

T H E C L A R I T Y P R O T O C O L

CNS Recovery Nutrition

Built in Cape Town. Engineered for the world.

THE CLARITY PROTOCOL: CNS RECOVERY NUTRITION

The Principle

The Central Nervous System (CNS) is the electrical grid. Every rep, every hold, every maximal contraction draws from it. High-CNS sessions (heavy compound lifts, skill work near failure, planche/lever holds) deplete neurotransmitters and electrolytes. If you do not replenish the grid, performance degrades.

We do not use supplements as a crutch. We use real, organic, mineral-dense food as the primary recovery input.

CNS Load Classification

LOAD LEVEL	SESSION TYPE	NERVOUS SYSTEM STATE	RECOVERY PRIORITY
HIGH	Planche/Lever skill work, Weighted Pull-ups, Max effort	Sympathetic dominant. Cortisol elevated.	Electrolytes, Magnesium, Anti-Inflammatory
MODERATE	Full Body, Mobility, Moderate volume	Balanced. Mild depletion.	Protein, Collagen, Micronutrients
LOW	Active Recovery, Walking, Stretching	Parasympathetic dominant. Repair mode.	Hydration, Gut Health, Sleep Support

Recovery Protocols by CNS Load

HIGH CNS Load (Monday / Wednesday)

Post-Planche, Post-Pull, Post-Max Effort.

The nervous system is fried. Cortisol is elevated. Glycogen is depleted. Electrolytes have been sweated out.

NUTRIENT TARGET	BEST ORGANIC SOURCE	MECHANISM
Magnesium (Glycinate)	Pumpkin Seeds, Dark Chocolate (85%+), Spinach	Calms CNS. Reduces cortisol. Prevents cramping.
Potassium	Avocado, Sweet Potato, Banana	Restores electrolyte balance. Cardiac rhythm.
Sodium	Celtic Sea Salt (pinch in water)	Replaces sweat losses. Prevents hyponatremia.
Zinc	Grass-Fed Beef, Oysters, Pumpkin Seeds	Testosterone precursor. Immune repair.
Omega-3 (EPA/DHA)	Wild Salmon, Sardines, Mackerel	Anti-inflammatory. Neuronal membrane repair.
Creatine	Red Meat (Grass-Fed Steak)	ATP regeneration. Cognitive and muscular.

The HIGH CNS Meal:

Grass-Fed Ribeye Steak (200g) + Sweet Potato (baked, with butter) + Sautéed Spinach in Ghee + Celtic Sea Salt. Finish with 2 squares of 85% Dark Chocolate.

The HIGH CNS Drink:

500ml filtered water + pinch Celtic Sea Salt + squeeze of lemon.

MODERATE CNS Load (Friday)

Post-Full Body, Post-Mobility.

The body is fatigued but not depleted. Priority shifts to structural repair (connective tissue, joints).

NUTRIENT TARGET	BEST ORGANIC SOURCE	MECHANISM
Collagen (Type I & III)	Bone Broth, Chicken Skin, Hydrolyzed Collagen	Tendon and ligament repair.
Vitamin C	Bell Pepper, Kiwi, Citrus	Collagen synthesis cofactor (take with collagen).
Glycine	Bone Broth, Gelatin	Sleep quality. Joint health. Detox pathway.
Curcumin	Turmeric (with Black Pepper for absorption)	Anti-inflammatory. Joint pain reduction.
Protein (General)	Pasture-Raised Eggs, Chicken Thigh	Muscle Protein Synthesis.

The MODERATE CNS Meal:

Bone Broth (350ml, slow-simmered 24h) + 3 Pasture-Raised Eggs scrambled in Butter + Turmeric/Black Pepper + Sourdough Toast.

LOW CNS Load (Rest Days)

Active Recovery. Walking. Stretching.

The body is in parasympathetic mode. Priority is gut health, hydration, and sleep preparation.

NUTRIENT TARGET	BEST ORGANIC SOURCE	MECHANISM
Probiotics	Sauerkraut, Kimchi, Full-Fat Kefir	Gut microbiome restoration.
Fiber	Sweet Potato, Berries, Oats	Prebiotic fuel for gut bacteria.
Magnesium (Threonate)	Supplement or Epsom Salt bath	Crosses blood-brain barrier. Sleep quality.
Tryptophan	Turkey, Pumpkin Seeds, Raw Honey	Serotonin → Melatonin precursor.
Hydration	Filtered Water + Sea Salt + Lemon	Cellular hydration. Lymphatic flow.

The LOW CNS Meal:

Turkey Mince Bowl + White Rice + Kimchi + Avocado. Evening: Chamomile Tea + Raw Honey.

The Clarity Reset Integration

SESSION TYPE	CNS LOAD	CLARITY RESET	DURATION	WHY
PUSH / PULL	HIGH	Cold Plunge	3 min @ 10°C	Norepinephrine +530%. Anti-inflammatory. CNS reset.
FULL BODY	MODERATE	Sauna	20 min @ 80°C	HSP activation. Dynorphin release. Protein repair.
REST	LOW	Legs Up Wall	10 min	Lymphatic drainage. Parasympathetic activation.