REDOX PROTOCOLS · EDUCATIONAL FIELD GUIDE

The 7-Day Cellular Recovery Reset

A practical, habit-first 7-day blueprint for supporting circadian rhythm, mitochondrial ATP foundations, oxidative balance, and daily physical readiness.

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Care & FTC Notice: See your doctor or physical therapist for injuries or health conditions. This guide is general wellness and structure/function education, not medical advice or medical treatment. Karl Lange, PT is an independent ASEA Associate (ID 1500121842) and a RedVive referral partner (code `DrLange` — a referral code, not a title) and may earn a commission on optional purchases. Habits come first; purchasing nothing is a complete use of this guide.

Why Daily Readiness Starts at the Cellular Level

Afternoon energy dips, sluggish morning wake-ups, and slow post-workout bounce-back rarely come from a single missing supplement. In human physiology, cells rely on coordinated circadian light cues, hydration and mineral balance, restorative sleep architecture, and mitochondrial adenosine triphosphate (ATP) signaling to maintain everyday resilience.

When late-night screen exposure, irregular hydration, and stacked training loads accumulate, daily readiness drifts off baseline. Before evaluating any wellness product, this 7-day reset anchors the foundational inputs that govern normal cellular energy and recovery rhythm.

COMMON CHALLENGE 01

Unsteady Morning Wake-Up

Delayed morning light exposure and overnight fluid depletion leave circadian cortisol timing and baseline alertness flat.

COMMON CHALLENGE 02

The Mid-Afternoon Dip

Inconsistent meal pacing, indoor lighting, and sleep fragmentation strain daytime energy steadiness by mid-afternoon.

COMMON CHALLENGE 03

Post-Session Stiffness

Active adults and Masters athletes need structured recovery habits between strength, court, or endurance sessions.

How to Use This 7-Day Reset

- **Days 1–7 Core Habits (No Purchase Needed):** Keep the Phase 1 Morning Anchor and Phase 2 Evening Downshift consistently for seven ordinary days.
- **Optional Phase 3 Cellular Layer:** If you already own or choose to explore redox signaling or dual-wavelength red/near-infrared light tools, layer them strictly according to product labels and device manuals—never in place of sleep, nutrition, or clinical care.
- **Private Three-Line Log (Page 4):** Score your own morning alertness, afternoon steadiness, and next-day post-activity feel on paper for your eyes only.

FOUNDATIONAL HABITS FIRST

Phase 1 & Phase 2: The 24-Hour Circadian & Cellular Anchor

Supplements and wellness devices do not override poor sleep or dehydration. Execute these two foundational phases every day during your 7-day reset.

PHASE 01 · MORNING PRIMING

1. Morning Hydration & Electrolytes

Drink 12–16 fl oz of filtered water upon waking (unless your clinician restricts fluids or sodium, optionally with a light pinch of mineral sea salt or balanced electrolytes) to restore overnight fluid balance before caffeine.

2. The 10–15 Minute Outdoor Light Anchor

Step outside into natural morning daylight within 30–60 minutes of waking (never stare directly at the sun). Natural outdoor lux calibrates circadian clock genes, supports daytime alertness, and times evening melatonin onset.

3. Unhurried Movement Warm-Up

Spend 5–10 minutes walking or moving joints gently through comfortable, symptom-free ranges to support local circulation.

PHASE 02 · EVENING DOWNSHIFT

1. Overhead Bright-Light Step-Down (90 Min Pre-Bed)

Dim bright overhead LED lighting 90 minutes before sleep so evening light cues shift cleanly toward rest-and-recovery physiology.

2. The 60-Minute Digital Sunset

Park phones and work screens outside the reach of your pillow 60 minutes before bed to quiet cognitive arousal and support uninterrupted sleep cycles.

3. Cool Sleep Environment (65–68°F / 18–20°C)

A cool, dark, quiet bedroom supports natural overnight core temperature drop and restorative sleep architecture.

Phase 3 (Optional): Cellular Signaling & Photobiomodulation

In cellular biology, mitochondria generate both ATP and transient reactive signaling species that communicate with genetic defense pathways such as Nrf2 (supporting endogenous enzymes including glutathione, superoxide dismutase, and catalase). Separately, red and near-infrared wavelengths are studied for supporting mitochondrial cytochrome c oxidase activity.

The **3-Part Physical Therapist Cellular Recovery System** below is an *independent educational teaching sequence, not a clinically studied combination trial and not medical treatment*:

Optional Step	Structure / Function & Cosmetic Role	Usage & Label Guardrails
Step 1: Light / ATP Support RedVive (660nm & 850nm)	Practitioner-Selected Precision Dual-Wavelength Photobiomodulation (660nm & 850nm). Supports normal mitochondrial cytochrome c oxidase activity, ATP production, and local circulation.	Follow the device manual in the box. Consult your clinician first if pregnant, light-sensitive, taking photosensitizing medications, or using an implanted electronic device.
Step 2: Systemic Signaling ASEA Redox Supplement	Dietary supplement containing stabilized redox signaling molecules (verified by third-party laboratory BioAgilytix) to support baseline cellular communication and oxidative balance.	Follow the bottle label (commonly 2 fl oz twice daily). Pour into a clean glass or plastic cup (avoid metal), take 10–15 min away from food, swish 30–60s before swallowing.
Step 3: Topical Layering RENU28 & REDOXGold	**RENU28:** Whole-body cosmetic gel supporting surface skin cellular renewal. **REDOXGold:** Rapidly absorbed, cooling topical formula for soothing muscles and joints after ordinary activity.	Apply to clean, dry skin free of oils or lotions. Shake RENU28 before use; let dry 2–3 min before moisturizer. Cosmetic and post-activity comfort only—not injury care.

