



BMS WELLNESS MD


Fountain of Youth Protocol


Complete 14-Day Program · FMD + CGM + IV Therapy + 5 Modalities


REGENERATE · RESET · OPTIMIZE

 Cold Plunge

 Red Light

 HBOT

 Sauna

 IV Therapy

 CGM

Two Weeks. Total Cellular Reset.

WEEK 1

Every Other Day Protocol

- Days 1, 3, 5, 7** Full therapy sequence
- Days 2, 4, 6** CGM monitoring + light activity
- Daily CGM** Dexcom G7 or Freestyle Libre
- 4 Modalities** Cold Plunge · Red Light · HBOT · Sauna

WEEK 2

Daily Therapies + ProLon FMD

- Day 8** IV Therapy + FMD start
- Days 8-14** 7-day FMD protocol
- Days 13-14** Gradual refeeding + full therapies
- Daily CGM** Critical during fasting phase

Continuous Glucose Monitoring

10-
14

Days of coverage
per sensor

24/7

Real-time glucose
tracking

60m
g

Alert threshold
(notify team below)

PURPOSE

Identify glycemic variability, **optimize dietary choices** and directly assess the real-time impact of every therapy modality.

TARGETS

- Fasting glucose: 70–100 mg/dL
- Post-meal: under 140 mg/dL
- Ketones (Days 3–5): 0.5–3.0 mmol/L



Cold Plunge

Morning · After CGM check

TEMPERATURE

40–50°F / 4–10°C

DURATION

2–5 minutes

FREQUENCY

Therapy days only (Week 1)
Every day (Week 2, reduced to 1–3 min)

FOCUS

Controlled breathing throughout

CLINICAL BENEFIT

Boosts norepinephrine 200–300% · Reduces muscle soreness up to 20% · Lowers systemic inflammatory markers



Red Light +



Hyperbaric Oxygen

RED LIGHT THERAPY

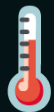
Mid-Morning · After Cold Plunge

- Wavelength:** 600–850 nm
- Duration:** 10–15 minutes
- Distance:** 6–12 inches from panel
- Target:** Full body or specific areas
- Benefit:** +20–30% ATP production · Skin + joint health

HYPERBARIC OXYGEN (HBOT)

Afternoon · After Meals

- Pressure:** 1.3–1.5 ATA
- Duration:** 60 minutes
- Breathing:** Pure / concentrated oxygen
- Facility:** Certified clinic or home unit
- Benefit:** –30–40% inflammation · Cognitive boost



Sauna

Evening · Final Therapy of the Day

TEMPERATURE

140–180°F
60–82°C

DURATION

15–30 minutes

TYPE

Infrared or traditional





HYDRATION

Before, during & after — mandatory

CLINICAL BENEFIT

Lowers blood pressure 5–10 mmHg · Activates heat shock proteins (HSPs) · Supports cardiovascular health · Cellular repair

Therapy Day Flow

7:00 AM	●	CGM Check	Baseline fasting glucose. Log reading.
8:30 AM	●	 Cold Plunge	2–5 min at 40–50°F. Controlled breathing.
9:00 AM	●	 Red Light	10–15 min full body at 600–850 nm.
12:00 PM	●	Lunch	Low-glycemic Mediterranean-style meal.
2:00 PM	●	 HBOT	60 min at 1.3–1.5 ATA.
6:00 PM	●	Dinner	Balanced nutrients, track glucose response.
7:00 PM	●	 Sauna	15–30 min. Replenish electrolytes.
9:00 PM	●	Log + Rest	Review CGM data. Sleep 7–9 hours.



IV Therapy Kickoff

First thing in the morning · Licensed clinic

Myers' Cocktail

B vitamins, magnesium, calcium, Vitamin C — broad energy + immune support

NAD+

Mitochondrial efficiency +10-20% · Cellular energy production · Anti-aging

DRIP COMPONENTS

Hydration fluids · B vitamins · Magnesium · Glutathione ·
Antioxidants
Tailored to your individual energy and recovery needs



IMPORTANT

Must be administered by a licensed medical professional only.
Disclose complete medical history before beginning.

ProLon Fasting-Mimicking Diet

1,100
kcal
Day 1

~800
kcal
Days 2-7

7 Days
Protocol length

100%
Plant-based

FOLLOW EXACTLY

- Follow the included meal plan without deviation
- Space all meals and snacks evenly throughout the day
- Do not skip items or add extra calories
- Monitor glucose via CGM at all times

FMD DAILY PHASES

- **Day 8:** IV + FMD start. Reduce cold & sauna.
- **Days 9-10:** Deep fast. CGM hourly. Ketones rising.
- **Days 11-12:** Peak autophagy. Stem cell priming.
- **Days 13-14:** Gradual refeeding. Full therapies resume.

