and this tea.



A CLOSER LOOK AT THE CUP

Plant Compounds With Purpose

Black tea, green tea, ginger, turmeric, and cloves each bring plant compounds I deliberately include in my daily routine.

BLACK + GREEN TEA

Black tea supplies theaflavins; green tea is rich in catechins like EGCG. Tea polyphenols are studied for antioxidant activity. Human studies connect regular tea intake with blood pressure, LDL cholesterol, and blood-vessel function.

GINGER

Ginger supplies gingerols and related compounds. I use fresh ginger for its plant compounds and long-standing role in food and traditional wellness practices, including digestive comfort.

TURMERIC

Turmeric contains curcumin and other active plant compounds. I include fresh turmeric for its antioxidant and anti-inflammatory properties, which have been widely studied.

WHOLE CLOVES

Cloves provide eugenol and other polyphenols. Their antioxidant, anti-inflammatory, and antimicrobial properties have been studied. Traditional uses include oral and digestive support; I use whole cloves in my infusion.

WHY I CHOOSE THESE INGREDIENTS

I am intentional about what goes into my body. This is a purposeful infusion—not just flavor. The plant compounds are part of why I prepare it, alongside the nourishing foods, movement, and supplements that support my health.

Clove videos: Dr. Eric Berg; Dr. Bobby Price; and https://youtu.be/_pNSbGjKZY8

THE SYSTEM BEHIND MY RESULTS

My Health Is the Result I Live

One cup is part of a bigger lifestyle. I changed what I eat, what I drink, how I move, and what I choose to put into my body.

AT 58, GOING ON 59, THIS IS THE HEALTHIEST I HAVE FELT IN YEARS.

I have no pain anywhere in my body. I am no longer prediabetic, and my blood work is perfect.

THE CHOICES I MADE

I moved away from ultra-processed foods and chose more nourishing food. I exercise and keep moving. I use teas, herbs, and supplements intentionally because I know the nutrients and plant compounds they provide.

WHY I SHARE PRICES

People often say healthy eating costs too much. I include real prices and practical ingredients so readers can see how to make healthier choices on a budget. Simple changes can start with the next meal or drink.

THE CHOICES WORK TOGETHER

For about two years, I have followed this system built around food, movement, tea, and supplements. My experience is clear: I am no longer prediabetic, I feel better than I have in years, and my blood work is perfect. I share what worked in my life because I want others to see that change is possible and worth the effort.

My experience: I work to reduce my risk of metabolic syndrome, type 2 diabetes, obesity, and inflammation.

THE FUEL FRAMEWORK

I Stopped Living to Eat and Started Eating to Live

That never meant giving up meals worth looking forward to.

At about 12:30, I take seven Equate psyllium capsules with 16 to 20 ounces of water, following the bottle's directions. Psyllium adds soluble fiber; the water helps it swell and move. I give it space from my medicines and other supplements, and I do not treat it like a shield that cancels out what I eat.

Around one, I break my fast with two slices of Mestemacher Fitness Bread and freshly prepared guacamole from The Fresh Market, seasoned with a modest amount of Redmond Real Salt. Then comes my Chick-fil-A salad with raw onion, tomatoes, one organic egg, sauerkraut, Skinnygirl balsamic dressing, and another modest pinch of Redmond salt.

At two, I take my cod liver oil, organ blend, and sea moss gummies, checking each label and keeping the supplements that fit my routine. I take the oil with my meal rather than expecting a special clock time to make it work. Then, around 2:44, I warm pinto beans cooked in bone broth. They are hearty, filling, and an easy way to bring another plant food into my day.

If you are looking for an easy place to begin, add something nourishing to a meal you already enjoy. A handful of greens. A few spoonfuls of beans. You do not have to replace your whole plate to make room for a better choice.

THE MIDDAY MATRIX

A Closer Look at Lunch

Psyllium, fresh guacamole, and Fitness Bread.



Thin, dense slices (about 72 g each): guacamole first; salad next; pinto beans later.

