

The Full Map

Energeia Field Manual

25 protocols · Four domains · One mission: sovereignty

The story is one most people know from the inside: a gradual dimming mistaken for aging, a blood panel that finds a few things, prescriptions that address each number without once asking why they all arrived together. The deepest fallacy is that somewhere beneath the fatigue, the fog, and the diagnoses, there is one culprit to find and correct. There almost never is. What there is instead is a convergence of small leaks running simultaneously — from food, from light, from unresolved stress, from a life without enough purpose to make the biology worth defending. The body doesn't fail at one address, and it doesn't heal at one either. The mission here is sovereignty: to understand your own system well enough to close the leaks from every direction — one lever at a time.

Real E is calm — the still, centered current of a person who is genuinely well. Not the cortisol spike we call health, but the steady, unhurried charge of a system that actually has enough. That is what Energeia is. That is what this map is for.

Before you begin: This is a field report, not medical advice. Emergency medicine is a genuine miracle — run toward it when you need it. Never stop or cut a prescription on your own. Do not fast if you are diabetic, pregnant, underweight, under 18, on medication, or carry any history of disordered eating. Consult a qualified professional before any deeper protocol. Proceed like a curious, sovereign adult.

Domain I · FIELD

Field

The energy around you: light, earth, EMF, and thermal stress — the physical environment your biology evolved inside. Before food existed, before supplements, there was light.

1. Sun Protocol — Sunrise, Calibration & Solar Callusing

The sun is not optional. It is the master signal for hormones, circadian rhythm, and mitochondrial function. Infrared raises ATP. UVB drives melanin, vitamin D, nitric oxide, and serotonin. Morning light builds protection. Midday builds strength. Evening builds repair.

Protocol A — Eye calibration: *Sunrise in unshielded eyes (no glass, no sunglasses, face the horizon). 1–2 minutes clear sky; 5–10 cloudy. Repeat at sunset: watch the horizon as the sun drops — it signals melatonin and parasympathetic wind-down.*

Protocol B — Solar callusing: *Begin with 2 minutes of midday sun on bare skin, then shade. Add ~5 minutes every few days as tolerance climbs. Manage overexposure with clothing and shade, not chemical sunscreen. **Never burn** — a burn is an injury, not training.*

FIRST STEP

Tomorrow morning: outside at sunrise, no sunglasses, 2 minutes facing the brightening horizon. Do this every day for a week and notice what changes in your sleep.

2. Light Hygiene — The Circadian Clock

A life lived under artificial light, with screens after dark, tells your brain it is permanently noon. Without sunrise and sunset cues, melatonin and cortisol drift out of phase — and the whole hormonal cascade follows. You cannot out-supplement a broken clock.

Real daylight before noon. Dim, warm light after dark. Screens off or filtered an hour before bed. The biology follows the light; light is the cheapest lever on the board.

FIRST STEP

Tonight: dim every light in your home an hour before sleep. Put real daylight in your eyes before noon tomorrow. One week of this changes sleep quality measurably.

3. EMF Protocol — The Low-EMF Repair Bay

You spend the night eighteen inches from a router, a phone on the pillow, Bluetooth in your skull — and wonder why the repair shift never finishes. The science on EMF and biology is genuinely unsettled. But every fix below also protects your sleep for reasons nobody disputes. The downside of being wrong is a tidier bedroom.

FIRST STEP

Tonight: phone out of the bedroom (or airplane mode). Wi-Fi off. No Bluetooth earbuds while sleeping. Make one room — the bedroom — your dedicated repair bay.

4. Grounding & Earth Connection — The Schumann Current

The Earth hums at ~7.83 Hz — the Schumann resonance — and your biology evolved bathed in it. The Earth also carries a negative charge that bleeds the static off an overcharged, inflamed nervous system. Barefoot contact is the oldest, simplest, most ignored lever.

Barefoot on grass, soil, sand, or stone. Sitting or lying on the earth. Swimming in natural water. A mineral bath with Epsom salt and baking soda. Aim for 10–20 minutes a day.

FIRST STEP

Today: take off your shoes and stand on grass, soil, or sand for 10 minutes. If unavailable, a warm Epsom salt bath tonight is the indoor version.

5. Hot & Cold Therapy — The Thermal Protocol

Heat expands the vascular system, releases heat-shock proteins, reduces pain, and improves detoxification. Cold activates brown fat, boosts dopamine, reduces inflammation, and strengthens mitochondrial resilience. Together they form one of the most efficient systemic interventions available.

