

THE 60 DAY RESET



EASTWEST
HEALTH



THE 60 DAY RESET

Optimal health happens when you've got amazing cell-to-cell communication. When interferences, deficiencies, and inflammation block cell-to-cell communication, your mitochondria (energy motor of the cell) steps in and activates an immune response-this process is called cell danger response or CDR. If you've noticed that your energy is lower than you'd like it to be, it's because your energy factory, or your mitochondria, are involved in responding to interferences, deficiencies, and inflammation. When your CDR is active you decrease hormone production and advance disease patterns-things that won't happen on our watch-you also have a reduction in ATP or cellular energy.

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. This is your **60-Day Reset** (HPA, Detox, Energy) which is followed up by your **60-Day Recharge** (DNA, Gut Health, Mitochondria), and then we take a deep dive into your **60-Day Restore** (Metabolic Flexibility, Age Reversal). Throughout the entire program your team will be doing 3 core activities along with mentoring and supporting you, they 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.

Our unique process accelerates the level of progress you can make. Are you ready for your Reset?



"Calm your mind, improve your energy, and reclaim your quality of life."

THE 60 DAY RESET ROADMAP

There are 6 core daily actions that will supercharge your energy and pull you out of pain quickly. These actions are creating a new lifestyle that your future self will thank you for. I'm imaging that you are an overachiever so if you'd like all the science behind these 6 challenges then read chapters 1-6 in my book, Never Stop Healing, and move your seat to the front of the plane. Let's take off.

SLEEPING 9:30 PM - 5:30 AM

1. Enjoy allowing your body to relax more, rebuild damaged tissues, and reduce inflammatory states by getting to bed early and waking early. By falling asleep before 10, you will activate growth hormones, turn off the aging process and.... make your mom proud. Eat your last meal 3 hours before bed and avoid screens like TVs, computers, or phones an hour before going to bed. Using blue-light blockers on your screens or wearing blue-light blocking glasses will also help to keep your brain ready for a great night's sleep. Reading, meditating, and stretching can all be great ways of producing sleep-inducing brain waves. 70 degrees and have an air purifier. If you snore...drumroll please...please tape your mouth shut-no joke-and get a sleep apnea test asap.

HYDRATION

Enjoy drinking half of your body weight in ounces of filtered, or spring water to meet the minimal needs of thirst-quenching. Add in some lemon and a pinch of salt or some Redmond's electrolyte blends that don't contain any sugar. Upon waking you are 8-12 ounces dehydrated already-(which is why our brains are fuzzy)-so make it part of your ritual to drink a glass of water before you kick off your mindset morning and exercise routine. Get your favorite glass or porcelain water bottle and do the math on what your minimum daily intake needs to be and "guzzle, guzzle, guzzle, as you pour it down your muzzle". Your muscles and brain are the first regions that get dehydrated which leads to sore muscles and that fuzzy-feeling brain.

>1 GRAM OF SUGAR

Enjoy checking labels and keep sugar out of your mouth, your tooth fairy and dentist will thank me for this one. Look I'm not trying to get between you and the things you love, I'm just here to get those things that you love to love you back. Like a good therapist would tell you, sugar is not your friend. Sugar can destroy joint health, increase oxidative (heart) stress, and leave your gut exposed to more infections, (not to mention the fact that 70-100 grams of it can put your immune system into a coma-like state.) Look at the labels of what you are eating, or better yet, eat only food that isn't in a package, contains no artificial ingredients, and is as close to organic and wild as possible. Lots of vegetables, eat some sweet potatoes and rice and check out some new recipes, there's a sugar-free world waiting for you that looks like eating 80-100 grams of healthy fat, 150-200 grams of clean protein, and about 80-100 grams of healthy resistant starch carbohydrates. Now that you identify as the health nerd on the block, remove all inflammatory foods like gluten, dairy, and soy.

EXERCISE 30/30

Dust off those gym shoes and get the AMEX primed for Lululemon because every day you will be enjoying moving your body for at least 60-minutes. We don't want you giving death any assistance and exercise is what keeps him away. This 1-hour daily session is just what the doctor ordered for adding life to your years, and years to your life. How it works: 30-minutes get outside for a sunrise/sunset walk, bike, or hike. Feel free to push harder on the days that you feel like it, and gently ease into on days that you don't. Spend another 30-minutes lifting heavy things like your overweight dog, 3-year-old squirm machine, or Russian kettlebells. Flow into a Yoga or Pilates class, practice some Tabata or HITT (high-intensity interval training) routines. But just remember that you are now a fit, active, health enthusiast who doesn't take vacations from exercise and physical activity.

COLD + HEAT EXPOSURE

Just when you thought things couldn't get any crazier, the new upgraded version of you is going to leave the shower colder than you found it for the first time in your life. Just 2-minutes of cold helps calm down your stress hormones, tightens wrinkles, and triggers your belly fat to be burned for heat. Wim Hoff takes things up a notch by jumping in ice water or taking an ice bath-feel free to explore and enjoy all your chilling options. On the days when cold just isn't cutting it, appreciate a 15-20-minute candle-lit bath with Epsom salts and your favorite Celine Dion song. Your body has both heat and cold shock proteins, both of which are activated by cold and heat exposure. These proteins keep your mitochondria healthy and energy-efficient while you shiver and sweat.

