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7-DAY IMMORTALITY RESET

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A simple starter protocol for
energy, repair, and biological renewal



• Companion guide to •
THE IMMORTALITY PROTOCOL

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• ImmortalityProtocol.com •

WELCOME TO THE RESET

This 7-day guide is designed to help you begin with the foundations of healthy longevity. Instead of chasing everything at once, you will focus on a few practical daily habits that support energy, rhythm, digestion, calm, and repair.



HOW TO USE THIS GUIDE

- ◆ Keep it simple and consistent.
- ◆ Focus on one day at a time.
- ◆ Listen to your body and adjust gently.
- ◆ Build foundations before advanced tools.
- ◆ Use this as a starting point, not a rigid rulebook.

WHAT YOU NEED

- ◆ Water and mineral support
- ◆ Simple whole foods
- ◆ A notebook or notes app
- ◆ 10 to 20 minutes each day
- ◆ A willingness to start where you are

“ *Start where you are.
Build slowly. Let the foundations
become your strength.* ”

DAY 1: HYDRATION + MINERALS



Your cells, circulation, and energy systems work better when hydration and minerals are steady.



TODAY'S FOCUS

- ◆ Start the morning with a large glass of water.
- ◆ Add trace minerals or a pinch of quality mineral salt if appropriate.
- ◆ Include herbal tea, broth, or another mineral-rich fluid during the day.
- ◆ Reduce dehydrating habits such as excess alcohol or too much caffeine.
- ◆ Notice your energy, thirst, and urine color.



TRY THIS TODAY

- ◆ Drink water within 15 minutes of waking.
- ◆ Keep a bottle of water nearby all day.
- ◆ Pair hydration with meals and movement.



WHY IT MATTERS

Hydration supports circulation, detoxification, digestion, brain function, and cellular communication. Minerals help the body hold and use water more effectively.

“ Simple hydration habits can quickly improve how you feel. ”

DAY 2:

MORNING LIGHT + CIRCADIAN RHYTHM

Light helps set your internal clock, which influences hormones, energy, metabolism, and sleep quality.



TODAY'S FOCUS

- ◆ Get outside within 30 to 60 minutes of waking.
- ◆ Aim for 10 to 20 minutes of natural morning light.
- ◆ Keep meal timing reasonably consistent.
- ◆ Dim lights in the evening.
- ◆ Reduce bright screens before bed.



TRY THIS TODAY

- ◆ Take a short morning walk.
- ◆ Open the curtains as soon as you wake.
- ◆ Step outside again around sunset if possible.



WHY IT MATTERS

Circadian rhythm influences cortisol, melatonin, body temperature, digestion, mood, and recovery. Morning light is one of the simplest ways to improve the rhythm of the entire day.

“ *Healthy rhythm is one of the hidden foundations of longevity.* ”

DAY 3: DIGESTIVE RESET

Better digestion improves energy, nutrient absorption, comfort, and the body's ability to repair.



TODAY'S FOCUS

- ◆ Choose simple, whole-food meals.
- ◆ Favor warm, easy-to-digest foods.
- ◆ Chew slowly and eat without rushing.
- ◆ Avoid overeating.
- ◆ Support digestion with ginger tea, bitters, or a calm meal environment.

TRY THIS TODAY

- ◆ Sit down for meals without distractions.
- ◆ Pause for three slow breaths before eating.
- ◆ Take a short walk after a meal.

WHY IT MATTERS

Digestion is more than calories. It is the process of turning food into usable energy and building material. When digestion is stressed, inflammation, bloating, and fatigue often increase.

“ *A calmer digestive system
often creates a calmer body.* ”

DAY 4: ANTI-INFLAMMATORY NUTRITION

Food is more than fuel. It is information that can either support repair or add stress to the system.



TODAY'S FOCUS

- ◆ Build meals around protein, vegetables, and healthy fats.
- ◆ Add colorful plant foods and herbs.
- ◆ Include cruciferous foods such as broccoli sprouts when practical.
- ◆ Use spices like turmeric, garlic, ginger, or rosemary.
- ◆ Reduce ultra-processed foods and excess sugar.