Practice: sauna 10–20 minutes. Cold shower 10–30 seconds, building to 1–3 minutes over weeks. Contrast therapy: heat → cold → heat → cold. Consult a professional if combining with fasting or other intensive protocols.

FIRST STEP

End your next shower with 10 seconds of cold. Just 10 seconds. Build the habit before you build the duration.

Domain II · CHEMISTRY

Chemistry

What you take in: food, water, air, bacteria, minerals, and time. The inputs your cells are actually running on — and the ones quietly doing the most damage.

6. Fat-First Nutrition — Outflank the Sugar

You don't quit sugar by willpower — you outflank it. Flood the system with stable fats until the body quietly notices it is no longer desperate and the cravings lose their teeth. Add the fat first, before you remove a single carb.

Best fats — eat liberally: *avocado · extra-virgin olive oil · coconut oil · ghee · grass-fed butter · macadamias · almonds · walnuts · chia · flax · hemp seeds · pastured egg yolks · fatty fish · MCT oil · tallow · duck fat.*

FIRST STEP

Add a good fat to every meal this week before removing a single carb. Two weeks and the cravings change.

7. Eliminate Seed Oils — The Highest-Return Single Change

Industrial seed oils — canola, soy, corn, sunflower, safflower — oxidize and embed in your cell membranes. They are in nearly everything packaged. Swapping them for stable natural fats changes the composition of every cell you build from here forward.

FIRST STEP

Cook only in butter, ghee, coconut oil, tallow, or olive oil this week. Read one label in your pantry and put back anything containing the oils listed above.

8. Anti-Inflammatory Nutrition — Remove the Overload

Inflammation is a sign of overload. Remove the triggers and add cellular calm. This is the baseline — everything else builds on it.

Eat more: vegetables, berries, citrus, greens, garlic, onions, fermented foods, clean proteins, turmeric, ginger, bone broth. **Avoid:** refined sugar, seed oils, fried food, processed grains.

FIRST STEP

This week: add turmeric and ginger to your food daily. Drop liquid sugar entirely — soda, juice, sweetened coffee.

9. Ketogenic Transition — Fat-Adapted Metabolism

Ketogenic eating switches the body from sugar-burning (unstable, inflammatory) to fat-burning (stable, anti-inflammatory). It stabilizes blood sugar, reduces anxiety, clears brain fog, and strengthens mitochondria. Once fat-adapted, carbs return — real ones, fruit included — but in the first half of the day, never at night.

Proteins — moderate: eggs · salmon, sardines, mackerel · chicken thighs · grass-fed beef · lamb · organ meats · bone broth · collagen. **Avoid completely:** bread · pasta · rice · potatoes · cereals · sweets · juices · soda · all seed oils. **Electrolytes are essential during transition:** Celtic salt, magnesium, potassium-rich greens.

FIRST STEP

Eat freely from the fat and protein lists. Avoid the avoid list for two weeks. Use electrolytes — Celtic salt in water every morning.

10. Fermentation — The Gut-Brain Axis

Fermented foods repair the gut-brain axis and support microbial diversity. An over-sterilized modern life starves the microbiome. Add small amounts daily and increase slowly — if you notice detox symptoms, that is the microbiome resetting; slow down and persist.

Sauerkraut · kimchi · kefir · plain live yogurt · fermented vegetables · miso.

FIRST STEP

Add a tablespoon of sauerkraut or kimchi to one meal today. Daily. That's it for the first two weeks.

11. Hydration & Minerals — Salt, Not Volume

Water without minerals is not hydration — it's a flush. What drives water into a cell is salt, not volume. You can drink a gallon of plain water and stay parched at the cellular level. Quality, not quantity, is the fix.

A pinch of Celtic or sea salt in your first glass of water every morning carries the electrolytes that open the door. Never table salt — stripped, bleached, anti-caking agents.

FIRST STEP

A pinch of Celtic or sea salt in your first glass of water tomorrow morning. Stop chasing a gallon of the naked stuff.

12. Intermittent Fasting — The Repair Window

You were not built to graze from waking to sleep. Hand the body an overnight window and the repair crew does its job uninterrupted. Eat inside a 6-hour window (12 pm–6 pm) and tighten toward 4 hours once fat-adapted.