How psyllium works

Psyllium is a soluble, gel-forming fiber. In the intestines it absorbs water, swells, and adds moisture and bulk to stool, supporting regularity. Clinical studies show that adequate daily psyllium can lower LDL cholesterol and reduce the post-meal glucose rise. It does not erase a meal's carbohydrates or guarantee a flat insulin response.

Why I wait 30 minutes

I wait about 30 minutes as part of my routine. The pause gives the capsules time to hydrate and helps me separate the fiber from the meal. The current label does not make a 30-minute interval a universal requirement, so I describe it as my consistent practice rather than a rule everyone must follow.

Use it safely

I follow the bottle dose, swallow each capsule while upright with at least 8 ounces of liquid, and keep it apart from oral medicines according to the label or my clinician's directions.

Fresh Market guacamole

My first food is freshly prepared guacamole from The Fresh Market, spread on two thin slices of Fitness Bread and finished with a modest pinch of Redmond Real Salt. Avocado supplies mostly unsaturated fat and fiber; the dense whole-grain bread adds carbohydrate and more fiber for a satisfying start.

What comes next

Next comes my Chick-fil-A salad with onion, tomatoes, organic egg, sauerkraut, Skinnygirl balsamic dressing, and Redmond Real Salt. After my supplements, I finish the sequence with a bowl of pinto beans. The following pages explain how the foods work together.

Fitness Bread size

Mestemacher lists seven pre-sliced servings in a 500 g package, about 72 g per slice. It is dense and compact, not fluffy sandwich bread. Check the package you purchase because labels can change.

PRE-MEAL ROUTINE • PSYLLIUM HUSK MECHANICS

Why I use a 30-minute buffer

My consistent pre-meal routine with Equate 100% Psyllium Husk supports metabolic and cardiovascular health through predictable physical actions in the gastrointestinal tract. The fiber works by changing the viscosity of the meal—not by erasing carbohydrate or shutting off insulin.

1. Viscous gel formation

After swallowing the capsules with water, psyllium absorbs liquid and forms a viscous gel. This raises the viscosity of intestinal contents and slows the mixing, digestion, and absorption of carbohydrate. It does not completely line the intestine, and it does not make the starch disappear.

2. A smaller glucose and insulin rise

Controlled human studies show that pre-meal psyllium attenuates—rather than eliminates—the post-meal rise in blood glucose and insulin. A small trial found lower peak glucose after breakfast and dinner and lower insulin after breakfast when psyllium was taken immediately before eating.

3. Bile-acid turnover and LDL reduction

Psyllium increases intestinal viscosity and bile-acid loss. The liver then uses cholesterol as it replaces bile acids. Across 28 clinical trials, a median dose near 10.2 grams per day lowered LDL cholesterol by about 0.33 mmol/L—approximately 13 mg/dL—when added to diet.

4. What the 30-minute interval means

Research supports psyllium taken immediately before a meal and also includes protocols using a 30-minute pre-meal interval. I use the full 30 minutes because it gives the capsules time to hydrate and makes the sequence automatic. It is my repeatable buffer, not a universal biological requirement or a guarantee of ketosis.

LABEL SAFETY + LOGISTICS

I purchased the 300-count Equate Daily Fiber capsules at Dollar General. I follow the current bottle dose, swallow the capsules upright with at least 8 ounces of liquid, and never take them dry. Psyllium can alter medicine absorption, so I keep it at least 2 hours from oral medicines unless my clinician or pharmacist gives different instructions.

Sources: NIH Dietary Supplement Label Database; Wolever et al.; Gibb et al., Am J Clin Nutr 2018; Notes & Sources on page 25.

MY COMPLETE LUNCH SEQUENCE

First Bite, Lasting Energy

This is the order I follow. Each part has a different job: satisfying fats, fiber-rich plants, protein, fermented food, supplements, and slow-digesting beans.

1

Fitness Bread + Fresh Market guacamole

Two thin slices of dense Fitness Bread topped with freshly prepared guacamole from The Fresh Market and a modest pinch of Redmond Real Salt. The combination supplies fiber, whole-grain carbohydrate, and mostly unsaturated avocado fat, helping the meal feel substantial and providing steady energy.

