

The Evergold 10-Minute Metabolic Reset

This daily protocol is designed to signal **AMPK** (the metabolic master switch) and improve insulin sensitivity immediately. By combining thermal, physical, and neurological stressors, we can optimize hormonal output in a fraction of the time required for traditional exercise.

The Protocol Breakdown

1. Temperature Shock (2 mins)

- **Action:** Take a cold shower (as cold as it goes) or an ice plunge.
- **The Science:** Triggers **Brown Adipose Tissue (BAT)** activation. Unlike white fat, BAT burns calories to generate heat. This also induces a massive release of **Norepinephrine**, improving focus and mood for hours.

2. Isometric Hold (3 mins)

- **Action:** Perform a steady wall sit (thighs parallel to the floor) or a standard forearm plank.
- **The Science:** Sustained isometric tension improves vascular health and triggers the release of **Nitric Oxide**, which dilates blood vessels and enhances nutrient delivery to the muscles.

3. High-Intensity Burst (2 mins)

- **Action:** 30 seconds of maximum effort (sprint, air bike, or burpees), followed by 90 seconds of active recovery (walking or slow movement).
- **The Science:** This "shocks" the **mitochondria** into an adaptive state, forcing them to become more efficient at processing energy and increasing glucose uptake without requiring high insulin levels.

4. Mindful Breathwork (3 mins)

- **Action:** Box Breathing—Inhale for 4s, Hold for 4s, Exhale for 4s, Hold for 4s.
- **The Science:** Effectively down-regulates the sympathetic nervous system. This transition from "fight or flight" to "rest and digest" lowers **cortisol** levels, preventing the muscle breakdown and fat storage associated with chronic stress.

Why It Works

By hitting these four pillars in sequence, you are effectively "rebooting" your cellular machinery. The cold and intensity create a healthy stressor (hormesis), the isometrics prep the vascular system, and the breathwork ensures you don't stay in a high-stress state, allowing for immediate metabolic recovery.



The EVERGOLD 10-MINUTE METABOLIC RESET

A daily protocol to signal AMPK (your metabolic master switch) and improve insulin sensitivity.

1 TEMPERATURE SHOCK (2 mins)  Take a cool/cold shower (as cold as comfortable) or an ice plunge. Science Triggers Brown Adipose Tissue (BAT) activation (burns calories) & releases Norepinephrine (mood & focus).	2 ISOMETRIC HOLD (3 mins)  Perform a steady wall sit (thighs parallel to floor) or a standard forearm plank . Science Sustained isometric tension improves vascular health & releases Nitric Oxide (blood vessel dilation, better nutrient delivery).	3 HIGH-INTENSITY BURST (2 mins)  30 seconds of maximum effort (sprint, air bike, or burpees), followed by 90 seconds of active recovery (walking). Science Shocks mitochondria into adaptive state , forces efficient processing & increases glucose uptake (lowers insulin demand).	4 MINDFUL BREATHWORK  BOX BREATHING: Inhale for 4s, Hold for 4s, Exhale for 4s, Hold for 4s. Science Down-regulates sympathetic nervous system (fight-or-flight). Lowers Cortisol, prevents muscle breakdown & fat storage.
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WHY IT WORKS



- **EFFECTIVELY REBOOTS YOUR CELLULAR MACHINERY**
- Creates a healthy stressor (**HORMESIS**) with cold & intensity
- Isometrics **PREP THE VASCULAR SYSTEM**
- Breathwork ensures metabolic recovery by **LOWERING STRESS.**