Do not fast if diabetic, pregnant, underweight, on medication, or with any history of disordered eating.

FIRST STEP

Finish eating tonight by 7 pm. Push tomorrow's breakfast one hour later than usual. That is your first fast.

13. Three-Day Water Fast — The Deep Reset

A 3-day water fast can activate autophagy, immune recalibration, mitochondrial repair, and metabolic reset — used when the system is dug into a hole it cannot climb out of. This is an occasional tool, used sparingly and on purpose, never as a stunt.

Prepare: reduce carbs for 3 days prior, stock electrolytes, hydrate deeply. During: water, electrolytes, herbal teas, rest. Breaking: broth, soft vegetables, eggs — no heavy meals for 24 hours. Always consult a doctor first.

FIRST STEP

Do not attempt without a professional conversation. Prepare by going ketogenic for 2 weeks first. Then book a quiet 3-day window.

14. Food Quality & Organ Meats — Source Matters

The animal's life comes with the food. From a sick source it ferries the sickness; from a healthy one, the health. Buy organic, free-grazing, hormone-free when you can.

Liver is the most nutrient-dense food on the planet — a multivitamin that mooed. Heart is pure mitochondrial fuel. Bone broth carries the minerals your joints and gut lining are starving for. Nose-to-tail is the oldest nutrition there is.

FIRST STEP

Source one clean grass-fed protein this week. Try 100g of liver pan-fried in butter with salt. Once a week, long-term.

15. Supplements — Measure, Don't Shotgun

Depleted soil means even clean eating leaves gaps — but the supplement aisle is a casino. Measure your actual holes and fill those. Your five are not mine.

The five most commonly short: *magnesium (stripped from soil, burned by stress) · D3 + K2 (we live indoors) · marine omega-3 (undo seed-oil saturation in cell membranes) · iodine + trace minerals (real sea salt does much of this) · methylated B-complex (the engine room of ATP). Test with a professional — do not guess.*

FIRST STEP

Test before you buy. Ask a professional for a baseline panel. Until then: magnesium glycinate at night and real sea salt in your water are the two safest starting points.

16. Thyroid Health — Restore Safety, Not Speed

Low thyroid is usually a protective response — the body slowing down to survive stress. Instead of forcing the gland to speed up, restore the conditions it was waiting for.

Signs: *fatigue, cold intolerance, dry skin, constipation, thinning hair, foggy thinking.* **Triggers:** *chronic stress, low protein, high-PUFA oils, poor sleep.* **Indicators:** *low morning temperature, low resting pulse.* *Consult a professional before adding thyroid-specific supplements.*

FIRST STEP

If the signs above sound familiar: take your morning temperature for a week (before getting up), note your resting pulse, and bring those numbers to a professional.

Domain III · MINDSET

Mindset

How you meet it: perception, breath, sleep, and the chronic load you carry. You can't delete the stressor — but you can cut the wire between signal and body.

17. Stress-Release Breathing — HeartMath Coherence

The technique that breaks the stress loop without requiring the stressor to disappear. Breathe slow — 5 seconds in, 5 out — attention dropped from the spinning head into the area around the heart, generating one renewing feeling. It raises HRV, drops cortisol, and swings the nervous system from fight-or-flight into repair. Practiced daily it stops being a technique and becomes the default.

What it does biologically: *raises HRV · lowers cortisol · improves vagal tone · balances sympathetic/parasympathetic · aids digestion and immunity · stabilizes emotional patterns.*

FIRST STEP

Right now: 5 seconds in, 5 seconds out. Attention in your chest. One feeling of gratitude. Hold it for 2 minutes. Practice 10 minutes daily.

18. Letting Go — Metabolic Hygiene for the Emotions

A feeling persists not despite your attention, but because of your resistance to it. The effort you spend justifying, suppressing, or winning the argument is the rope keeping it tied to you. The body keeps the score on every resentment you refuse to set down — it is a tax on your mitochondria as real as seed oil.

Allow the feeling to be fully present without feeding it the story and without pushing it away, until it runs out of fuel and lifts on its own. It comes back. You let it go again. It returns smaller each time.

FIRST STEP

Pick one old grudge. Sit with the feeling in your chest — without the story, without pushing — for 5 minutes. Watch it move. Return tomorrow.

19. Sleep Hygiene — The Night Crew

Sleep is the crew that actually rebuilds the engine. Everything else in this manual is the day shift. It is quality, not hours — nine ragged hours leave you more wrecked than six clean ones. The protocol is just removing what sabotages it.