2

Chick-fil-A salad, built my way

My salad includes onion, tomatoes, one organic egg from The Fresh Market, sauerkraut, Skinnygirl balsamic dressing from Food Lion, and a modest amount of Redmond Real Salt. Egg adds complete protein and choline. Vegetables add fiber and micronutrients. Sauerkraut adds fermented cabbage; live cultures depend on whether it was pasteurized.

3

My 2:00 PM supplements

I take the supplements in my established routine after the salad. Six Star creatine comes from Walgreens; fresh turmeric and ginger come from The Fresh Market. Supplements support specific goals, but they complement food rather than replace it. I follow each label and account for medicines and health conditions.

4

A bowl of pinto beans

Pinto beans finish this sequence with plant protein, soluble and insoluble fiber, folate, magnesium, potassium, and slow-digesting carbohydrate. I season them with Redmond Real Salt instead of a heavy processed sauce. Their fiber supports fullness and regularity and produces a steadier glucose response than refined carbohydrate. Portion size and total sodium still matter.

HOW IT WORKS TOGETHER

Across the full meal, fiber, protein, unsaturated fat, fermented vegetables, and minimally processed carbohydrate create balanced, nutrient-dense fuel. “Clean and safe” here means foods I intentionally select and prepare simply—not a guarantee that any food prevents disease.

WHY THIS LUNCH WORKS FOR ME

The benefits behind the plate

A trustworthy explanation should identify what each food contributes and where the evidence has limits. This meal combines whole grains, avocado, vegetables, egg, fermented cabbage, and beans—not a single “miracle” ingredient.

Guacamole + Fitness Bread

Avocado contributes mostly monounsaturated fat, fiber, potassium, folate, and vitamin E. Fitness Bread adds dense whole-grain rye and oats plus additional fiber. Together, fat and fiber slow eating, support fullness, and usually produce a steadier response than refined white toast alone. The avocado fat also helps the body absorb fat-soluble carotenoids from vegetables eaten with the meal.

The salad: vegetables + organic egg

Tomatoes supply vitamin C, potassium, and lycopene; onion adds flavor, fiber, and plant compounds such as quercetin. The egg contributes complete protein, choline, vitamin B12, and fat that can help absorb carotenoids from the vegetables. Protein, fiber, and fat make the salad more satisfying than vegetables alone, while Skinnygirl balsamic dressing keeps the flavor bright without mayonnaise.

Why I add sauerkraut

Sauerkraut begins as cabbage, so it contributes fiber and nutrients such as vitamin C and vitamin K. Fermentation produces organic acids. Unpasteurized, refrigerated products labeled “live cultures” provide living microorganisms; heat-pasteurized shelf-stable products do not. Both forms still offer fermented-cabbage flavor and fiber. Because sodium can be high, portion size and the label matter.

How the complete meal works together

Whole-grain carbohydrate supplies energy; avocado provides unsaturated fat; egg and beans add protein; vegetables, bread, sauerkraut, and beans contribute different fibers. That mix supports fullness, bowel regularity, and a more gradual rise in blood glucose than a low-fiber refined meal. It also creates variety—one reason the routine can be repeated without feeling like punishment.

The benefit comes from the overall pattern and portions. No single food guarantees weight loss, “detox,” or disease prevention.

Sources: USDA FoodData Central; AHA healthy eating guidance; fermented-food reviews; Notes & Sources on page 25.

WHAT THIS MEAL REPLACES

My lunch vs. the fast-food default

The meaningful change is not perfection. It is replacing a common ultra-processed pattern—refined bread, fried sides, processed meat, and a sugary drink—with food that delivers more fiber, plants, and nutrient density.