MINDSET MORNING

If you own your morning, you can own your day. The Mindset Morning is your core habit that will etch all the other habits into your chiseled six-pack and brilliant brain. Upon waking, enjoy your glass of electrolyte-infused glass of water and get comfortable.

- Set a timer for 2 Minutes. Practice deep breathing or Wim Hoff-style breathing. This is a great time to appreciate your life and health. After the timer goes off, set a new timer for 2 minutes.
- Focus this time on identifying who your future self is: "I am alert, fit, healthy, pain-free, active, happy, giving, charming, appreciative thoughtful, trusting, financially secure, purpose-driven, wise, loving, fun, relatable, etc. Think of someone you can do an act of kindness for today, and set a reminder. Set another timer for 2 minutes.
- Go through each of the 6 core focuses in your 60-day reset program to remind yourself what you need to prioritize. Use this time to track your progress by keeping track of how many days you accomplish your goals.

THE 60 DAY PROGRESS REPORT

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.

TOTAL POSSIBLE POINTS: 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.

SHORTCUTS TO HEALING

PEPTIDE THERAPY

These novel treatments are a means to increase joint regeneration and keep your inflammation down. You receive the highest quality of peptides available to assist you in bypassing many of the cellular, genetic, and mitochondrial issues that might keep you from advancing. The peptides included in your programs are chosen for safety, effectiveness, and clinical outcomes.

Peptides are different from supplements or herbs in the way that they are broken down by digestive processes in the body. Peptides work right on the receptor site of the cells and are activated genetically and work to transform cell signaling, cell membrane structure, and RNA transcription, translation, and transportation.

Supplements and herbs are first broken down in the body and reassembled before they can activate a response in the body. If certain cellular pathways are blocked, then you typically need to take supplements and herbs in high quantities. But peptides are structured to mimic your body's natural DNA signaling and can turn on or turn off genetic expressions quickly, even if these pathways have been chronically blocked. Both are necessary and work synergistically, which is why we also include an allowance for supplements and herbs.

What are the Peptides that I will be taking?

The more you dig into and research these peptides, the more enjoyable your journey will be because they make you feel amazing. Now is a great time to put on your biology hat as we dive in:

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60 DAY RESET PEPTIDES

DAY 0 - 30: HYPOTHALAMUS - PITUITARY - ADRENAL (HPA) AXIS RESET

The HPA axis Reset allows for new programming to support the brain/nervous system, hormones, gut, and circadian rhythms. E.P.I.C. (emotional, physical, infections, chemicals) stress patterns interfere with proper signaling in the body.

MONTH 1 PEPTIDES

The core peptides to influence these pathways are:

Epitalon: works on the HPA axis by activating the Pineal gland, calming the adrenal--response, and stabilizing the parasympathetic nervous system.

Selank: increases GABA while calming down brain inflammation and has its very own anti-microbial properties and stabilizes autoimmune pathways in the central nervous system.

MONTH 1 CELLCORE DETOX

Energy and Drainage- are critical to start detoxification here to open your filtration and drainage for adequate passage of waste.

TUDCA: Enhances liver and digestive function, including after gallbladder removal. Supports Phase I and II liver detox, as well as liver drainage (sometimes called Phase III), and encourages glutathione synthesis to provide antioxidant support.

CT Minerals: Supplies minerals and amino acids to support routine detoxification. Promotes cellular uptake at any pH level due to its formulation with fulvic acid extracts and provides building blocks for cellular energy production, which is needed for detox.

BioToxin Binder: Binds and removes ammonia and other unwanted microbial byproducts. Supports sulfur pathways, which help maintain normal sensitivity levels and promotes oxygen production in the body, and nurtures a healthy gut microbiome.

The Bowel Mover: Bowel Mover is a natural digestive aid that gently promotes bowel movements, supports intestinal health, peristalsis, and proper digestive function.* Twelve herbs and botanicals in this proprietary blend — including clove bud, fennel seed, garlic bulb, senna leaf, and wormwood — are formulated in specific ratios for maximum efficacy. They work together to increase water absorption in the stool and support normal digestive, intestinal, and stomach function.

60 DAY RESET PEPTIDES

DAY 31 - 60: MIND - BODY - GH RECOVERY

This phase activates the growth hormone pathway by removing interference, inflammation, and boosting energy levels. You are now building new skeletal muscle, restoring liver function, increasing cardiovascular fitness, and improving cognition. Now is the time to get active and never look back. Your entire endocrine system: thyroid, adrenals, hypothalamus, pituitary, and pineal gland are being optimized so that estrogens, testosterone, progesterone, and thyroid hormones turn on again.

MONTH 2 PEPTIDES

CJC1295/Ipamorelin: Growth hormone-releasing peptides that have been shown to diminish sugar cravings, convert fat into muscle, and restore liver damage.

Thymosin Beta 4: A regenerative peptide that will prevent muscle soreness from lactic acid build-up. It's your sure shot to recover fast from your new workouts.

