

BIOSPARK HEALTH

# THE 5-DAY ENERGY RESET

The Science-Backed Protocol That  
Transforms Exhaustion Into Vitality

Stop running on empty.  
Start running on science.



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BIOSPARK  
HEALTH

# Congratulations. You just took the first step toward reclaiming your energy.



If you're reading this, you're probably tired of being tired. Fed up with afternoon crashes. Frustrated by "healthy" habits that leave you feeling worse.

Over the next 5 days, you'll discover why everything you've been taught about energy is backwards—and more importantly, what actually works. This isn't another restrictive protocol. This is about working WITH your biology, not against it.

## What You'll Discover:

**Day 1:** Why breakfast might be sabotaging your entire day (and the 10-minute fix)

**Day 2:** The "healthy" foods that are secretly exhausting you

**Day 3:** How to turn stress hormones from enemy to ally

**Day 4:** The bedtime ritual that transforms your mornings

**Day 5:** Your personalized energy blueprint

## Your 5-Day Commitment:

- ✓ 10 minutes each morning to read and implement
- ✓ One simple change per day
- ✓ Track your energy (scale of 1-10) each evening
- ✓ Be patient with yourself—transformation takes time

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**Ready? Let's begin.**

# DAY 1: THE BREAKFAST REVOLUTION

Today's Mission: Fuel Your Cells, Not Your Stress

## The Science:

When you wake up, your cortisol is naturally high. Without food, it stays elevated, forcing your body to break down its own tissue for fuel. Result? Afternoon crash, evening cravings, disrupted sleep.

## Your Day 1 Protocol:

WITHIN 30 MINUTES OF WAKING:

- ✓ Eat protein + carbohydrates together
- ✓ Add a pinch of high-quality salt
- ✓ Include something warm

## AVOID:

- ✗ Coffee on empty stomach
- ✗ Protein-only meals (triggers stress)
- ✗ Waiting more than 45 minutes to eat

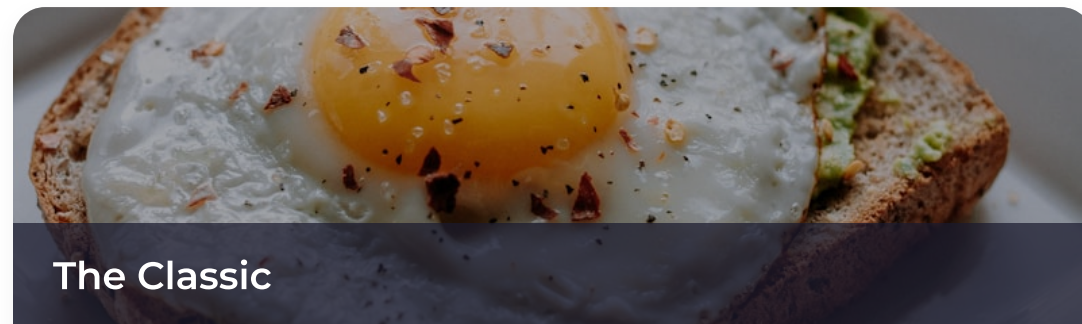
## Track Tonight:

Rate your 3pm energy (1-10) compared to yesterday



Lower scores are normal when you first start. Your body needs time to adjust. Most people see improvements by Day 3.

## PERFECT DAY 1 BREAKFASTS:



### The Classic

- 2 eggs (any style)
- 1 cup white rice
- 8 oz orange juice
- Pinch of salt



### The Quick

- Greek yogurt
- Honey drizzle
- Mixed berries
- Granola

### The Comfort







- Oatmeal with whole milk
- Sliced banana
- Maple syrup
- Dash of salt

# DAY 2: THE GREAT OIL SWITCH





## Today's Mission: Remove the Hidden Energy Thieves

Those "heart-healthy" vegetable oils? They're destroying your cellular energy production at the mitochondrial level. Polyunsaturated fats (PUFAs) accumulate in your cells, blocking thyroid hormone and slowing metabolism. It's like putting diesel in a gasoline engine.

### REMOVE THESE OILS:

-  Canola oil
-  Soybean oil
-  Corn oil
-  Sunflower oil
-  "Vegetable" oil blends
-  Most restaurant foods

### REPLACE WITH:

-  Coconut oil (for cooking)
-  Butter or ghee
-  Olive oil (for low-heat only)
-  Avocado oil (occasional)

### ENERGY HACK:

The medium-chain fats in coconut oil provide instant cellular fuel—you might feel the difference within hours.

### TODAY'S MEALS:

- Cook everything in coconut oil or butter
- Add 1 tsp coconut oil to coffee or tea
- Choose whole foods over packaged

### Track Tonight:

Note any changes in:

#### Mental Clarity

↑ Higher    Same    ↓ Lower

#### Body Temperature

↑ Warmer    Same    ↓ Cooler

# DAY 3: STRESS HORMONE MASTERY

Today's Mission: Turn Cortisol From Enemy to Ally

**The Science:** Stress hormones aren't bad—chronic elevation is. Small amounts of sugar throughout the day lower excess cortisol and adrenaline, allowing your metabolism to shift from "survival" to "thrive" mode.