MY PREPARED LUNCH

- Whole-grain Fitness Bread
- Avocado and vegetables
- Egg and pinto-bean protein
- Several types of fiber
- Mostly unsaturated avocado fat
- No sugary drink or dessert built in
- Ingredients and portions I can see

TYPICAL FAST-FOOD COMBO

- Often a refined-grain bun
- Fried potato side
- Frequently processed or heavily seasoned meat
- Often lower in fiber
- Commonly high in sodium and saturated fat
- Soda can add a large dose of added sugar
- Designed for speed and easy overconsumption

	MY LUNCH	COMMON ALTERNATIVE
FULLNESS	Fiber + protein + fat help the meal last.	A low-fiber, energy-dense meal is easier to eat quickly and often less filling per calorie.
CARBOHYDRATE	Whole grains and beans slow digestion compared with refined starch.	White buns, fries, and soda can deliver rapidly absorbed starch and sugar.
FAT QUALITY	Avocado supplies mostly monounsaturated fat.	Fried and processed foods often add more saturated fat; amounts vary.
SODIUM	I can manage portions, dressing, beans, and sauerkraut.	Restaurant combinations are often high in sodium before extras are added.
NUTRIENT DENSITY	Vegetables, egg, avocado, fermented cabbage, and beans add vitamins and minerals.	The calories commonly arrive with fewer vegetables and less fiber.

The long-term issue is repetition. Large studies consistently link higher ultra-processed-food intake with obesity, type 2 diabetes, cardiovascular disease, and other adverse outcomes. One meal does not create the pattern; repeated daily choices do.

Sources: AHA healthy eating guidance; Lane et al., BMJ 2024 umbrella review; Notes & Sources on page 25.

AFTERNOON • DINNER • WINDING DOWN

The Rest of My Day: A Steadier Pace

After lunch, I take the supplements I've chosen for my routine: cod liver oil, my organ blend, and sea moss gummies. I don't need a perfect two o'clock countdown; I just check the labels and make sure I'm not doubling up. If I'm unsure how something fits with my medicines, I ask my pharmacist and get on with my day.

Around 5:30, I make ribeye with asparagus or curry chicken with broccoli and asparagus. I season the meat and vegetables with Redmond Real Salt - the same salt I use on guacamole and salad and in my pinto beans. Its unrefined flavor helps simply prepared whole foods taste complete without sugary sauces or heavily processed seasoning blends. It remains concentrated sodium, so I use modest amounts and account for sodium already present in other foods. I cook chicken to 165°F; for steak, I use a thermometer and let it rest.

I put a cold two-egg salad alongside the warm food and let a little ghee melt over the meat and vegetables. That last sizzle and smell tell me dinner is ready. If I want something sweet, I have a piece of dark chocolate. Then I'm done for the evening. My kitchen closes early, and I like the feeling of letting the day wind down.



MY AFTERNOON SUPPLEMENTS

- **Cod liver oil**
- **Sea moss gummies**
- **Grass-fed beef organs**

All three purchased through Amazon.

DINNER AND THE EVENING CLOSE

A plate, then a simple close



Browned meat, steamed onion, two-egg salad, and five asparagus spears finished with unsalted real butter and Redmond Real Salt.



A SMALL EVENING CLOSE

I finish with one square from a Lindt Excellence 85% Cocoa bar and one can of Nixie Organic Sparkling Water. My current flavors are Blackberry Raspberry and Black Cherry Lime, both purchased at The Fresh Market. Nixie has zero calories and no added sugar. This is a planned closing ritual, not a promise of a particular blood-sugar or weight outcome.

THE FASTING CLOCK

I Use the Schedule; It Doesn't Use Me

I usually eat my first meal around one and finish dinner by 5:30 or six. That leaves me with a short eating window and a long overnight fast. I like the structure: the kitchen has an opening and a closing time, and I don't spend the whole day grazing. Your hours can be different; the point is finding a rhythm you can live with.

I'm honest with myself about the details, too. My Rejuvenation tablet has a little dextrose, so I don't call my morning water-only. And a fasting clock can't turn a meal into a healthy one. For me, the schedule is a frame; the food, walks, and choices inside it are the picture.