No screens one hour before bed. Room cool, dark, and silent. Phone in another room. Last meal by 6 pm. Consistent schedule — your biology cannot read a calendar. Morning sunlight within an hour of waking to set the master clock. Magnesium glycinate helps if sleep onset is slow.

FIRST STEP

Phone out of the bedroom tonight. Lights low an hour before sleep. Same wake time tomorrow regardless of how you slept.

20. Nasal Breathing — The Overlooked Lever

The modern human mouth-breathes its way into worse sleep, worse focus, and a chronically half-panicked nervous system. The nose filters and humidifies, paces the breath slower, and generates nitric oxide — which opens vessels so oxygen actually reaches the tissue instead of rattling around your chest.

FIRST STEP

During one walk today: close your mouth and breathe only through your nose. Slower than you expect. Stay with it for the full walk.

21. Reducing Medications — The Sacred Order

Most drugs for chronic, lifestyle-driven conditions manage symptoms rather than causes. A great many can be lowered once the lifestyle changes — but only in one order: fix the lifestyle first, for months, while the doctor watches. Then bring your new numbers and ask them to taper. They hold the pen. Never freelance this.

Some drugs are dangerous to withdraw from without clinical supervision: blood pressure meds, antidepressants, steroids, insulin, seizure meds, blood thinners. The order is sacred. Lifestyle first, labs second, prescriber holds the pen.

FIRST STEP

Do not change your medication today. Fix the inputs first. Keep your doctor informed. Bring your improving numbers to your next appointment.

Domain IV · SPIRIT

Spirit

What you live for: purpose, faith, people, and flow. The inputs no lab measures and no supplement touches — and possibly the master switch on the whole board.

22. Purpose & Alignment — The Master Switch

A body kept alive with no reason to climb rarely climbs. Purpose is not garnish on the plate of health — it is voltage. When what you believe, what you do, and who you are all point the same direction, the body stops fighting itself and the charge climbs.

Misalignment is its own slow poison — a daily low-grade signal to the body that this life is not worth defending. Choose the work that puts you in your highest-energy state, and the rest mostly solves itself downstream.

FIRST STEP

Write one sentence: the thing you would do unpaid, the reason worth getting up for. Return to it every morning this week.

23. Faith & Syntropy — Trust the Current

Entropy is half the ledger. But look at what life actually does: order assembling itself out of soup, a cut sealing without instruction, a wrecked metabolism climbing back the moment you stop poisoning it. That upward pull has a name — syntropy — and the universe runs both engines at once.

A nervous system braced against an enemy world runs on pure cortisol. Trusting the syntropic current is not soft — it is the less anxious, more efficient way to act. Find your center first. A centered body makes better decisions than an anxious one chasing random goals.

FIRST STEP

Pick one situation you have been gripping and consciously loosen your hold. Find your center. Notice what becomes obvious.

24. People as a Field — Audit Your Environment

The people you stand in are a field that shapes your own — literally, physiologically. Sit in a room with someone whose nervous system is on fire and yours starts to smoke. Their anxiety is contagious, their habits are contagious, and the slow stuff seeps across like damp through a wall.

Social time only counts as a charge when it is with people who raise your voltage — the ones you leave feeling bigger than you arrived. Obligatory small talk and the catch-up you dread for a week beforehand — that is not connection, it is a leak wearing connection's clothes.

FIRST STEP

Add one hour this week with someone who leaves you bigger than you arrived. Subtract one draining obligation. These are the same trade.

25. Flow & Creative Time — The Mitochondrial Investment

The hours you spend in flow — building, playing, painting, writing, fixing the engine, anything that drops you through the floor of the clock — pay a dividend your spreadsheet cannot see. Flow is a physiological state: it lowers cortisol and runs your mitochondria cleaner than any grinding "productive" hour of dread.

The thing you do for no reason, that earns nothing and impresses no one, may be doing more for your cells than your gym membership. Protect it like medicine, because it is.

FIRST STEP

Block two hours this week for something creative that pays nothing and impresses no one. Protect it like an appointment. See what happens to your energy the rest of the day.

The body doesn't fail at one address, and it doesn't recover at one either. Close the leaks from every direction — one honest lever at a time.

Read the full essay: 20 Ways to Prevent Full System Crash
janwellmann.substack.com

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