

# HEALTHOLOGY PROTOCOL

## For Firefighters

When it comes to healthy living, small changes create consistency, and consistency is key. By focusing on small changes, you can gradually build healthy habits and create a sustainable routine.

Small changes can also be more manageable and less intimidating, which can help you stick to them over time. By consistently making small, positive changes to your lifestyle, you can create a healthy routine that becomes second nature.

### Adrenal Health

#### Start Here

- Drink 16oz water before caffeine intake
- Be mindful of how much caffeine you intake daily
- Limit alcohol to 2 servings daily
- Drink more water throughout the day
- Sunlight Exposure

#### After 2 Months, add

- Add Lemon to morning water
- No alcohol 3 hours prior to bedtime
- Incorporate stress relief self-care 1-2x each week
- Drink water from Stainless or Glass (no more plastic bottles)

#### After 2 more Months

- Add 1/2 tsp Pink Himalayan salt to lemon water, and protein before caffeine
- No caffeine for first 90 minutes after waking, and none after 12Noon.
- Limit alcohol to 2-3 servings weekly

### Blood Sugar Balance & Anti-Inflammation

#### Start Here

- Eat Veggies and Proteins before Carbs
- Drink 1/2 gallon H2O
- Choose whole foods from the perimeter of the grocery store
- Choose foods without Sugar in Ingredients

#### After 2 Months, add

- Drink 16oz water with 1tbsp ACV and lemon before lunch
- Follow Clean 15/Dirty Dozen for produce
- Choose Carbs that are whole foods
- No Inflammatory Oils

#### After 2 more Months

- ACV water before each meal
- Organic/Pasture-Raised Eggs and Meats
- Get your carbs from Roots & Fruits
- Go for a light walk after lunch and/or dinner

### Sleep Hygiene

#### Start Here

- Evening sun exposure
- Turn on "Night Mode" on cell phone at 7pm
- Set a bedtime for yourself
- Get 7-8 hours sleep
- Keep bedroom cool

#### After 2 Months, add

- Blue-light blocking glasses after 5pm
- No screens within one hour of bedtime
- Incorporate a nighttime routine
- Magnesium Threonate

#### After 2 more Months

- Sleep Mask
- Nose strips and mouth tape if mouth breather
- Epsom Salt Baths
- Non-Synthetic Bedsheets