If fasting leaves me feeling unwell or doesn't fit with medicine I take, I'll change the plan and talk with my care team. I'm doing this to feel better—not to win a contest with the clock.

FED STATE VS. FASTING STATE

What changes between meals

The body does not flip a switch at a precise minute. It moves gradually from absorbing and storing nutrients toward maintaining fuel between meals.

THE FED STATE

After a meal, nutrients enter circulation and insulin rises. Cells use glucose, liver and muscle refill glycogen, and amino acids support protein synthesis. Insulin also suppresses liver glucose output, fat release, and ketone production.

THE FASTING OR POST-ABSORPTIVE STATE

After absorption, insulin falls relative to the fed state and glucagon helps maintain blood glucose. Liver glycogen supplies glucose first; gluconeogenesis and fat release contribute more as fasting continues. Ketone production may rise, but the timing and amount vary.

The response varies with meal composition, activity, liver glycogen, insulin sensitivity, medication, and fasting duration.

YOUR TURN • START WHERE YOU ARE

What could you change today?

You don’t have to copy my whole day or wait for a perfect Monday. Look at the day in front of you. Which one small choice could make it a little healthier? Pick one you can actually do—and give yourself credit for beginning.

PICK ONE	TRY THIS
At breakfast or lunch	Add a fruit, a handful of greens, or beans to a meal you already like.
When you’re thirsty	Keep water close and swap it for one sugary drink.
For movement	Take a short walk at a pace that feels comfortable.
At dinner	Cook one simple meal at home this week; make enough for tomorrow.

When I changed my routine, I didn’t do it all at once. I started with fast food. Then I kept walking and paid attention to how I felt. You can start just as simply: add beans to a meal, take a short walk, choose water once today. One choice won’t solve everything, but it can be the first choice in a new direction.

I made this booklet because I want my story to reach beyond me. Heart disease and diabetes are not distant problems; they touch real lives and real families. If these pages help you take one step for your health—and maybe encourage someone you love to take one too—then this was worth writing. Start today, with the next choice in front of you.

KITCHEN CLOSED - FINAL NOTES

How the pieces work together



A REPEATABLE DAILY PATTERN

The day brings together walking, a fresh salad with guacamole and Fitness Bread, pinto beans, an evening meal, and a planned close. The benefit comes from repeatable habits working together - not from one food or supplement doing everything.

MOVE REGULARLY

Your walks build steady activity into the week. Regular activity supports cardiovascular and metabolic health.

BUILD BALANCED PLATES

Salad, vegetables, pinto beans, eggs, meat, and whole-grain Fitness Bread bring variety and fiber-containing foods.

PSYLLIUM + WATER

Psyllium absorbs water and forms bulk. Follow the Equate label, take it with enough fluid, and ask about medicine spacing.

SUGAR: ADDED VS. TOTAL

Not 0 g total sugar: beans and vegetables contain natural sugars. Lindt 85% lists 4 g added sugar per 3 pieces - about 1.3 g per piece. CDC adult average: 17 tsp (about 68 g) added sugar/day in 2017-18. Exact daily total needs all labels and recipes.

COOK + ENJOY

Gentler cooking helps avoid a scorched crust. A planned piece of dark chocolate can make an eating routine feel livable.

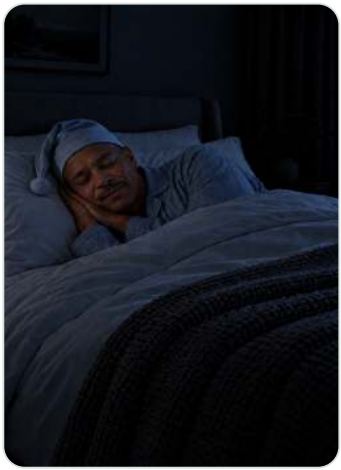
USE SUPPLEMENTS THOUGHTFULLY

Cod-liver oil, sea moss, and organ products are not shortcuts. Review vitamin A, iodine, directions, and interactions with a clinician.

