

THE CLARITY PROTOCOL

# CNS Recovery Nutrition

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Built in Cape Town. Engineered for the world.

CLARITY PROTOCOL

# 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
<b>Magnesium</b> (Glycinate)	Pumpkin Seeds, Dark Chocolate (85%+), Spinach	Calms CNS. Reduces cortisol. Prevents cramping.
<b>Potassium</b>	Avocado, Sweet Potato, Banana	Restores electrolyte balance. Cardiac rhythm.
<b>Sodium</b>	Celtic Sea Salt (pinch in water)	Replaces sweat losses. Prevents hyponatremia.
<b>Zinc</b>	Grass-Fed Beef, Oysters, Pumpkin Seeds	Testosterone precursor. Immune repair.
<b>Omega-3 (EPA/DHA)</b>	Wild Salmon, Sardines, Mackerel	Anti-inflammatory. Neuronal membrane repair.
<b>Creatine</b>	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
<b>Collagen</b> (Type I & III)	Bone Broth, Chicken Skin, Hydrolyzed Collagen	Tendon and ligament repair.
<b>Vitamin C</b>	Bell Pepper, Kiwi, Citrus	Collagen synthesis cofactor (take with collagen).
<b>Glycine</b>	Bone Broth, Gelatin	Sleep quality. Joint health. Detox pathway.
<b>Curcumin</b>	Turmeric (with Black Pepper for absorption)	Anti-inflammatory. Joint pain reduction.
<b>Protein</b> (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
<b>Probiotics</b>	Sauerkraut, Kimchi, Full-Fat Kefir	Gut microbiome restoration.
<b>Fiber</b>	Sweet Potato, Berries, Oats	Prebiotic fuel for gut bacteria.
<b>Magnesium</b> (Threonate)	Supplement or Epsom Salt bath	Crosses blood-brain barrier. Sleep quality.
<b>Tryptophan</b>	Turkey, Pumpkin Seeds, Raw Honey	Serotonin → Melatonin precursor.
<b>Hydration</b>	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.