

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

Thermal Protocol

Built in Cape Town. Engineered for the world.

THE CLARITY PROTOCOL: THERMAL LOAD MANAGEMENT

The 11/60 Rule

Your weekly thermal budget is fixed. These numbers are derived from the research (Šrámek 2000, Laukkanen 2015, Huberman synthesis).

MODALITY	WEEKLY BUDGET	SESSION STRUCTURE	MECHANISM
Cold	11 min total	3-4 sessions x 2.5-3 min	Norepinephrine +530%, Dopamine +250%, Brown Fat activation
Heat	60 min total	3-4 sessions x 15-20 min	HSP activation, Dynorphin → Endorphin upregulation, -40% mortality

Cold Exposure Protocol

Session Parameters

- **Temperature:** 10-15°C (50-59°F). Cold enough to make you want to get out.
- **Duration:** 2.5-3 min per session.
- **Frequency:** 3-4x per week (total 11 min).
- **Timing:** Post-workout (HIGH CNS days) or morning (standalone).

The Rules

1. Enter deliberately. No "easing in." Step in and breathe.
2. **Cyclic Sighing** during immersion: Double inhale through the nose, long exhale through the mouth.
This is the mechanical override for the panic response.
3. Do not clench. Relax the hands, jaw, and shoulders. The body wants to fight. Let it pass.
4. Exit at the end of the timer. Do not extend for ego.
5. **No hot shower after.** Let the body reheat naturally. This extends the norepinephrine release.

Weekly Load Tracking

DAY	DURATION	WATER TEMP	COMPLETED	WEEKLY TOTAL
Mon	3 min	°C	[]	/11 min
Wed	3 min	°C	[]	/11 min
Fri	2.5 min	°C	[]	/11 min
Sat	2.5 min	°C	[]	/11 min

Heat Exposure Protocol (Sauna)

Session Parameters

- Temperature:** 80-100°C (176-212°F).
- Duration:** 15-20 min per session.
- Frequency:** 3-4x per week (total 60 min).
- Timing:** Post-workout (MODERATE CNS days) or evening (standalone).

The Rules

- Hydrate before entry.** 500ml water + pinch Celtic Sea Salt 30 min prior.
- Sit on the top bench (hottest zone).
- No phone. This is meditation. Sit with the discomfort.
- At 15 min, the Dynorphin response begins. This is the "suffering" phase. It primes the endorphin receptors. Stay.
- Exit. Cold shower 30-60s (optional contrast). Rehydrate immediately.

Weekly Load Tracking

DAY	DURATION	TEMP	COMPLETED	WEEKLY TOTAL
Mon	15 min	°C	[]	/60 min
Wed	15 min	°C	[]	/60 min
Fri	20 min	°C	[]	/60 min
Sun	15 min	°C	[]	/60 min

HGH Optimization: The Fasting Window

The Science: Growth Hormone release is blunted by insulin. If you eat before training, insulin rises, and the GH response to exercise is suppressed.

The Protocol: * **Fast 2-3 hours before training.** Water, black coffee, and electrolytes (sea salt) only. *

Post-workout: Break the fast within 60 minutes with a high-protein, moderate-carb meal (matched to CNS load). * **Sauna:** An additional GH amplifier. Sauna alone can increase GH by 200-300%. Combined with fasting and exercise, the effect compounds.

Pre-Workout Reminder (30 min before):

"CLARITY CHECK: You are 30 minutes from session. Water and salts only. No food. The GH window is open."