Together, these habits can support metabolic health over time, but do not guarantee ketosis, flat insulin, or specific lab results. Track energy, waist, blood pressure, glucose/A1c, and lipids with your care team. Evidence guide: CDC activity/sugar guidance; Lindt 85%; MedlinePlus psyllium.

AFTER DINNER - BEFORE SLEEP

A softer landing at night



Lights out: dark, quiet, screen-free

MY TWO-HOUR EVENING BUFFER

I finish my evening meal about two hours before bed. This creates a calmer transition, reduces the feeling of going to bed overly full, and separates eating from sleep. Digestion continues while I sleep; the two-hour buffer is a practical routine, not a claim that digestion is complete. For nighttime reflux, NIDDK guidance recommends eating at least three hours before lying down to improve symptoms.

DARK + DISTRACTION-FREE

I keep the room dark, quiet, and comfortably cool, with the TV off and phone away. CDC recommends switching off electronic devices at least 30 minutes before bed and keeping a regular, relaxing sleep routine.

WHY SLEEP MATTERS

Good sleep supports steadier blood-sugar and blood-pressure patterns and helps regulate insulin, hunger, and stress hormones. Regularly sleeping too little can make insulin work less effectively. These are supportive links, not guarantees.

A SIMPLE CLOSE TO THE DAY

Dinner, a little time upright, dim lights, and a consistent bedtime make a practical sequence. Adults generally need at least seven hours of sleep; personal needs and medical conditions vary. If reflux or sleep problems persist, discuss them with a clinician.

Sources: CDC About Sleep and sleep/diabetes guidance - NIDDK GER/GERD eating guidance - Notes & Sources on page 25

THE MIDNIGHT MAINTENANCE

What the Body Does While I Sleep

Sleep is not metabolic shutdown. The body keeps producing ATP, regulating blood glucose, timing hormones, repairing tissue, and coordinating brain and immune housekeeping.

1. ENERGY USE SHIFTS - IT DOES NOT STOP

Whole-body metabolic rate usually falls during sleep, but organs remain active. Glucose use changes across sleep stages: it is generally lower during non-REM sleep and rises during REM compared with deep non-REM sleep.

2. BLOOD GLUCOSE IS STILL BEING MANAGED

The liver continues releasing enough glucose to protect the brain and other glucose-dependent tissues. Insulin and counter-regulatory hormones keep adjusting. Controlled human studies show that even short sleep restriction can reduce next-day insulin sensitivity.

3. HORMONES FOLLOW A NIGHTLY CLOCK

A major growth-hormone pulse normally occurs soon after sleep begins, especially during slow-wave sleep, supporting tissue maintenance and fuel regulation. Cortisol is usually low near midnight, then rises toward morning as the body prepares to wake.

4. REPAIR AND BRAIN HOUSEKEEPING CONTINUE

Cells continue protein turnover, membrane repair, antioxidant work, and immune signaling. Experimental research shows increased cerebrospinal-fluid movement and glymphatic clearance during sleep. Human evidence is growing, but the clinical impact is still being studied.

5. WHY DARKNESS AND CONSISTENCY MATTER

Darkness supports the normal melatonin signal and helps align the circadian system with nighttime. Screens, bright light, irregular timing, and repeated awakenings can fragment that signal. A dark, quiet room does not create metabolic health by itself, but it protects the conditions in which restorative sleep can occur.

Sources: human sleep-restriction clamp trials; sleep-metabolism reviews; NINDS sleep and cerebrospinal-fluid research; page 25.

A CALL TO ACTION

The choice in front of us

In this metaphor, I stand where Morpheus stood - not claiming to possess every answer, but offering a choice. You, the reader, stand where Neo stood. This booklet is the red pill: information meant to help you see how the default food environment, marketing, inactivity, poor sleep, and reactive healthcare can shape metabolic health. Once you see it, you decide what happens next.

THE BLUE PILL

Return to business as usual. Let ultra-processed food, convenience marketing, pharmaceutical interests, and minimum standards shape your choices. Wait for illness, then react to the consequences.

