

THE 60 DAY RECHARGE ROADMAP



EAST WEST
HEALTH



THE 60 DAY RECHARGE ROADMAP

Congratulations on the successful completion of your 60-Day Reset. Take a bow! Forging new habits and creating new levels of health is not an easy process but you did it!

At their core, the 6 essentials in the 60-Day Reset, are designed to create momentum right out of the gates and are now your new habits-don't stop them!

The biggest objective in your 60-Day Reset was to remove Interferences and Inflammation so that your body can detoxify and heal. You can rest assured that your body now has better detoxification capabilities, your stress-response axis (HPA Axis) is no longer on tilt, and you can enjoy greater levels of energy and clarity in your life.

Your entire program has three, 60-Day phases that will transform every system in your body, remove interferences and biotoxins, and turn on amazing cell-to-cell communication. You just completed your 60-Day Reset (HPA, Detox, Energy) which is followed up by your 60-Day Recharge (DNA, Gut Health, Mitochondria), and then we will take a deep dive into your 60-Day Restore (Metabolic Flexibility, Age Reversal). Throughout the entire program, along with mentoring and supporting you, your team will be guiding you through 3 core focus points. The 3 focus points are:

- **Analyze:** barriers to healing, interferences, and find opportunities for improvements.
- **Optimize:** detox pathways, nutrition, fitness, brain performance, and gut health.
- **Transform:** healthy lifestyles, habits, accountability, and progress.

At the core, the 6 essentials in the 60-Day Reset, are designed to create momentum right out of the gates and are now your new habits-don't stop them. Your next phase of care is the 60-Day Recharge, and like the way that regenerative breaking works in a Tesla car, you are going to be putting energy back into every organ, gland, and cell in your body.

There's a saying in the Tao Te Ching, "To know enough's enough, is enough to know." The 60-Day Recharge is all about energy and momentum. It's about staying calm and clear while you move towards your bigger future self.



"The journey of 1000 miles begins with one step." Lao Tzu

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The 60-Day Recharge is a critical time for you to make personal decisions about your actions in life that are truly necessary.

What are the essentials to your health?

Are you focusing on those essentials in the most productive way?

Junk food, Netflix, Facebook, negative relationships, poor self-talk, and constant busyness are all things that are best left to someone else. You are officially off-duty in relation to these items and we thank you for your service. Netflix has plenty of viewers, the negative people in your life can go find other negative people, etc., I think you get the point.

Feel free to read the book “Essentials” by Greg McKeown for deeper insights on how to simplify your life and improve your energy by getting rid of the non-essential things in your life. There are 6 new Essentials that are proven to give you your health and your time back. These will become the next leverage points in your health journey.

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Score yourself each day 1 out of 6 for the number of healthy habits you participated in. Give yourself bonus points for going above and beyond like learning a new skill, meal prep, taking peptides, and CellCore detox.

Each day, on a scale of 1 to 6, score yourself on participating in each of the 6 Essentials.

1

Your Brain's Flow State: learning, novelty, and challenge set the stage for you to function at your peak. Your weekly health accelerator challenges are meant to be a mental and physical primer-get on them. Finding yourself in a state of effortless action is what experts call the "Flow State", how do you find yours? Sometimes as simple as reading a good book or having a deep conversation, you might also find your flow speeding down the mountains on a capable bike or skis, whatever it is, carve out time daily to enter this timeless space.

2

Enjoyable Fitness: research shows that people who engage in 300 minutes of high-intensity physical activity or 600 minutes of moderate-intensity physical activity each week live 26-31% longer. With your 30/30 exercise habit in place, you are putting in the reps, but now make it enjoyable. What are 2 or 3 activities that you want to do at the age of 100? While we can't promise that you will be able to do those activities when you are 100, we can promise that if you don't start now, and do them daily, you won't. Your recharge is to love your fitness again by engaging in an enjoyable activity daily.

3

Muscle is Age Reversal Medicine: protein is the main macronutrient that is needed to keep you looking like Arnold in any decade of life. Your recharge happens when you feed your body 1 gram of protein per pound of ideal body weight. If your goal is to weigh 200 lbs, then eat 200 grams of protein. If your body weight is ideal and you weigh 150 pounds, then eat 150 grams of supercharged, grass-fed, clean, healthy protein-and don't skip out on the organ meats!

4

Leak-Free Gut Zone: now that you've got the surprising increase in protein in your diet, it's time to optimize gut health so that you can digest, absorb, and transport the amino acids. Leaky gut is a pesky condition that triggers an inflammatory response that downregulates your ability to put protein to work. Sealing up the gut is best done by avoiding ibuprofen, gluten, emulsifiers, sugar, stress, A1 dairy casein proteins, and anything artificially sweetened or colored. Adding in either bone broth, colostrum, or collagen daily is your gut-zipping remedy. Enjoy them in coffee for extra credit.

5

Love Your Liver Tender: up until the age of 30 I took great care of my liver, no alcohol, no coffee, and I did very little to disrupt its safe environment. Now that I'm grown, I have some favorite ways to give some love back to my liver, with turmeric, beets, arugula, and garlic. Eating at least one of these a day will keep your liver healthy, your discernment sharp, and your resiliency legendary. While you are at it, don't forget to do your weekly protein fast that's right, limit protein down to about 50-60 grams one day per week-it's also a great day to restrict calories for those of you looking to live

6

L1+lbs. Veggies/Day: growing up in Idaho's Snake River Basin gave my mom incredible skills at making potatoes 6 ways to Sunday. I'd never forsake my roots (pun intended) but let's branch out from the typical vegetables found in any good-standing American's home. Your pound of veggies per day includes asparagus, chard, kale, broccolini, parsley, cilantro, leafy greens (lots), and anything else that is remotely edible. Be sure to steam or Insta-Pot your veggies for the best result and to eliminate any problematic oxalates or acids that your kidneys don't love.

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TOTAL POINTS POSSIBLE: 360

YOUR SCORE:

CONGRATULATIONS

Even if you scored 1-point, you made progress and that's all this is for. There isn't a "best score" until you compare your results over the next 60-Days. The 6 Essentials will feel incredibly rejuvenating and rewarding the more you practice them, and they are intended to continue as part of your new lifestyle. The Residual Results that will benefit you for years to come. The research shows by improving 1% on these habits every day, you will have improved over 37x this year. Like compounding interest, these small things yield big results and when coupled with your treatments, they will help resolve your pain for good and save you hundreds of thousands of dollars and years of chronic disease by implementing them into your life. Now it's time for your Restore.