Metabolic Engineering & Pulse-Dosing Protocol

Client Name: ____ Date: _____
Primary Goal: □ Autophagy/Longevity □ Neuro-Regeneration □ Metabolic Flexibility

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Section 1: Metabolic State Assessment

Identify if the client is stuck in chronic mTOR (Growth) mode or lacks AMPK (Repair) activation.

Check all that apply: - [ ] Fasting Insulin > 7 uIU/mL (mTOR Dominance) - [ ] Brain fog or irritability after high-protein meals (Possible Ammonia/Urea Cycle issue) - [ ] Weight loss resistance / "Metabolic Stall" - [ ] Exercise intolerance or slow recovery - [ ] History of chronic inflammation or autoimmunity

Biochemical Strategy: - **Primary Goal: _____** - **Target Pathway:** □ Activate AMPK/Sirtuins (Repair) □ Modulate mTOR (Growth)

Section 2: The Weekly Pulse-Dosing Tracker

Use this table to implement "Metabolic Pulsing." Do not stay on one phase for too long to avoid adaptation.

Day	Dietary Protocol (e.g., Keto, FMD, Carb-Refeed)	Protein Pulse (High, Low, or Fast)	Targeted Supplements (e.g., NAD+ boosters, Ornithine, Berberine)
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Section 3: Targeted Biochemical Interventions

Instructions: Fill in the specific "molecular switches" prescribed for this protocol.

1. **Ammonia Clearance:** If brain fog occurs after protein, take __mg of **L-Ornithine**.
2. **The GABA Flip:** To counter glutamate excitotoxicity, take __mg of **Taurine/Magnesium**.
3. **Sirtuin Support:** Take **NAD+ Precursor** (NR/NMN) at __ am.
4. **Autophagy Trigger:** Implement a 24-hour protein fast on (Day): ___.

Section 4: Symptom & Momentum Reflection

Rate the following on a scale of 1-10 (10 being best) at the end of the week.

- **Mental Clarity / "Power-Washed" Brain:** ____ / 10
- **Energy Stability:** ____ / 10
- **Digestive Comfort (FODMAP/Sensitivity):** ____ / 10
- **Exercise Recovery:** ____ / 10

Practitioner Observations:

Next Steps:

□ Maintain current pulse for 4 weeks
□ Shift to Fasting-Mimicking Diet (FMD) for 5 days next month
□ Adjust BCAA-to-Tryptophan ratio for mood support

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