MONTH 2 CELLCORE DETOX

Gut and Immune Support-this second phase of detoxification removes parasites, microbes, and

Para 1: Acts as a "gut grabber," forming a sticky mass and binding unwanted factors and facilitates detox protocols and supports health in maintenance programs.

Para 2: Supports the body's natural mechanisms for removing unwanted factors. Promotes digestive tract health, including normal bile flow, microbiome composition, and bowel movements and nurtures the body's immune and antioxidant systems, aiding inflammatory balance.

VidRadChem Binder: Supports immune cell activity, inflammatory balance, and microbiome health. Offers an optimal blend of herbs in a tincture format to maximize potency and provides phytochemicals to support liver and digestive system health

KL Support (Kidney/Liver): Facilitates the normal removal of toxin-laden materials via the liver and kidneys. Promotes healthy bile flow to encourage the release and elimination of toxins and supports the body's natural antioxidant protection of the liver and kidneys

PURPOSE OF CELLCORE FOUNDATIONAL SYSTEMS

The CellCore Foundational customized protocols help you to remove what's interfering with cellular communication. In each of the 4 phases, you will remove unwanted elements from the body that are linked to mitochondrial dysfunction by removing toxins from your liver, kidneys, lymphatic system, brain, and colon. Most detoxification processes stop there and can leave you depleted, but in our unique process, we take it a step further and replace your cells with recharged substances that support mitochondrial function and promote cellular repair.

Examples of these recharged mitochondrial substances are electrons, hydrogen ions (protons), and oxygen, and are the underlying drivers of all gene expression and system processes. While co-factors from foods (such as vitamins) support mitochondrial function, charged particles are the true backbone of the mitochondria. It's the electric "recharge" that creates reactions for mitochondria to "turn on" and function, which is the basis of life and of your energy levels.

ADDITIONAL PEPTIDES

BPC-157 PURE: The BPC or Body Protective Complex, peptide activates the healing of the joints, digestive barriers, and muscle tissue. Great to take for leaky gut, digestive issues, and liver health. Take 2 capsules per day.

Thymosin Beta 4: This peptide allows the body to build new blood vessels, promotes stem cell health, and repairs the endothelial cells for cardio health. Master peptide to reset the immune system for autoimmune. Thymosin Beta-4 promotes systemic healing. It improves wound healing and repair throughout the body, including not only the skin, but the brain, spinal cord, and heart. The peptide travels easily throughout the body, which promotes faster healing. Can be injected at the site of injury for an improved outcome. Take 2 capsules per day.

Sarcotropin (90-days): 4 ml daily dosing orally with liquid. Ingredients:

- Pralmorelin -GHRP-2: fat metabolism, recovery, muscle growth.
- Ipamorelin inhibits somatostatin and increases energy and sleep.
- Vitamin D3 as Cholecalciferol-immunity, gut health, and hormonal health.
- Menaquinone-7 Vitamin K2-mk7-cardiovascular health, bone density, antioxidant.
- Alpha-GPC, DMAE, GABA-improves memory, cognitive performance, and focus.
- L-Leucine, L-Arginine, L-Pyroglutamic Acid-increases blood flow and arterial repair.
- Mucuna pruriens, (Velvet Bean)-increases fat-burning hormones and dopamine.
- Rosaceae plum juice -ghrelin-calms appetite and improves digestion.

Sarcotropin 90 Day Phase III Study Results:

- 9% loss of total body fat
- 14% loss of visceral fat
- 5% gain in lean muscle mass
- 16% increase in IGF-1

GHK-CU: The copper peptides recruit stem cells into damaged areas and build greater collagen and connective tissue. Reduces wrinkles and increases vascularity. Dose at 1 pump 2x's daily and apply to damaged areas.

WEIGHT LOSS

if you would like to lose weight as part of your 60-Day Pain Reset, we've got clinically proven treatments that are safe, effective, and will provide your metabolism with a much-needed boost. The best peptides for weight loss are listed below.

WEIGHT LOSS PEPTIDES

MOTS-c: (Mitochondrial booster) Correcting the mitochondrial function will keep your metabolic engine running cleanly while elevating your energy levels. Research shows that MOTS-c helps stabilize glucose sensitivity, prevents weight gain, and optimizes muscle repair. Dose at 10mg for 5 weekly subcutaneous injections.

5-amino-1MQ: Increases athletic performance and maximizes recovery. 5-amino-1MQ also activates the AMPk pathway for greater muscle adaptability and improves flexibility while turning fat into muscle. Dose at 1 capsule per day for 1 week, then 2 capsules per day for the 2nd week, then 3 capsules per day for the 3rd week until the bottle is gone.

By now, you can capture a glimpse of the amazing possibilities that you can enjoy during your 60-Day Reset. This is a crucial time that you put some fuel back into your reserves and ramp up your lifestyle so that you are ready for the next phase which is your 60-Day Recharge! Once this Recharge phase is complete, you will graduate to your 60-Day Restore phase. We recommend repeating both your care plan, and the 60-Day Reset, Recharge, and Restore twice a year for the next 120 years so that you can continually Reclaim the health that is rightfully yours.

Love,

Regan and the East West Health team!