TRY THIS TODAY

- ◆ Make one meal especially colorful.
- ◆ Add a handful of greens or sprouts.
- ◆ Replace one processed snack with a whole-food option.



WHY IT MATTERS

Inflammation is part of healing, but chronic inflammation accelerates breakdown. Anti-inflammatory nutrition supports metabolism, immunity, vascular health, and long-term resilience.

“ One good meal can become
the beginning of a better pattern. ”

DAY 5: BREATHWORK + NERVOUS SYSTEM CALM



A calmer nervous system helps the body shift from survival mode into repair mode.

TODAY'S FOCUS

- ◆ Practice 3 to 5 minutes of slow breathing.
- ◆ Lengthen the exhale gently.
- ◆ Add a brief pause for stillness, prayer, or meditation.
- ◆ Take a short walk to discharge stress.
- ◆ Reduce unnecessary overstimulation for part of the day.

TRY THIS TODAY

- ◆ Inhale for 4 seconds and exhale for 6 seconds.
- ◆ Repeat for 5 minutes.
- ◆ Notice how your mind and body feel afterward.

WHY IT MATTERS

Stress chemistry affects digestion, sleep, inflammation, hormones, and immune balance. Simple breathing practices can improve vagal tone, emotional steadiness, and physiological recovery.

“ *The way you breathe can change the way your body heals.* ”

DAY 6: SLEEP + REPAIR

Many of the body's deepest repair processes depend on consistent, high-quality sleep.



TODAY'S FOCUS

- ◆ Aim for a consistent bedtime.
- ◆ Keep the bedroom cool, dark, and quiet.
- ◆ Avoid heavy late-night meals.
- ◆ Create a digital sunset before bed.
- ◆ Use a calming evening routine.



TRY THIS TODAY

- ◆ Turn screens off 60 minutes before sleep.
- ◆ Dim lights in the evening.
- ◆ Try magnesium, a warm bath, reading, or gentle breathing.



WHY IT MATTERS

Sleep supports memory, hormone balance, immune resilience, detoxification, tissue repair, and emotional regulation. Better sleep often improves everything else.

“Protecting sleep is one of the most powerful forms of self-renewal.”

DAY 7: BUILD YOUR FIRST IMMORTALITY PROTOCOL

Now it is time to turn what you practiced this week into a simple personal routine you can repeat.



CHOOSE YOUR FOUNDATIONS

- ◆ One hydration habit
- ◆ One rhythm or light habit
- ◆ One food or digestion habit
- ◆ One calming or breath habit
- ◆ One sleep habit



TRACK WHAT CHANGES

- ◆ Energy
- ◆ Digestion
- ◆ Sleep quality
- ◆ Mood and focus
- ◆ Recovery



NEXT STEPS

- ◆ Repeat the reset for another week.
- ◆ Explore the glossary and book index.
- ◆ Keep building slowly.
- ◆ Add advanced tools only when the foundations are steady.

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*Longevity is built through
rhythm, repetition, and wise progression.* ”



Continue your journey at ImmortalityProtocol.com

CONTINUE THE JOURNEY

You have now completed the 7-Day Immortality Reset. The next step is to turn these daily practices into a sustainable rhythm that supports energy, digestion, calm, sleep, and long-term renewal.



NEXT STEPS

- ◆ Repeat the day that helped you most and practice it for another week.
- ◆ Explore The Immortality Protocol for deeper guidance on longevity, anti-aging, and biological renewal.
- ◆ Visit ImmortalityProtocol.com for the searchable glossary, practical index, and reader resources.
- ◆ Watch for future tools, including printable resources and a protocol builder.

YOUR NEXT MOVE

Visit ImmortalityProtocol.com

Explore the book, reader resources, and future protocol-building tools.

DISCLAIMER

This guide is for educational and informational purposes only and is not intended as medical advice, diagnosis, or treatment. Always consult a qualified healthcare professional before making changes to your diet, supplements, exercise, or wellness routine, especially if you have a medical condition, are pregnant or nursing, or take medications.

“ *Longevity grows from what you practice consistently.* ”