THE RED PILL

Use what you have learned. Read labels. Question marketing. Choose more whole foods. Move daily. Protect sleep. Monitor bloodwork. Work with qualified healthcare professionals. Begin your journey, and follow Iron King Universe as it evolves.

You do not have to begin where I am.

This routine is where I am now - not where I started or where I may be next year. My two-mile weekday and three-mile weekend walks fit me today; they may grow to three and four miles. I adjust to my body, bloodwork, and doctors' advice. Begin with a simple walk and one informed decision. Consistency builds momentum.

The goal is not to become me.
The goal is to take control of what happens next.

PRODUCTS, STORES & ESTIMATED COSTS

A practical shopping guide

Grouped by the stores I actually use. Prices were checked October 9, 2026.

THE FRESH MARKET

Mestemacher Fitness Bread, 17.6 oz
Price varies by location

Primal Kitchen avocado-oil mayo, 12 oz
Price varies by location

Freshly prepared guacamole
Price varies by package size

Organic eggs, one dozen
Price varies by brand

Fresh organic ginger root
Price varies by weight

Fresh organic turmeric root
Price varies by weight

Bone broth, 32 oz carton
Wednesday half-price purchase

Chicken breast, about 1 lb
Wednesday half-price purchase

Ribeye steak, about 1 lb
Price varies by cut and weight

Lindt Excellence 85%, 3.5 oz
$7.29 when checked

Nixie Organic Sparkling Water, 8-pack
$9.59 regular; $7.89 sale when checked

DOLLAR GENERAL

Equate Daily Fiber, 300 capsules
Price varies by location

WALGREENS

Six Star 100% Creatine, 14.11 oz
Price varies by promotion/location

FOOD LION

Skinnygirl Balsamic dressing, 8 oz
Price varies by location

REDMOND LIFE

Redmond Real Salt Fine, 10 oz
$7.29 when checked

HARRIS TEETER

Whole cloves, one jar
Price varies by brand

CHICK-FIL-A

Salad with onion and tomato
Price varies by selected salad

AMAZON

Doctor's Best Vitamin C powder, 8.8 oz
About $23 when checked

Wiley's Finest Cod Liver Oil+, 4.23 oz
About $20-$30

Clean Nutraceuticals Primal Organs, 90 ct
About $20-$30

Sea moss gummies
About $10-$25; verify the current label

DRINKHRW.COM

Drink HRW Rejuvenation, 60 tablets
About $49.99 when checked

GROCERY / PRODUCE

Sauerkraut, 16 oz jar
About $3-$6

Dry pinto beans, 1 lb
About $1.50-$3

Black tea and green tea
About $3-$5 per box

Asparagus, broccoli, onion and tomato
Price varies by weight and season

Ghee, about 8 oz
About $8-$14

Package estimates are before tax. Fresh-food totals vary by size, season, and store. Prepared guacamole already includes its ingredients. Water has no package cost when tap water is used.

READ BEFORE USING THIS BOOKLET

My experience is not a prescription

This is an example of one evolving routine, not a universal treatment plan.

EDUCATIONAL PURPOSE

This booklet describes Omar Skinner's personal food, movement, sleep, fasting, and supplement routine. It is general educational and illustrative information. It is not a diagnosis, individualized medical advice, or a substitute for care from a qualified healthcare professional.

REVIEW CHANGES WITH A PROFESSIONAL

Before changing your eating window, exercise, fiber, supplements, or medication timing, speak with a clinician or pharmacist who knows your history. This is especially important for anyone who has diabetes; kidney, liver, heart, gastrointestinal, or swallowing conditions; is pregnant; is under 18; or takes prescription medication.

LABELS, WATER, AND MEDICATION SPACING

Products and formulas can change. Check each current label, allergies, total daily intake, and possible interactions. Psyllium must be taken with the amount of liquid required on its label and may need to be separated from medicines. Do not copy a capsule, scoop, or tablet count without checking the product you actually use.