Full Protocol Day

7:00 AM	 	CGM check + IV therapy at clinic
8:30 AM	 	Cold plunge — 3 min at 40–50°F
9:00 AM	 	Red light therapy — 15 min full body
10:00 AM	 	ProLon breakfast / morning snack
12:00 PM	 	ProLon lunch
2:00 PM	 	HBOT — 60 min at 1.3–1.5 ATA
6:00 PM	 	ProLon dinner
7:00 PM	 	Sauna — 20 min infrared or traditional
9:00 PM	 	Log CGM data · Sleep by 10 PM

PART TWO

Fasting-Mimicking Diet Guide

Custom 7-Day Protocol · Plant-Based · mTOR Inhibition

Core Principles

mTOR INHIBITION

Suppressing Growth Signals

- ~9–10% of calories from protein (20–25g/day)
- All protein plant-derived — minimal leucine
- Activates AMPK · SIRT1 · Autophagy pathways
- Synergistic with peptides: MOTS-c · SS-31 · 5-Amino-1MQ
- High unsaturated fats maintain fasting-mimic state

MUSCLE PRESERVATION

Protecting Lean Mass

- Short-duration FMD inherently protects lean mass
- PowerPlate: localized mTOR in muscle only
- KLOW peptides accelerate local repair
- SS-31 + MOTS-c support mitochondrial function
- Cold plunge protects lean mass via vasoconstriction
- No clinically significant muscle loss expected

Calorie & Macro Targets

Phase	Calories	Protein	Fat	Carbs
Day 1 — Transition	1,000–1,100 kcal	~25g (10%)	~50–55g (45%)	~110–125g (45%)
Days 2–7 — Deep Mimic	750–850 kcal/day	~18–20g (9%)	~38–42g (45%)	~85–95g (46%)

✓ EAT

- Non-starchy vegetables
- Avocado · Olive oil · Olives
- Small amounts of nuts
- Minimal low-GI fruits
- Herbs · Spices · Herbal teas (unlimited)

✗ AVOID

- All grains · All dairy products
- Legumes (except tiny amounts)
- Added sugar of any kind
- Processed or packaged foods
- Electrolyte packets with protein/sugar

Daily Meal Structure

DAY 1 — TRANSITION

Breakfast:	Avocado smoothie bowl — 1 avocado + spinach + ½ cup berries + 1 tsp coconut oil + herbal tea	≈350 kcal
Lunch:	Mixed-green salad — 4 cups greens + ½ cucumber + ½ avocado + 1 tbsp olive oil + lemon + 5–6 olives + 1 tsp pumpkin seeds	≈400 kcal
Dinner:	Vegetable broth soup — 2 cups zucchini/celery/carrots + 1 tbsp olive oil + fresh herbs + ½ small apple	≈300 kcal

DAYS 2-7 — DEEP MIMIC

Morning:	Chilled avocado-cucumber soup — ½ avocado + 1 cucumber + spinach + mint + lemon + 1 tsp olive oil	≈250 kcal
Midday:	Olive-oil veggie plate — 3 cups steamed broccoli/cauliflower/zucchini + 1 tbsp olive oil + olives + 5g walnuts	≈300 kcal
Evening:	Simple greens salad — 3 cups greens + ½ avocado + 1 tsp coconut oil + lemon + chamomile or ginger tea	≈250 kcal

Day-by-Day Body Responses

DAYS 1-2

Transition Phase

Mild to moderate hunger as fuel sources shift. Energy remains stable due to high-fat macros. mTOR begins dropping within hours. Ketone production starts. CGM may show lower glucose — this is expected and positive.

DAYS 3-5

Peak Autophagy

Maximum autophagy and mitophagy activation. Blood ketones rise significantly. Mild temporary insulin resistance is normal. PowerPlate sessions keep muscle preservation pathways engaged despite systemic mTOR inhibition.

DAYS 6-7

Deep Cellular Cleanup

Deepest phase of cellular repair + active stem cell priming. Energy may be at its lowest — rely on HBOT and red light. This temporary discomfort confirms the protocol is working at maximum depth.

POST-FMD

Rebound & Regeneration

Amplified mitochondrial biogenesis. Dramatically improved insulin sensitivity. Significant visceral fat reduction. Reduced inflammation. No muscle loss when full protocol is followed.

Clinical Benefits



Metabolic Health

HbA1c ↓ 0.5–1%

Fasting glucose ↓ 10–15%

Insulin sensitivity ↑ 20–30%

ProLon + CGM studies



Recovery & Resilience

Norepinephrine ↑ 200–300%

Muscle soreness ↓ 20%

Blood pressure ↓ 5–10 mmHg

2017–18 peer-reviewed research



Cellular Repair

ATP production ↑ 20–30%

Inflammation ↓ 30–40%

Stem cell regeneration activated

Longo 2017, photobiomod. 2019



Mental Clarity & Immunity

Cortisol ↓ 10–15%

BDNF ↑ (neuroplasticity)

Mitochondrial efficiency ↑ 10–20%

HBOT + FMD + IV studies

Important Precautions

Medical Consultation Required

Consult a physician before starting — especially with diabetes, cardiovascular disease, kidney issues, or if pregnant, nursing, or immunocompromised. Do not begin without physician clearance.

FMD Restrictions

Not suitable for individuals under 18, those who are pregnant or underweight (BMI < 18.5), or anyone with a current or historical eating disorder. Monitor continuously for hypoglycemia via CGM.

Therapy Safety

Overexposure to cold, heat, or HBOT oxygen can cause serious injury. Always strictly follow session duration guidelines. Use only certified, properly calibrated equipment at all times.

CGM Accuracy

Calibrate your CGM device as instructed by manufacturer. Verify any unexpected readings with a standard finger-stick glucometer before making any dietary or medical decisions based on device data.



We are honored to be part of your journey.

Please reach out to your BMS Wellness MD care team at any time.

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