## STRATEGIC FUEL TIMING:



### Mid-morning (10am):

Fruit + cheese

This natural sugar-protein combination helps maintain stable blood sugar and reduces cortisol spikes.



### Mid-afternoon (3pm):

Orange juice + milk

When afternoon energy typically dips, this combination provides quick glucose while the protein in milk prevents a crash.



### Before bed (9pm):

Warm milk + honey

This provides liver glycogen to prevent overnight stress hormone release and supports deep, restorative sleep.

## THE SALT SECRET:



Add a pinch of sea salt to orange juice  
Reduces bitterness and balances electrolytes



Salt your food to taste  
Don't fear salt - your body needs it for energy



This lowers adrenaline and supports thyroid  
Salt helps regulate stress hormones and supports metabolism

## MOVEMENT MEDICINE:



Take a 10-minute walk after lunch  
Helps lower cortisol and improve digestion



No intense exercise while building energy  
Intense workouts can raise cortisol when you're depleted



Gentle > grinding  
Focus on movement that energizes rather than depletes

## Track Tonight: Rate your stress levels and evening mood



Stressed



Neutral



Content



Energized

# DAY 4: DEEP SLEEP PROTOCOL

Today's Mission: Transform Your Nights to Revolutionize Your Days



Poor sleep isn't just about being tired—it's about your liver running out of fuel at 3am and flooding your system with stress hormones.

**The Science:** Strategic bedtime nutrition prevents nighttime hypoglycemia, allowing deep, restorative sleep and energized mornings.

## BEDTIME FUEL (30 minutes before sleep):

### Warm Milk & Honey

- 1 cup whole milk, warmed
- 1 tbsp raw honey
- Pinch of sea salt
- Optional: cinnamon

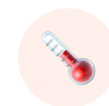
### Cottage Cheese Bowl

- 1/2 cup cottage cheese
- Fresh berries
- Drizzle of honey

### Yes, Ice Cream!

- High-quality vanilla
- Real ingredients only
- 1/2 cup serving

## ENVIRONMENT OPTIMIZATION:



Room temp:  
65-68°F



Complete darkness  
Cover all LEDs



Phone  
Airplane mode

## THE 3-BREATH RESET:



### Track Tonight:

Fell asleep at:

Morning energy (1-10):

1 2 3 4 5 6 7 8 9 10

# DAY 5: YOUR PERSONAL ENERGY BLUEPRINT

## Today's Mission: Create Your Sustainable Energy System

You've spent 4 days experimenting. Now let's build your personalized protocol that will work for your unique biochemistry.

### REFLECTION QUESTIONS:

1. Which breakfast gave you the most sustained energy?

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2. When did you feel warmest? (Higher body temp = better metabolism)

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3. What time did afternoon energy typically dip?

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4. Which bedtime fuel helped you sleep deepest?

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### YOUR CUSTOM PROTOCOL:

#### MORNING:

Your optimal breakfast:

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Timing that worked best:

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#### MIDDAY:

Your rescue snack:

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Movement that energized:

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#### EVENING:

Your sleep fuel:

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### WEEKLY OPTIMIZATION:

- S** Prep coconut oil containers for the week
- W** Check in on energy levels
- F** Celebrate your wins (seriously!)

*REMEMBER: This is just the beginning. Real transformation happens over weeks and months as your cells regenerate with proper fuel.*

# You've proven you can change your energy. Now let's make it permanent.



## 3 OPTIONS TO CONTINUE:

 **FREE**

### Weekly Biospark Insights

Stay connected with cutting-edge bioenergetic science delivered to your inbox

[Sign Me Up](#)

 **DEEPER**

### Bioenergetic Reset Program \$133/month

- 6-week comprehensive training
- 9+ hours of video content
- Meal plans and recipes
- Group coaching & community support

[Learn More](#)

 **PERSONAL**

### 1-on-1 Metabolic Restoration

Work directly with Dr. Presciutti for customized protocols tailored to your unique biochemistry and lifestyle

[Free Discovery Call](#)

"After 15 years of chronic fatigue and every diet imaginable, I have energy that lasts all day. My team asked what changed—I glow now. It wasn't willpower. It was finally understanding how to feed my cells."

**Sarah M., 42, Executive**

"As a doctor, I was skeptical. But the research is undeniable. Not only did I resolve my own pre-diabetes without medication, I'm now incorporating these principles with my patients. Game-changing."

**David L., 52, Physician**

"Dropped 30 pounds without counting a single calorie. But the weight loss was a side effect—the real win was getting my drive back. My business is thriving because I'm finally firing on all cylinders."

**Carlos M., 41, Small Business Owner**

"Thyroid problems, anxiety, insomnia—I had the trifecta. The bioenergetic approach didn't just help one issue, it resolved all three. I sleep through the night and wake up excited for my day."

**Lisa W., 39, Teacher**

Remember: You're not broken. You just needed the right map.

To your energy, **Dr. Steven Presciutti**

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