SUPPLEMENTS AND LABORATORY RESULTS

This routine includes 5 grams of creatine, 1,000 mg of supplemental vitamin C, and a hydrogen-water tablet that provides 80 mg of magnesium. Creatine can affect serum creatinine measurements, so disclose its use before kidney-related bloodwork. Individual needs and responses vary; laboratory monitoring should follow professional advice.

Use this booklet to begin a conversation - not to replace one.

Stop and seek medical attention for severe, persistent, or rapidly worsening symptoms.

HEALTH & MEDICAL REVIEW

A note for readers

Health & Medical Review Summary

The Metabolic Reset Blueprint documents an individual’s personal dietary, supplement, and exercise regimen, featuring structured ankle-weighted walking windows and the specific ingestion of whole foods, psyllium fiber, creatine, high-dose vitamin C, magnesium, cod liver oil, and beef organ complexes. This text is provided solely for general educational, historical, and illustrative purposes. It does not represent a clinical diagnosis, an individualized medical prescription, or a treatment protocol for metabolic syndromes, prediabetes, or hypertension.

Physiological responses to high-volume soluble fiber, intermittent fasting schedules, and concentrated micronutrient doses can vary widely based on unique metabolic baselines, renal health, and active prescription therapies. Individuals must always consult a primary care physician, specialist, or pharmacist to review physical ingredient labels, check for potential drug-nutrient interactions, arrange safe medication spacing, and establish appropriate laboratory monitoring before beginning a new routine.

This booklet shares personal experience for education.
It does not replace individualized medical care.

NOTES & SOURCES

Sources behind this booklet

Sources used for the health information, product labels, recipes, and price examples.

• American Heart Association: heart-healthy eating patterns and ultraprocessed foods

• USDA FoodData Central: avocado, tomato, onion, egg, cabbage, and pinto-bean nutrient profiles

• CDC: added sugars and health

• NIDDK: intermittent fasting and diabetes—early evidence and considerations; Endotext: glucagon physiology and fasting adaptation

• NIH ODS: creatine and exercise performance

• 2024 systematic review and meta-analysis: creatine and adult cognitive function

• NIH ODS: vitamin C

• Six Star: 100% creatine label and directions

• Doctor's Best: Pure Vitamin C powder label and directions

• Drink HRW: Rejuvenation tablet label and directions

• Systematic review: hydrogen water research

• MedlinePlus: psyllium directions and medication information

• NIH ODS: iodine

• NIH ODS: vitamin A

• NCCIH: ginger—usefulness and safety

• NCCIH: turmeric—usefulness and safety

• NCCIH: green and black tea compounds and research

• Review: clove, eugenol, and antioxidant activity

• Human pilot: 250 mg clove polyphenol extract and pre-/post-meal glucose (PMID 31064377)

• Randomized crossover trial: clove-bud polyphenols and inflammatory/oxidative-stress markers (PMID 30234415)

• Human sleep-restriction studies: PMID 20371664, 20585000, and 28819636; insulin-sensitivity meta-analysis PMID 35189549

• Sleep and Metabolism reviews: PMC2929498 and PMC3289068; NINDS sleep and cerebrospinal-fluid research

• NCBI LiverTox: eugenol, the aromatic compound in clove oil

• FoodSafety.gov: safe minimum internal temperatures

• Uribarri et al.: cooking methods and dietary AGEs

• NIH Dietary Supplement Label Database: Equate 100% Psyllium Husk label

• Mestemacher: Fitness Bread ingredients and nutrition

• Psyllium trials: Wolever et al.; Gibb et al., Am J Clin Nutr 2018 meta-analysis

• Lane et al. BMJ 2024;384:e077310. doi:10.1136/bmj-2023-077310

• Reviews of fermented foods, sauerkraut, live cultures, and the effect of pasteurization

• Redmond Real Salt label; American Heart Association sodium guidance

• Price references: The Fresh Market product listings (including Nixie and Lindt), Food Lion, Walgreens, Harris Teeter, Dollar General, Amazon, and Drink HRW, October 2026

Last reviewed: October 2026