Select Your Primary Readiness Focus

Use the interactive Protocol Finder at redoxprotocols.com/protocols/7-day-cellular-recovery-reset or match your routine to one of the four educational profiles below:

Readiness Profile	7-Day Habit & Timing Priority	Optional Product Sequence
1. Endurance & Athletic Readiness	Morning hydration + daylight anchor; consistent carbohydrate/protein fueling around sessions; strict 60-min evening digital sunset.	Morning & mid-afternoon fasted ASEA Redox per label; REDOXGold rapidly absorbed, cooling topical formula on worked muscle groups after ordinary training; optional RedVive per manual.
2. Masters Recovery & Longevity (40+)	Unrushed 10-min morning mobility walk; 2–3 weekly strength sessions with full recovery days between heavy efforts; cool bedroom.	Consistent AM/PM ASEA Redox signaling baseline; RENU28 on clean skin morning & evening for surface renewal; REDOXGold after resistance or court sessions.
3. Daily Cellular Energy & Steadiness	Water before coffee; 10–15 min outdoor morning light; 10-min post-lunch outdoor walk to counter afternoon indoor slump.	Morning upon waking + early-afternoon fasted ASEA Redox window; optional RedVive 660nm/850nm session per device manual during daytime routine.
4. Joint, Tendon & Tissue Comfort	Gradual warm-up before ordinary activity; respect clinician-guided load limits; prioritize 7–8+ hours of sleep opportunity.	Clean, dry skin application of RENU28 pre-activity and REDOXGold rapidly absorbed, cooling topical formula post-activity, paired with optional internal liquid baseline.

What Published Human Exercise Trials Did — and Did Not — Show

Scientific Transparency Rule: Cell-signaling biology (such as Nrf2 regulation reviewed by Tonelli et al., 2018, and photobiomodulation mechanisms reviewed by Hamblin, 2018) explains *why* active adults study cellular homeostasis—not a guarantee of faster race times.

Before buying ASEA Redox, readers should know three small human exercise studies that missed performance endpoints: **Shanely et al. (2012)** found no 75 km cycling time-trial gain in 20 cyclists after 1 week; **Ryan et al. (2013)** found no improvement in next-day resistance repetitions or soreness in 7 men; and **Wagner, Shegrud & Hintze (2019)** found no aerobic capacity (VO2max) gain over 2 weeks in 11 active young adults. Photobiomodulation exercise reviews show mixed endurance/fatigue findings across varied devices without guaranteed strength gains. Always separate baseline cellular structure/function support from athletic performance promises.

Two Separate Checkouts (Only If You Choose to Explore Products)

Buying nothing and keeping the 7-day habit reset is a complete outcome. If you review optional products, note that they are sold by two independent companies on separate websites (prices, shipping, and satisfaction policies are shown directly on each merchant's checkout page):

- **ASEA Storefront (ASEA Redox, RENU28, REDOXGold):** https://shopasea.com/en-US/store/1500121842 (Independent Associate ID `1500121842`)
- **RedVive Photobiomodulation (660nm & 850nm):** https://redvivehealth.org/?snowball=DrLange (Referral code `DrLange` — code only, not a title)

PRINTABLE PERSONAL WORKSHEET · KEEP PRIVATE ON YOUR SIDE

7-Day Cellular Recovery Reset & Three-Line Readiness Log

Print this sheet or track on paper for seven ordinary days. **Privacy Notice:** This is a personal wellness notebook, not a clinical assessment. Keep your scores private—do not email health histories, diagnoses, or injury reports.

Daily Reset Action	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1. Morning Water (12–16 oz upon waking)	☐	☐	☐	☐	☐	☐	☐
2. Outdoor Morning Daylight (10–15 min)	☐	☐	☐	☐	☐	☐	☐
3. Movement / Scheduled Training Session	☐	☐	☐	☐	☐	☐	☐
4. Evening Dim Lights & 60-Min Digital Sunset	☐	☐	☐	☐	☐	☐	☐
5. Cool Sleep Room (65–68°F / 18–20°C)	☐	☐	☐	☐	☐	☐	☐
6. Optional: 660nm/850nm Light (per manual)	☐	☐	☐	☐	☐	☐	☐
7. Optional: Redox Liquid / Topical (per label)	☐	☐	☐	☐	☐	☐	☐

Three-Line Personal Readiness Check-In (0–10 Private Self-Observation)

Private Daily Observation (0–10)	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Line 1: Morning Alertness (30 min after waking)	___/10	___/10	___/10	___/10	___/10	___/10	___/10
Line 2: Energy Steadiness Through Afternoon	___/10	___/10	___/10	___/10	___/10	___/10	___/10
Line 3: Next-Day Feel After Ordinary Exercise	___/10	___/10	___/10	___/10	___/10	___/10	___/10

Credentials & Independence: Karl Lange, PT — Physical Therapist & Clinical Director (B.S. Physical Therapy with Honors, University of Florida, 1997; 29+ years of orthopedic and vestibular/concussion rehabilitation experience). He is trained in American Institute of Balance (AIB) clinical vestibular & concussion methodologies. These product protocols are independent educational frameworks. They are not affiliated with or endorsed by the American Institute of Balance. They are not medical treatment.

FTC Material Connection Disclosure: Karl Lange, PT is an independent ASEA Associate (ID `1500121842`) for ASEA Redox, RENU28, and REDOXGold, and a RedVive referral partner (referral code `DrLange` — a tracking code, not a title). Purchases made through shopasea.com/en-US/store/1500121842 or redvivehealth.org/?snowball=DrLange may generate an associate or referral commission at no additional cost to the buyer.

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